

THE ENERGY (Chakra) SYSTEM



Muladhara Chakra, the root. The color is red. The sound is Uh as in huh. Located from your tail to your feet. The feet represent your ancestors, the legs, childhood experiences. Right side - represents Dad and his ancestral line. Left side - represents mom and her ancestral line. Your right is to be here and your shadow is fear. The heavy emotions of depression, anxiety, anger, and frustration vibrate here. The root's element is Earth. This is a human energy center.



Swadhishtana Chakra, the sacral. The color is orange. The sound is Ooo as in you. Located in your pelvic bowl and lower back. It reflects your creativity, emotions, money and sex. The right side is your creativity with others and the left side your creativity within yourself. Your right is to feel and your shadow is guilt. The emotions vibrating here are overwhelm and pessimism. The element is water. This is a human energy center.



Manipura Chakra, the power center. The color is yellow. The sound is Oh as in go. Located from your navel up to the V of the ribs. This is your ego center. Where you become an "I" and begin to move your energy with your willpower. Right side is where you hold your personality — The you, you share with the world. The left side is the home of your soul. Your right is to act and your shadow is shame. The emotion found here is the combination of pessimism and optimism. The element is fire. This is a human/spiritual center.



Anahata Chakra, the heart. The color is green. The sound is Ah as in father. Located in your heart, shoulders, arms and hands. Your love is reflected here. Your right side is loving others, giving love. Your left side is loving the self, receiving love. Your right is to love and your shadow is grief. The emotions vibrating here are optimism and hope. The heart's element is air. This is the first purely spiritual center.



Vishuddha Chakra, the throat. The color is blue. The sound is Eye as in I. Located at your throat and neck. The space of your true voice, the center of communication. Your left side is your inner voice. The right side is your outer voice. Your right is to speak and your shadow is lying. The emotion are faith and trust. The throat's element is sound. This is a spiritual center.



Ajna Chakra, the 3rd eye. The color is indigo. The sound is Aye as in play. Located between your two eyes. This is the space of your reality or fantasy. The left eye represents your insight. The right eye is how you see the outer world. Your right is to see, and your shadow is illusion. The emotion vibrating here is happiness. The eye's element is light. This is a spiritual center.



Sahasrara Chakra. the crown. The color is white like an opal, the sound is Eee as in me. It represents your connection to your higher power. Here duality no longer exists. Your right is to know and your shadow is attachment. This is where you find the emotion of joy. The Crown's element is thought. This is a spiritual center.