

# 7 MAJOR CHAKRAS



KNOW

## The Crown

Universal Consciousness, All Knowing, God Source, Creation. Enlightenment



SEE

## 3<sup>rd</sup> Eye

Psychic Gifts and Abilities, Telepathy and Astral Travel, Connection to Higher Self



SPEAK

## Throat Chakra

Communication, Self-Expression



LOVE

## Heart Chakra

Love, Understanding, Trust, Compassion, Forgiveness



STRIVE

## Solar Plexus

Personal Power, Energy, Boundaries, Self-Esteem, Happiness



FEEL

## Sacral Chakra

Emotions, Sexuality, Self-Worth, Creativity and Empathy



GROUND

## Root Chakra

Grounding, Stability, Security, Survival, Manifestation and the Material World