

Crown Chakra
SAHASRARA



Third Eye Chakra
AJNA



Throat Chakra
VISHUDDHI



Heart Chakra
ANAHATA



Solar Plexus Chakra
MANIPURA



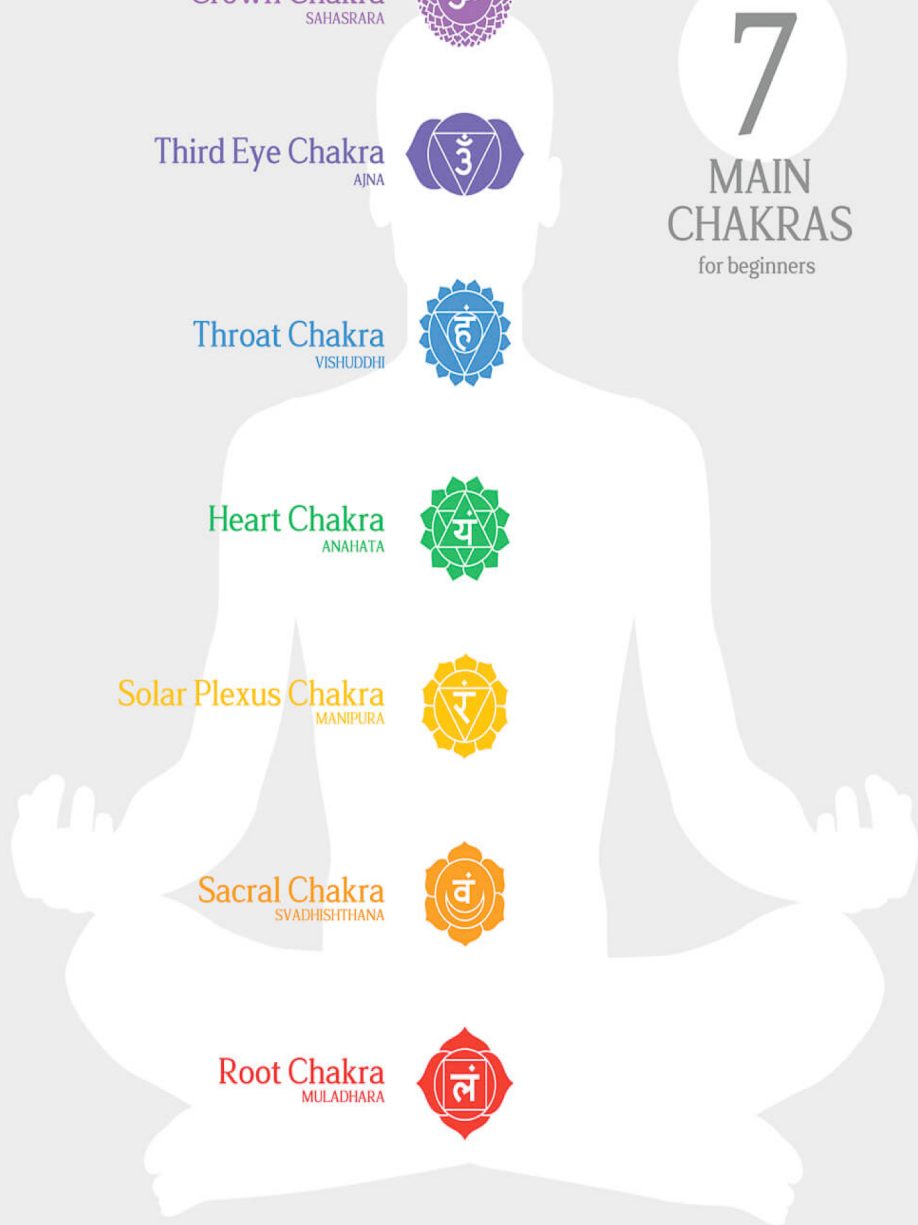
Sacral Chakra
SVADHISHTHANA



Root Chakra
MULADHARA



7
MAIN
CHAKRAS
for beginners



Faith ... Will
Understanding
Imagination

Zeal ...
Power ...

Love

Wisdom

Strength ...

Order

Elimination ...

Life

