



Crown

- Integration of the whole being-physical, mental, emotional and spiritual
- Thoughts
- Inspiration & understanding

Third eye

- Our ability to see the dream and then make it into reality
- Imagination
- Link into our intuition

Throat

- Communication & expression with self and others
- Artistic expression
- Wisdom & truthfulness

Heart

- Love & harmony
- Unconditional love of self & others
- Power moves through this area out to the hands, eyes or ears of a healer

Solar Plexus

- It allows us to pick up vibrations and essences from people, places and things
- It controls our emotional issues and issues of self acceptance
- All of our feelings & sensitivity
- Monitors our "connectedness" to others

Sacral

- The source of our creativity
- Power center
- Foundation of the emotional body
- It influences our sexuality and sensuality

Root

- Foundation of physical body
- Body's basic survival including food, shelter, and protection
- Fight or flight instinct
- Keeps us grounded