

The Seven Chakras or Energy Centers
Chakra: Sanskrit word meaning "Wheel" or "Vortex"

The Chakras are associated with two major systems in the human body affecting parts and functions within the body.

The Endocrine System: each of the seven centers relates to one of the seven endocrine glands.

The Nervous System: each of the seven centers communicates with a particular group of nerves known as "plexus".

Name	Consciousness	Color	Emotional	Physical	Element
Root	Security, survival, trust, will, Kundalini	Red or/and Brown	Fear, insecurity, grounding, confidence, self-image	Adrenals, kidneys, spine, elimination, ego, ankle, knee, feet, tail bone, pubic symphysis, birth	Earth
Sacral	Nurturing, creativity	Orange	Desire, self-esteem, relationships	Lumbar plexus, reproductive system, sacrum, pelvis, urinary system	Water
Solar Plexus	Power center, decision	Yellow	Self-awareness, anger, instinct, assimilation, processing information	Pancreas, digestive system, liver, spleen, gallbladder, mid spine	Fire
Heart	Unconditional love, sacred heart, group consciousness	Green or/and Pink	Love, compassion, acceptance, forgiveness	Heart, circulatory system, thymus, immune system, respiratory system, diaphragm, upper spine	Air
Throat	Crossover between the physical and the spiritual dimensions	Sky Blue	Communication, choice, power of saying yes or no, manifesting, expression	Throat, shoulders, arms, hands, jaw, thyroid gland, neck, vocal cords, ears, cervical	Ether
Third Eye	Inner Vision, intuition, home of the Spirit, seeing the unseen	Indigo	Perception, awareness, relaxation, growth, truth	Carotid plexus and the nerves on each side of the face, pituitary, hypothalamus	Inner Senses
Crown	Universal energy, connection with the divine	Violet or/and White	Integration, ideas, direction, balance, pride	Pineal gland, brain, nervous system	Heavens