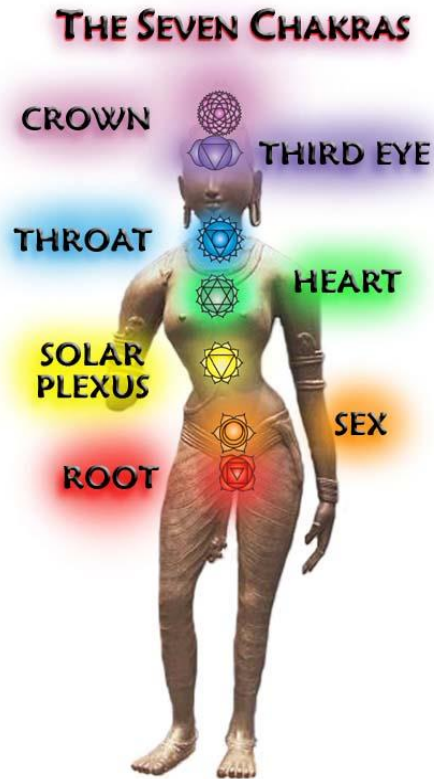


# The Energy Centers - The Seven Chakras

## What's a Chakra? (Sha'-Kra or Cha'-Kra)

Chakra is a Sanskrit word meaning wheel or vortex. They are the energy centers in our mind-body – the places where our consciousness, our energy systems, and our embodied matter connect.

The chakras function as pumps or valves, regulating the flow of energy through our system. The chakras are not physical although they have physical aspects. They are more about manifestation of aspects of our consciousness. They interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra. Each is also associated with a color, a sound, a sense and an element.



1. **Root or Perineum Chakra** - Located in the perineum, the point between the anus and the sex organs. **Associated with:** Birth. Life & Personal Survival. Wild Aliveness. Security. The ability to feel grounded. Relationship with the earth. The ability to be present. **Body:** Lymph system, skeleton system (teeth and bones), prostate gland, sacral plexus, bladder, elimination system, lower extremities, nose. **Sound:** LUM
2. **Sex Chakra** - Located in the lower belly, between the navel and the pubic bone. **Associated with:** Survival of the species. Balance, movement, center of gravity. Fluidity. Food and Sex. Relationships associated with Reproduction or Creativity. **Body:** Reproductive system, sexual organs, and lumbar plexus. **Sound:** VUM
3. **Solar Plexus Chakra** - Located in the solar plexus. **Associated with:** Personal power. Vitality. Control. Freedom. Ease of being yourself. **Body:** Muscles, skin, solar plexus, large intestine, stomach, liver, and other organs and glands in the region of the solar plexus, eyes and face. **Sound:** RUM
4. **Heart Chakra** - Located in the center of the chest. **Associated with:** Desire to merge and melt. Love. Passion. Perceptions of love, relationships with people close to your heart. **Body:** Heart and the blood circulatory system, and the cardiac plexus, as well as the lungs and the entire chest area. **Sound:** YUM
5. **Throat Chakra** - Located at the base of the throat. **Associated with:** Communication. Authentic expression. Openness to Receiving. Trust. Creativity. Abundance, Grace. **Body:** Throat, neck, arms, hands. **Sound:** HUM
6. **Third Eye or Brow Chakra** - Located in the center of the forehead. **Associated with:** Intuition. Imagination. Mind. Intellect. Freedom. Spirit. The Unconscious or Subconscious Mind. **Body:** Forehead, temples, faces. **Sound:** OM
7. **Crown Chakra** - Located at the top of the head. **Associated with:** Cosmic or Divine energy. Unity or oneness with the universe. Connection w/ everything & everyone. Divine bliss. Soul. Higher creativity. **Body:** The top of the head, brain, nervous system. **Sound:** Silence