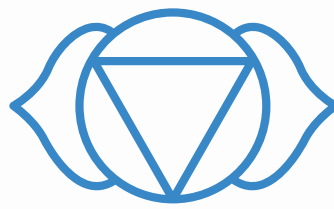


Crown Chakra

Connect With Life

Element: Thought
Frequency: 963 Hz

Colour: Violet or White
Sound: Silence

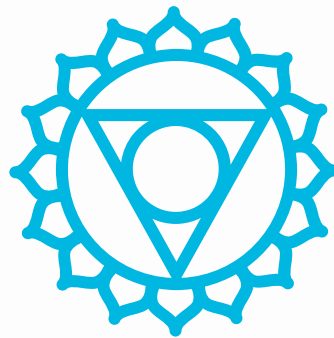


Third Eye Chakra

Master Your Life

Element: Light
Frequency: 852 Hz

Colour: Indigo
Sound: OM or AUM



Throat Chakra

Express Your Life

Element: Ether
Frequency: 741 Hz

Colour: Blue
Sound: HAM

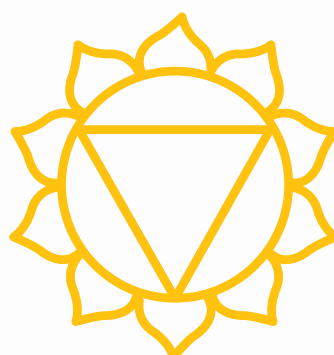


Heart Chakra

Love Your Life

Element: Air
Frequency: 639 Hz

Colour: Green or Pink
Sound: YAM



Solar Plexus Chakra

Value Your Life

Element: Fire
Frequency: 528 Hz

Colour: Yellow
Sound: RAM

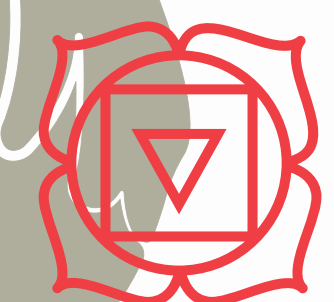


Sacral Chakra

Create Your Life

Element: Water
Frequency: 417 Hz

Colour: Orange
Sound: VAM

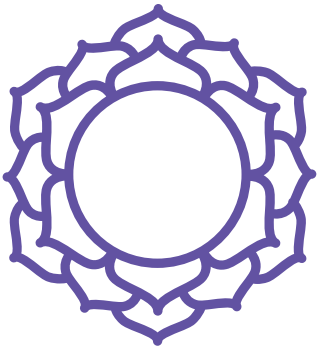


Root Chakra

Secure Your Life

Element: Earth
Frequency: 386 Hz

Colour: Red
Sound: LAM

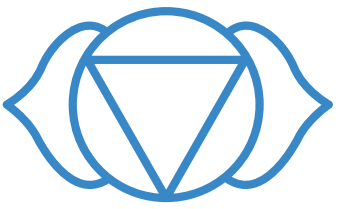


Crown Chakra

Responsible For: Spirituality, consciousness, enlightenment, connection to divine, sense of oneness, and understanding of universal truths.

Symptoms: Stress, anxiety, spiritually disconnected, cynicism, confusion, meaninglessness.

Organs: Brain, nervous system, pineal gland, overall energetic system.

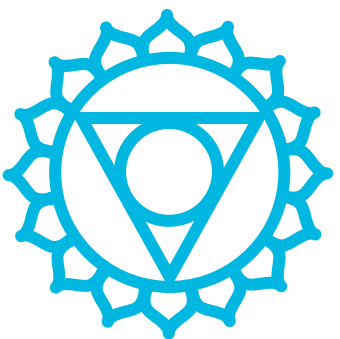


Third Eye Chakra

Responsible For: Intuition, imagination, insight, inner wisdom, and inner vision.

Symptoms: Difficulty perceiving higher guidance, emotional fears, lacking direction, mental fog, overthinking, vivid dreams or nightmares, lack of direction, and closed-mindedness.

Organs: Eyes, nose, sinuses, forehead, pituitary gland, hormonal imbalance, endocrine system.



Throat Chakra

Responsible For: Communication, self-expression, truth, authenticity and creativity.

Symptoms: Disorderly, stubbornness, worry, difficulty speaking up, fear of expressing truth, talking excessively or not enough, feeling misunderstood, and trouble listening to others.

Organs: Throat, neck, jaw, vocal cords, thyroid glands, ears, mouth, teeth, tongue.

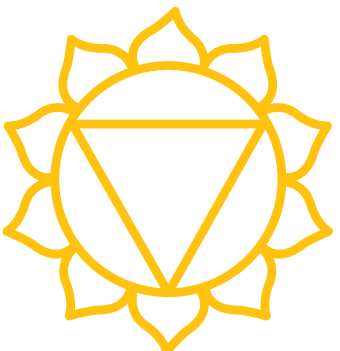


Heart Chakra

Responsible For: Love, compassion, empathy, forgiveness, acceptance, and emotional balance.

Symptoms: Difficulty giving or receiving love, fear of intimacy, loneliness or isolation, holding grudges, grief, sadness, emotional overwhelm, insensitivity, and lack of forgiveness.

Organs: Heart, lungs, circulatory system, thymus gland, upper back, arms, hands.

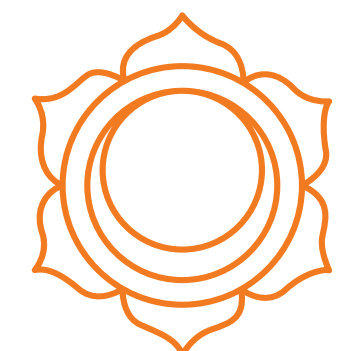


Solar Plexus Chakra

Responsible For: Self-worth, self-esteem, confidence, willpower, boundaries and digestion.

Symptoms: Addictions, fears, victim mentality, poor self-esteem, selfishness, need for control, anger or frustration, and shame.

Organs: Diaphragm, pancreas, liver, gall bladder, stomach, small intestine, upper digestive tract.

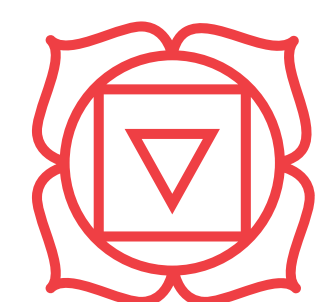


Sacral Chakra

Responsible For: Emotions, creativity, sexuality, sensual pleasure, and relationships.

Symptoms: Emotional instability or numbness, guilt or shame around pleasure, creative blocks, fertility issues, menstrual or reproductive concerns, and low or excessive libido.

Organs: Reproductive organs, pelvis, hips, bladder, kidneys, lower abdomen.



Root Chakra

Responsible For: Survival, security, stability, grounding, finances, and the basic needs of life such as food, shelter, safety, and a sense of belonging.

Symptoms: Depression, fear or anxiety, fatigue, hyperactivity, lower back, legs, or feet pain.

Organs: Muscular system, skeletal system, large intestine, adrenal glands.