

## THE SEVEN CHAKRAS



The Sanskrit word for wheel is “**Chakra.**” According to the ancient people of India, Egypt and China; colors could be used to heal both physical and emotional problems. The tradition of “chromotherapy,” thought to originate from the ancient Indian practice of Ayurveda, is based on the belief that the body consists of seven chakras, or wheels. The seven chakras correspond to the energy of the seven colors of the rainbow, and the energy of the chakras enables them to flow evenly; completing the cycle of life. For good health, both emotional and physical, the chakras need to run smoothly to run the inner machinery of the human body.

### **The seven chakras control the seven parts of the body:**

The Crown Chakra: **Violet**

The Brow Chakra: **Indigo**

The Throat Chakra: **Blue**

The Heart Chakra: **Green**

The Solar Plexus chakra: **Yellow**

The Sacral Chakra: **Orange**

The Base Chakra: **Red**

The concept of color therapy in a nutshell is: color energy affects the body; physically, emotionally and spiritually; so colors may be used to heal the body, soul and mind.

<b>Number</b>	<b>Common English Name</b>	<b>Location</b>	<b>Color</b>	<b>Related To</b>
1	Root Chakra	Base of spine	Red	Survival, safety, physical self
2	Sacral Chakra	Low abdomen, lower back, reproductive organs	Orange	Creativity, pleasure
3	Solar Plexus Chakra	Solar Plexus (upper abdomen between navel and sternum)	Yellow	Personal power, will, self-esteem
4	Heart Chakra	Center of body at heart level	Green	Unconditional love, healing
5	Throat chakra	Base of throat	Light blue	Communication, truth, self-expression
6	Brow chakra, Third Eye	Forehead, between and slightly above eyebrows	Indigo	Intuitive sight (insight), physical sight; intellect
7	Crown Chakra	Top of head	White or violet	Spiritual life and experience, connection to the divine, sense of oneness, pure consciousness, transcendence