

CHAKRAS - AN EXPLANATION

According to the traditions, there are seven basic chakras, which correlate to the seven main nerve ganglia emanating from the spinal column, as revealed through modern studies of physiology.

Each chakra location has a unique meaning, orientation and healing potential and is represented by a different color and stone.



The Seven Chakras Are Listed Below.

- **Sahasrara:**
The Crown Chakra
It's related to thought and self-knowledge
Color = violet
Stone = amethyst
 - **Ajna:**
The Brow Chakra
It's related to intuition and clarity
Color = indigo
Stone = lapis
 - **Vishuddha:**
The Throat Chakra
It's related to sound and self-expression
Color = turquoise
Stone = turquoise
 - **Anahata:**
The Heart Chakra
It's related to love and compassion
Color = green
Stone = aventurine
 - **Manipura:**
The Solar Plexus Chakra
It's related to growth and personal power
Color = yellow
Stone = citrine
 - **Svadhithana:**
The Sacral Chakra
It's related to creativity and enthusiasm
Color = orange
Stone = carnelian
 - **Muladhara:**
The Base Chakra
It's related to physical identity and self-preservation
Color = red
Stone = red coral
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