

CHAKRAS

What is a chakra?

A chakra (pronounced “cha”-“kra” with a resounding “ch”) is a centre of energy.

Originating from Sanskrit, it literally means “wheel” by association with its function as a vortex of spinning energy interacting with various physiological and neurological systems in the body.

Chakras are energy centres within the human body that help to regulate all its processes, from organ function to the immune system and emotions.

We can commonly count 7 chakras positioned throughout your body, from the base of your spine to the crown of your head.

Each chakra has its own vibrational frequency, which is depicted through a specific chakra colour, and governs specific functions that help make you, you.

Crown Chakra	 PURPLE	Represents: Our ability to be fully connected spiritually. Location: The very top of the head. Functions: Wisdom, transcendence, universality
Third Eye Chakra	 INDIGO	Represents: Our ability to focus on and see the big picture. Location: Forehead between the eyes (also called the Brow Chakra). Functions: Extrasensory perception, intuition, inspiration
Throat Chakra	 BLUE	Represents: Our ability to communicate. Location: Throat. Function: Personal truth, etheric, expression
Heart Chakra	 GREEN	Represents: Our ability to love. Location: Centre of chest just above the heart. Functions: Compassion, love, integration
Solar Plexus Chakra	 YELLOW	Represents: Our ability to be confident and in control of our lives. Location: Upper abdomen in the stomach area. Functions: Will, social self, power
Sacral Chakra	 ORANGE	Represents: Our connection and ability to accept others and new experiences. Location: Lower abdomen, about two inches below the navel and two inches in. Functions: Emotions, creativity, sexuality
Base Chakra	 RED	Represents: Our foundation and feeling of being grounded. Location: Base of spine in tailbone area Functions: Safety, grounding, right to live