



## The Root Chakra

First Chakra

Seat of the Kundalini

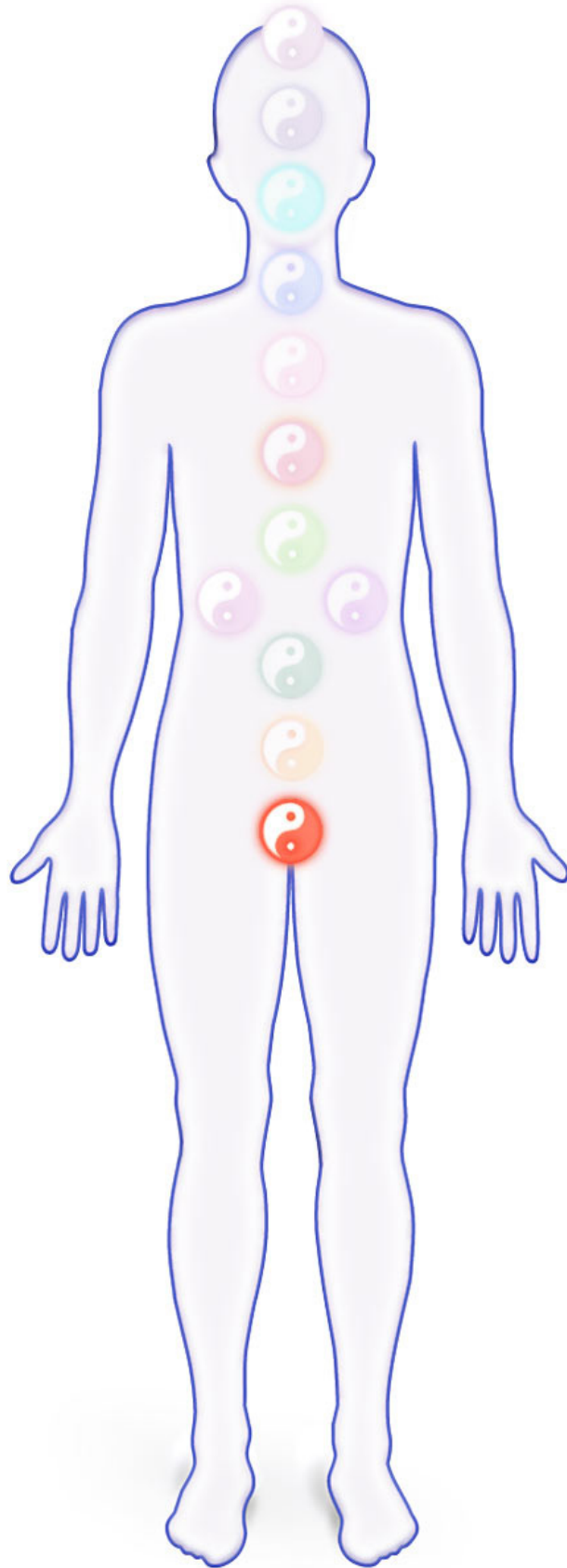
Center of physical energy

Total expression of creativity

The Root Chakra is the first chakra in the system and pertains to the earth, the elements and the total creativity within the individual's realm of awareness.

The Root Chakra is the center of physical energy and creative expression. It is also the Seat of the Kundalini.

Although this center exemplifies procreation and expression of sexual creativity, it should be remembered that it relates to all aspects of human creativity.





