

Your Guide to the Chakras

Chakras are energy centers within our bodies that contribute to our overall well-being.



Crown Chakra (Sahasrara)
Location: Top of the head
Focus: Spiritual connection, higher consciousness



Third Eye Chakra (Ajna)
Location: Between the eyebrows
Focus: Intuition, insight, spiritual awareness



Throat Chakra (Vishuddha)
Location: Throat
Focus: Communication, self-expression



Heart Chakra (Anahata)
Location: Center of the chest
Focus: Love, compassion, relationships



Solar Plexus Chakra (Manipura)
Location: Above the navel
Focus: Self-esteem, confidence, personal power



Sacral Chakra (Svadhishthana)
Location: Below the navel
Focus: Creativity, passion, emotions



Root Chakra (Muladhara)
Location: Base of the spine
Focus: Grounding, security, survival

Balance your chakras with meditation, yoga poses targeting specific energy centers, crystals for alignment, aromatherapy using essential oils, and positive affirmations.