

# Journey Through the CHAKRAS



## Higher Connection

**7th Chakra - Crown (white or violet)**  
Strengthen your purpose and ability to connect to higher spiritual consciousness.

Location: Top of Head



## Clear Intuition

**6th Chakra - Brow/Third Eye (indigo)**  
Help quiet the conscious mind, encourage introspection, and promote higher state of consciousness.

Location: Center of Forehead



## Loving Compassion

**4th Chakra - Heart (green)**  
Help to ease wounds of the heart and nourish the spirit.

Location: Center of the Sternum



## True Expression

**5th Chakra - Throat (bright Blue)**  
Support clear communication and integrity with yourself and others.

Location: Center of Throat



## Joyful Creation

**2nd Chakra - Sacral (orange)**  
Nurture inspired creativity, spontaneity, passion and expansion in the birth of new concepts.

Location: Lower Abdomen



## Self Manifestation

**3rd Chakra - Solar Plexus (yellow)**  
Quiet the mind and go inward to tap into your sense of self-definition and autonomy with clarity.

Location: Solar Plexus



## Grounded Foundation

**1st Chakra - Root (red)**  
Create a sense of security, protection, and hope, while allowing a sense of expansiveness and higher connection.

Location: Base of the Spine

