



**The Muladhara**, First or Root Chakra, is located at the base of the spine, at the perineum. The name means support, or foundation.

It is associated, in the body with the large intestine, feet and legs, with the element earth, and with the colors red and maroon.

**Human Challenge and Gift** - to feel safe and secure in the physical plane, to manifest to meet our basic needs.

**Soul Desire** - to feel nurtured and nourished, to experience belonging to the whole.

**Primal Relationship** - with physical reality, the Earth, natural forces, body, feeling sensations.



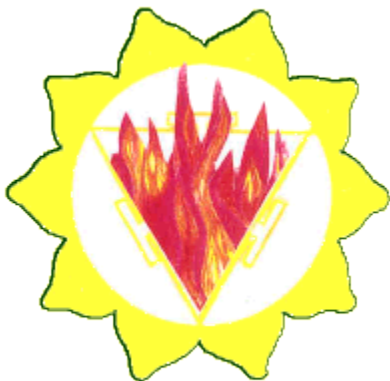
**The Swadisthana**, or Sex Chakra, is located at the sacrum - the pelvic area between pubis and navel. Its name means "abode of the vital force" or "dwelling place of the self".

It is associated, in the body with the genitals, reproductive organs, and bladder, with the element water, and the color orange.

**Human Challenge and Gift** - to bond and connect with others without losing our identity.

**Soul Desire** - to freely expand - to effortlessly create.

**Primal Relationship** - with other human beings, emotions and emotional body, inner child, wildman or wild woman.



**The Manipuraka**, or Navel Chakra, is located some 2-3 inches below the navel. It's name means "jewel of the lotus" or "lustrous gem".

It is associated, in the body with the small intestine, kidneys, adrenals, pancreas, gallbladder, liver, with the element fire, and the color yellow.

**Human Challenge and Gift** - to connect with our internal source power and energy

**Soul Desire** - to ignite, connect with and focus physical energy

**Primal Relationship** - with internal source of power, identity, status



**The Solar Plexus Chakra** is located, as its name suggests, between the navel and heart, at the pericardium (below the breasts at the V of the ribs). It's name means "Seat of the Soul", or solar network.

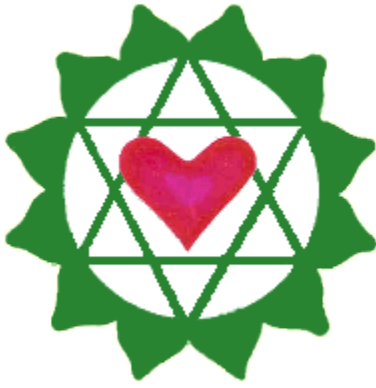
It is associated, in the body with the stomach, with the elements fire and water, and the color deep gold.

**Human Challenge and Gift** - to transmute the energy of the emotions into soulful passion for life i.e. fear into love, anger into action, sadness into surrender and bliss

**Soul Desire** - to experience the depth of emotions and transmute them into passion and devotion. To activate our soul.

**Primal Relationship** - with our soul and emotional body

\*Although traditionally there are 7 major chakras, the spine and even our subtle body contain many other chakras. Through meditation on my spine and body I experienced that the solar plexus - the area above the navel and under the heart-contains energy and offers experiences and powers very different from the navel chakra. Explore yourself and share with me what you discover. (Gururattan Kaur Khalsa)



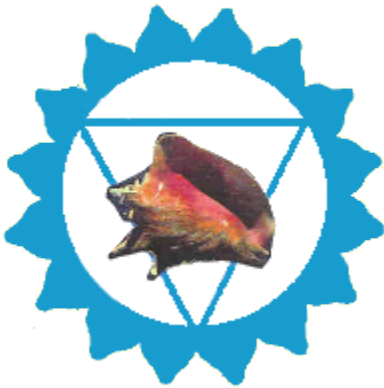
**The Anahata** or Heart Chakra, is located at the heart. Its name means unstuck, fresh, clean unhurt.

It is associated, in the body with the heart, hands, arms and thymus gland, with the element air and the colors green, pink, and rose.

**Human Challenge and Gift** - to open our hearts to the nonjudgmental, detached vibration of universal love.

**Soul Desire** - to experience unity, devotion, reverence for life, unattached bonding.

**Primal Relationship** - with higher spiritual power, our own heart and the hearts of others, the pulse that unites us with the universe.



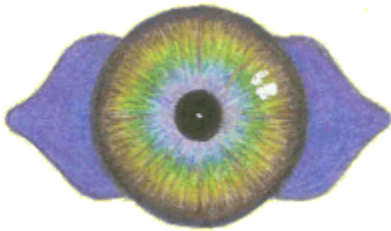
**The Visuddha** or Throat Chakra is situated in the throat, at the base of the neck between the collar bone and shoulders, at the site of the reptilian brain or lower brain stem. Its name means pure.

It is associated, in the body with the throat, ears, thyroid, parathyroid, with the element ether, and the color royal blue.

**Human Challenge and Gift** - to fearlessly express our truth and hear the sound of the universe.

**Soul Desire** - to be heard and understood, to transmit and receive the Truth.

**Primal Relationship** - with our vibrational connection with all existence.



**The Ajana** or Third Eye Chakra, is located between the brows in the inward, center of the forehead. Its name means command, perception, knowledge, authority.

It is associated, in the body with the pituitary gland, eyes, brain, with the element light and also beyond the elements, and with the colors purple and indigo.

**Human Challenge and Gift** - to move from dualistic mind to intuitive neutral mind.

**Soul Desire** - to focus the mind, where one-pointed clarity and peace automatically occur.

**Primal Relationship** - with inner and cosmic knowledge.



**The Sahasrara** or Crown Chakra, is located at the crown or top of the head, baby's soft spot. Its name means "thousand petal lotus".

It is associated, in the body with the pineal gland & cerebral cortex, with consciousness and beyond the elements, and with the colors white, silver and the quality of luminosity.

**Human Challenge and Gift** - to tune into and surrender to divine consciousness.

**Soul Desire** - to connect with and utilize infinite energies, to know the unknown, to experience the transcendental meaning to life.

**Primal Feeling** - oneness, bliss.

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