



## CROWN (*Sahasrara*)

ELEMENT	Thought
COLOR	Violet/White
SEED SOUND	OM
AFFIRMATION	I understand

MEANING	Thousand Fold
LOCATION	Top of head
PLANETS	Uranus
GLANDS	Pituitary



## THIRD EYE (*Ajna*)

ELEMENT	Light
COLOR	Indigo
SEED SOUND	OM
AFFIRMATION	I see

MEANING	Command Centre
LOCATION	Forehead
PLANETS	Jupiter, Neptune
GLANDS	Pineal



## THROAT CHAKRA (*Vishuddha*)

ELEMENT	Sound/ether
COLOR	Light blue
SEED SOUND	HAM
AFFIRMATION	I speak

MEANING	Purification
LOCATION	Throat
PLANETS	Mercury
GLANDS	Thyroid



## HEART CHAKRA (*Anahata*)

ELEMENT	Air
COLOR	Green
SEED SOUND	YAM
AFFIRMATION	I love

MEANING	Unstruck
LOCATION	Chest
PLANETS	Venus
GLANDS	Thymus



## SOLAR PLEXUS CHAKRA (*Manipura*)

ELEMENT	Fire
COLOR	Yellow
SEED SOUND	RAM
AFFIRMATION	I do

MEANING	Lustrous Gem
LOCATION	Solar Plexus
PLANETS	Mars, Sun
GLANDS	Pancreas, adrenals



## SACRAL CHAKRA (*Svadhishthana*)

ELEMENT	Water
COLOR	Orange
SEED SOUND	VAM
AFFIRMATION	I feel

MEANING	Sweetness
LOCATION	Sacrum
PLANETS	Moon
GLANDS	Gonads



## ROOT CHAKRA (*Muladhara*)

ELEMENT	Earth
COLOR	Red
SEED SOUND	LAM
AFFIRMATION	I am

MEANING	Root Support
LOCATION	Perineum
PLANETS	Earth, Saturn
GLANDS	Adrenals