## The Intestinal Chakra

### Second Chakra

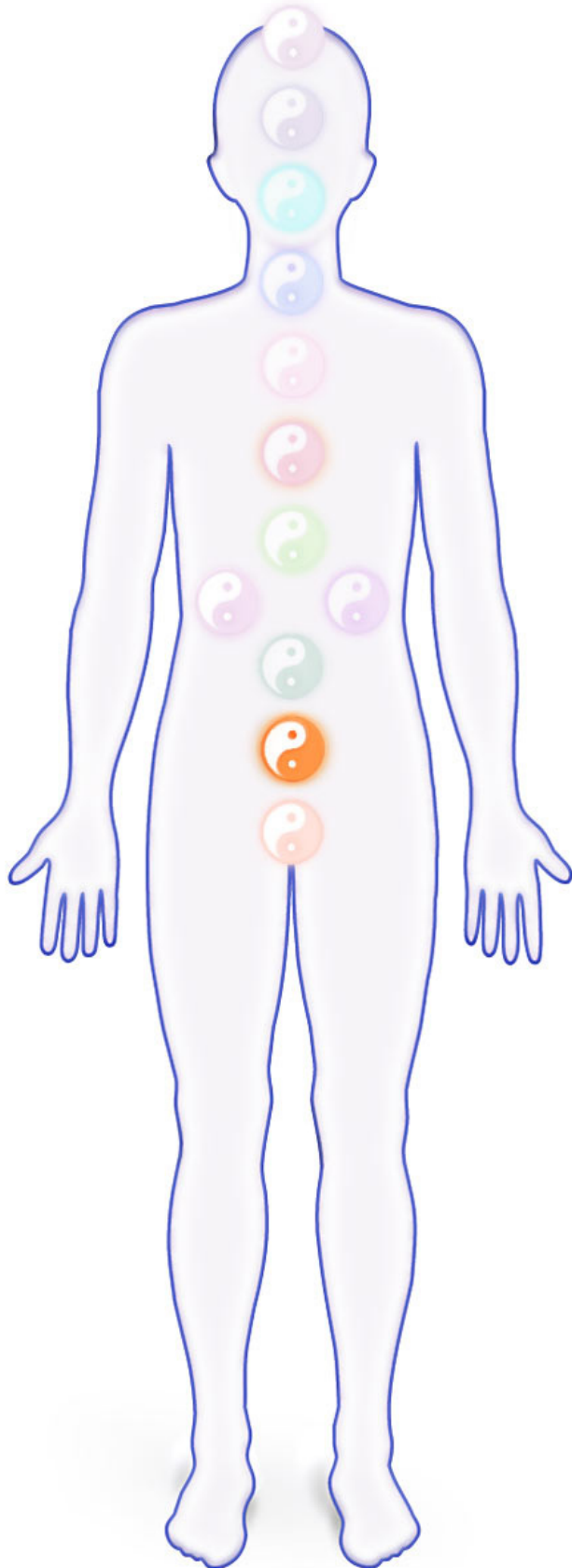
Controls electrical impulse from ankles

Facilitates elimination of negative energies

The Intestinal Chakra is the second chakra and controls the flow of electrical impulse emitted from the ankles.

Another function of this chakra is that it facilitates the elimination of all negative energies from the body.

This is the place where most angers, hurts, frustrations, etc. have been stored.





