

CHAKRA CENTERS

The word chakra is Sanskrit for wheel or disk and signifies one of the basic energy centers in the body that receives, assimilates, and expresses life. They are considered to be the sacred centers that encapsulate the architecture of the soul which provide a path to greater awareness and spiritual transformation.

Eighth Chakra (above the crown) This is the realm where the soul merges with the greater universe above and manifests into matter below. Spiritual Center: Transpersonal Lesson • Task: Integrate the Self Shadow/Light Aspect: Symbolic Sight				
	Seventh Chakra (top of head) CROWN I Understand	Spiritual Center Universal Identity Enlightenment Physical Center Central Nervous System	Shadow Aspect Cynicism Light Aspect Divine Connection	Lesson • Tasks Live in the Present Affirmation: I Am
	Sixth Chakra (center of forehead) THIRD EYE I See	Perception Center Archetypal Identity Intuition Physical Center Pineal Gland	Shadow Aspect Lack of Direction Light Aspect Wisdom	Lesson • Task Seek Only the Truth Affirmation: I Know
	Fifth Chakra (center of throat) THROAT I Speak	Expression Center Creative Identity Inner Voice • Will Power Physical Center Thyroid Gland	Shadow Aspect Need to control Light Aspect Communication	Lesson • Task Surrender Personal Will Affirmation: I Speak
	Fourth Chakra (center of chest) HEART I Love	Love Center Social Identity Compassion • Love Physical Center Heart	Shadow Aspect Depression Light Aspect Self-love	Lesson • Task Love is Divine Power Affirmation: I am Love
	Third Chakra (above the navel) SOLAR PLEXUS I Do	Power Center Ego Identity Courage • Self-esteem Physical Center Abdomen	Shadow Aspect Low-esteem Light Aspect Self Respect	Lesson • Task Honor Yourself Affirmation: I Can
	Second Chakra (abdomen, genitals, womb) SACRAL I Feel	Creative • Sexuality Center Emotional Identity Relationships Physical Center Sexual Organs	Shadow Aspect Disempowered Light Aspect Resilience	Lesson • Task Honor One Another Affirmation: I Want
	First Chakra (base of spine) ROOT I Am	Survival • Security Center Physical Identity Groundedness Physical Center Lower Intestine	Shadow Aspect Scattered Energies Light Aspect Stability	Lesson • Task All is One Affirmation: I Do

—Developed by Steffie Genevieve, MSW, LICSW, CDP, SAP using materials from various sources including teachings from Anodea Judith and Caroline Myss.

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