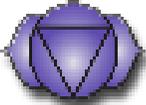


## Sacred Centers

<p><b>Chakra Seven</b></p> 	<p><b>Thought • Universal Identity • Oriented to Self-knowledge</b></p> <p><i>This crown chakra relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.</i></p>
<p><b>Chakra Six</b></p> 	<p><b>Light • Archetypal Identity • Oriented to Self-reflection</b></p> <p><i>This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us “see the big picture.”</i></p>
<p><b>Chakra Five</b></p> 	<p><b>Sound • Creative Identity • Oriented to Self-express</b></p> <p><i>This is the chakra located in the throat and is thus related to communication and creatively. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.</i></p>
<p><b>Chakra Four</b></p> 	<p><b>Air • Social Identity • Oriented to Self-acceptance</b></p> <p><i>This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness.</i></p>
<p><b>Chakra Three</b></p> 	<p><b>Fire • Ego Identity • Oriented to Self-definition</b></p> <p><i>This chakra is known as the power chakra, located in the solar plexus. It rules our power, will and autonomy, as well as out metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.</i></p>
<p><b>Chakra Two</b></p> 	<p><b>Water • Emotional Identity • Oriented to Self-regulation</b></p> <p><i>The second chakra located in the abdomen, lower back, and sexual organs, it is related to the element of water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation and movement. Ideally, this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and ability to accept change.</i></p>
<p><b>Chakra One</b></p> 	<p><b>Earth • Physical Identity • Oriented to Self-preservation</b></p> <p><i>Located in the base of the spine, this chakra forms our foundation. It represents the element of earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health prosperity, security, and dynamic presence.</i></p>

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Thanks to Anodea Judith and Sacred Centers for permission to use the chakra symbols used in creating this chart.