



The Chakra System



Seventh or Crown Chakra

Location: top of the head

Linked with: spiritual energy, spiritual development, and clarity of thought.



Sixth, Third Eye or Brow Chakra

Location: between and slightly above eyebrows

Linked with: production of hormones (hypothalamus and pituitary gland), sleep patterns (pineal gland), the brain. Aids psychic development, calms, releases addiction and grief.



Fifth or Throat Chakra

Location: throat area near the base of the neck

Linked with: thyroid and parathyroid function, metabolic rate, communication, intellect, and creativity.



Fourth or Heart Chakra

Location: the heart area at the centre of the breastbone

Linked with: the heart, lungs, thymus, love and emotions.



Third or Solar Plexus Chakra

Location: at the solar plexus (stomach), in the arch of the ribcage below the sternum

Linked with: stomach liver, spleen, pancreas, gall bladder and adrenals; associated with happiness, vitality and creativity, but is the most common area to be affected by stress.



Second, Sacral or Naval Chakra

Location: just below the naval

Linked with: the reproductive organs and intestines. Affects happiness and motivation but can also hold stress.



First, Root or Base Chakra

Location: base of the spine

Linked with: structure, including the skeleton, bone marrow, the immune system, and with one's connection to the earth or "grounding".

