

# CHAKRAS

CHAKRA	COLOR	FUNCTION	RELATED AREAS
<b>Sahasrara (Crown)</b>	Purple or White	Knowingness and higher spiritual information.	Top of the head, the brain and the entire nervous system.
<b>Ajna (Third Eye)</b>	Indigo	Clear seeing and clairvoyance.	Forehead and temples.
<b>Vishuddha (Throat)</b>	Blue	Expression and communication.	Throat and neck, arms and hands.
<b>Anahata (heart)</b>	Green with Pink	Love. Ability to validate and be at peace.	Heart and blood. Circulatory system. Lungs and entire chest area.
<b>Manipura (Solar Plexus)</b>	Yellow	Energy distribution and personal power.	Muscular systems, the large intestine, stomach, liver and other organs and glands in the area.
<b>Svadhithana (sacral)</b>	Orange	Emotionality, sexuality and creativity.	Reproductive system, sexual organs.
<b>Muladhara (root)</b>	Red	Survival in the body. Security.	Lymph system, skeletal system, prostate gland, bladder and elimination system, lower extremities.

# CHAKRA AFFIRMATIONS

Crown (Sahasrara)	Spiritual Connection, self knowledge. Located on the top of the head.	I am Connected. I am at peace. I am one with my higher power. I trust. I am focused. I allow divine energy to flow through me.
Third Eye (Ajna)	Intuition. Located in the space between the brow, pineal, and pituitary.	I am intuitive. I trust my intuition. I see my life with the eyes of love. I am open to connecting with my inner self. I trust my inner guidance.
Throat (Vishuddha)	Truth, expression and communication. Located in the throat, mouth, ears, thyroid, neck.	I am courageous. I am my truth. I am able to speak my truth. I know my truth and I can share it with love. I press myself easily and effectively. I am driven by purpose. I communicate and listen with love. Knowing who I am and what I am is part of my truth.
Heart (Anahata)	Love and connection. Located in the center of the chest, shoulder blades, heart, lungs, arms and thymus.	I am loved. I am lovable. I am loving. I am open to love. I allow my compassion and loving heart to flow. I am forgiving. It is safe for me to forgive. I am a source of healing for the world. I chose to focus on the light and love within me. I allow myself to feel, process and let go of grief, sadness loss and pain so that I can heal.
Solar Plexus (Manipura)	To take action. Located in the center of the body just above the navel, pancreas and adrenals.	I am worthy. I am confident. I stand in my personal power. It is safe and I am worthy of standing in my personal power. I am worthy of living life. I move about confidently in the world.
Sacral (Svadhithana)	To feel and live fully. Located just below the navel, lower back, abdomen ovaries prostate.	I am joyful, I am creative. I am happy. Happiness is my divine right. I am in flow. I flow with life. I am open to all life's pleasures. I am playful. I choose to focus on the good in life. I am in flow with healthy relationship.
Root (Muladhara)	Survival, security, support and family. Located in the base of the spine.	I am safe. I trust the process of life. I am universal safety. I am stable, strong and healthy. I am supported. I am balanced. I am abundant in all areas of life. I am living my life's purpose. I am grounded. I allow abundance to flow into my life with ease.