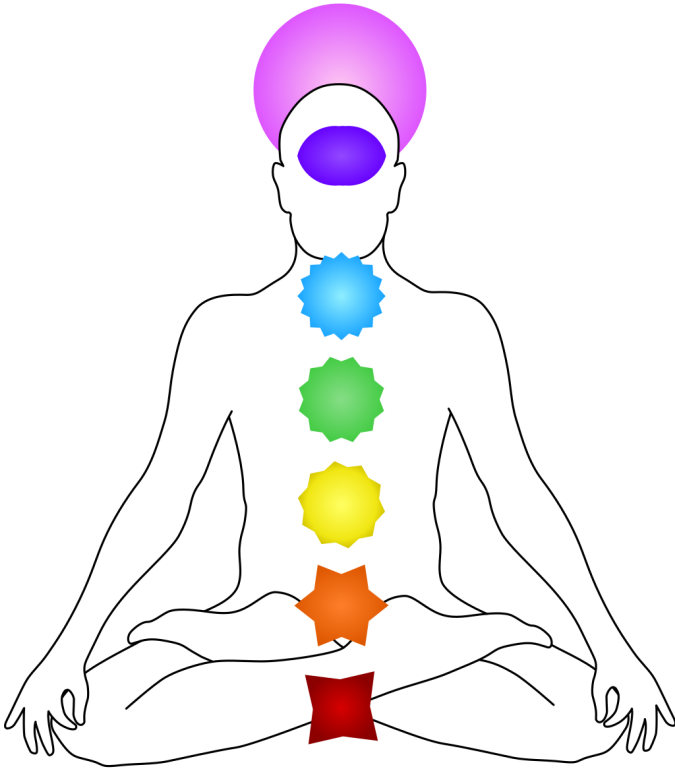


Seven Major Vedic Chakras



The chakra system comes from Vedic traditions, and is thousands of years old. It has been recognized and used by many practices (including Reiki and other forms of energy healing) around the world. The chakra system continues to maintain a consistently accurate framework for mapping the energy body, in terms of both physical manifestations and emotional/spiritual manifestations.

The 7 major chakras mentioned here, are spinning wheels of energy, starting at the root of the spine and moving up to the crown of the head, as shown in the image above. The body also holds many minor chakras as well.

Root Chakra (Muladhara): located at the root of the spine, associated color is red
Related to security, safety, childhood, grounding, sex as a need

Sacral Chakra (Svadhishthana): located below belly button, associated color is orange
Related to intention, drive, creative force, sex as pleasure

Solar Plexus Chakra (Manipura): located beneath ribcage, associated color is yellow
Related to confidence, ego (healthy/unhealthy), self-assuredness, boundaries

Heart (Anahata): located at chest, associated color is green or pink
Related to love, interaction with others, giving and receiving

Throat Chakra (Vishuddha): located at throat, associated color is turquoise / sky blue
Related to speaking your truth, speaking up, authentic expression

Third Eye Chakra (Ajna): located between eyebrows, associated color is indigo
Related to thinking/overthinking, intuition,

Crown Chakra (Sahasrara): located at the top of the head, associated color is violet
Related to spirituality, connection to a higher power, divine knowing