



Base Chakra
Self-Esteem,
Sense of Security &
Family Values



Sacral Chakra
Passion & Intimacy



Solar Plexus Chakra
Personal Power,
Self-Confidence &
Self-Control



Heart Chakra
Love, Self-Control
& Forgiveness



Throat Chakra
Truthful Expression,
Loyalty & Organization



Brow Chakra
Insight, Self-Realization
& Release of Negative
Thoughts



Crown Chakra
Aspiration, Spirituality
& the Integration of
Conscious &
Subconscious Mind



Aura Chakra
Balance of all the
chakras