## The Solar Plexus Chakra

Third Chakra

Controls stomach

Stimulates, regulates gastric juices

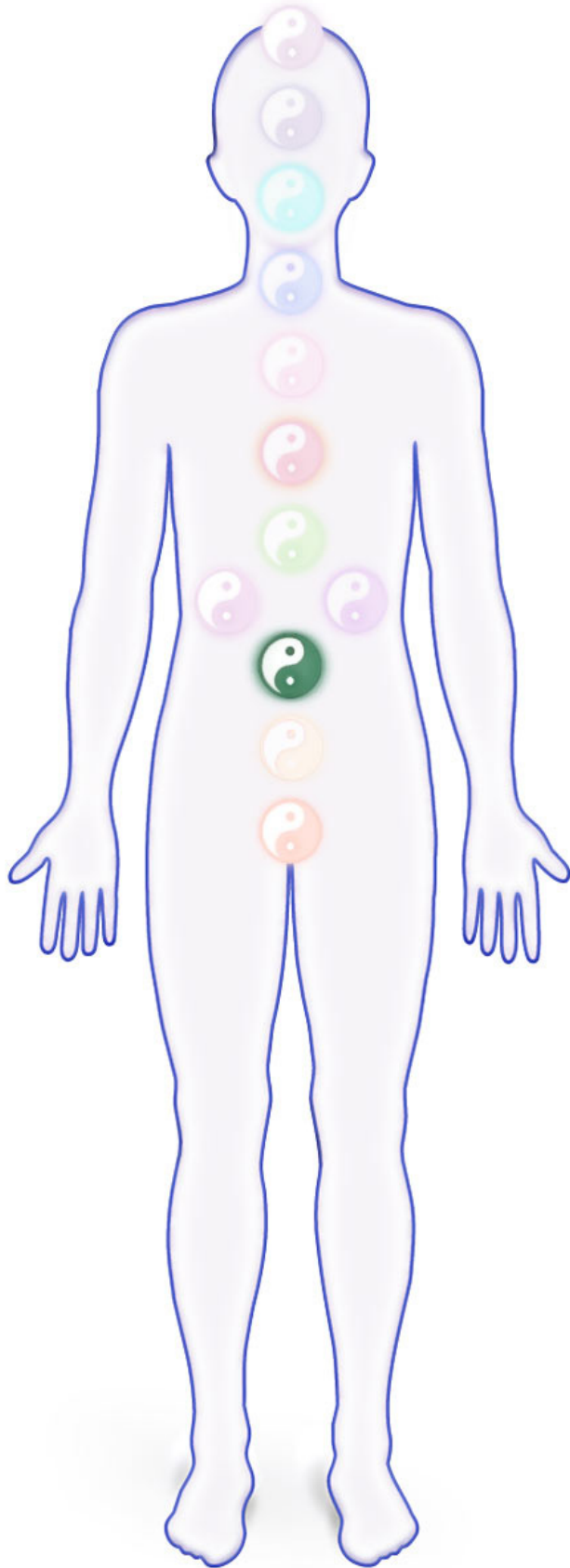
Balances emotions

Gateway of positive and negative external energies

The Solar Plexus Chakra is the third chakra and controls the workings of the stomach.

It stimulates and regulates the distribution of the gastric juices.

It also balances the emotions and is the connection and gateway of all positive and negative external energies.





## The Splenic Chakra

### Fourth Chakra

#### Seat of the Soul

Connection between spiritual / physical realms energy

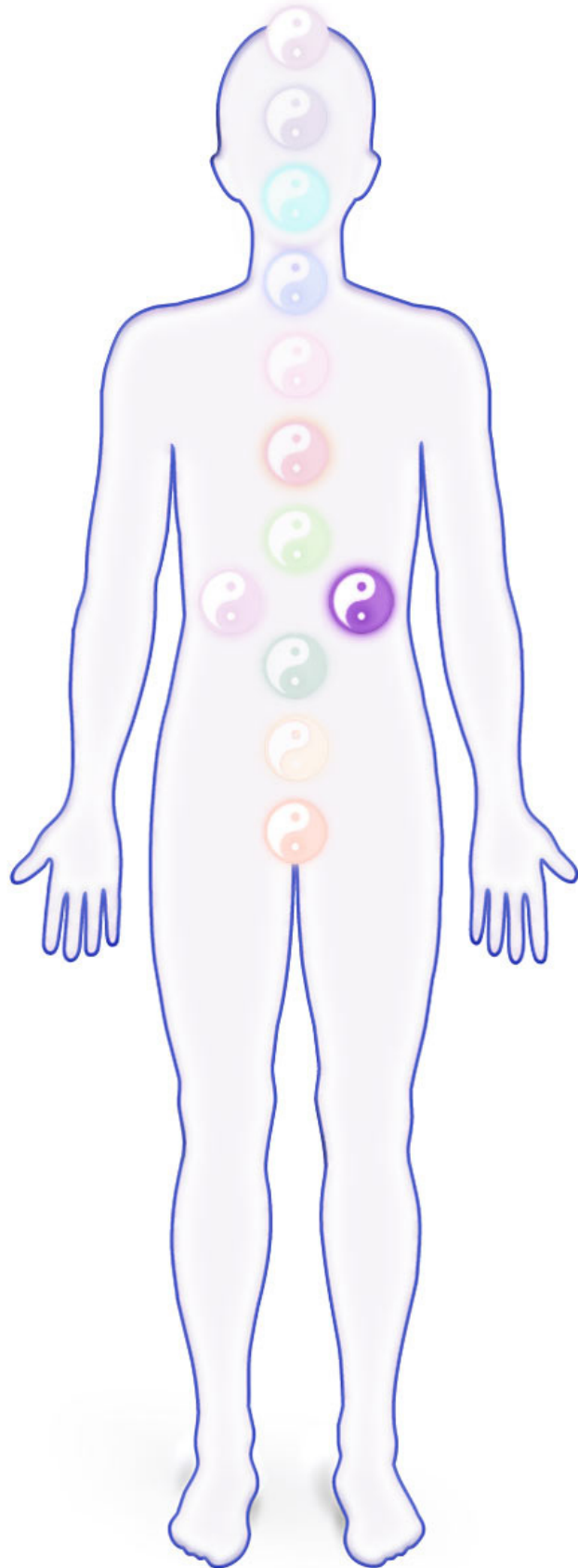
Controls sciatic nerve

Controls procreative glands and organs

Balances, stimulates and awakens complete nervous system

The Splenic Chakra is the fourth chakra and its main function is the Seat of the Soul. This is the place of the body's connection with the Creative Source; it is the connection between the physical and spiritual realms. If the spleen is removed, the heart becomes the Soul connection.

The Splenic chakra controls the sciatic nerve and the procreative glands and organs. It balances and stimulates the entire nervous system.





## The Liver Chakra

### Fifth Chakra

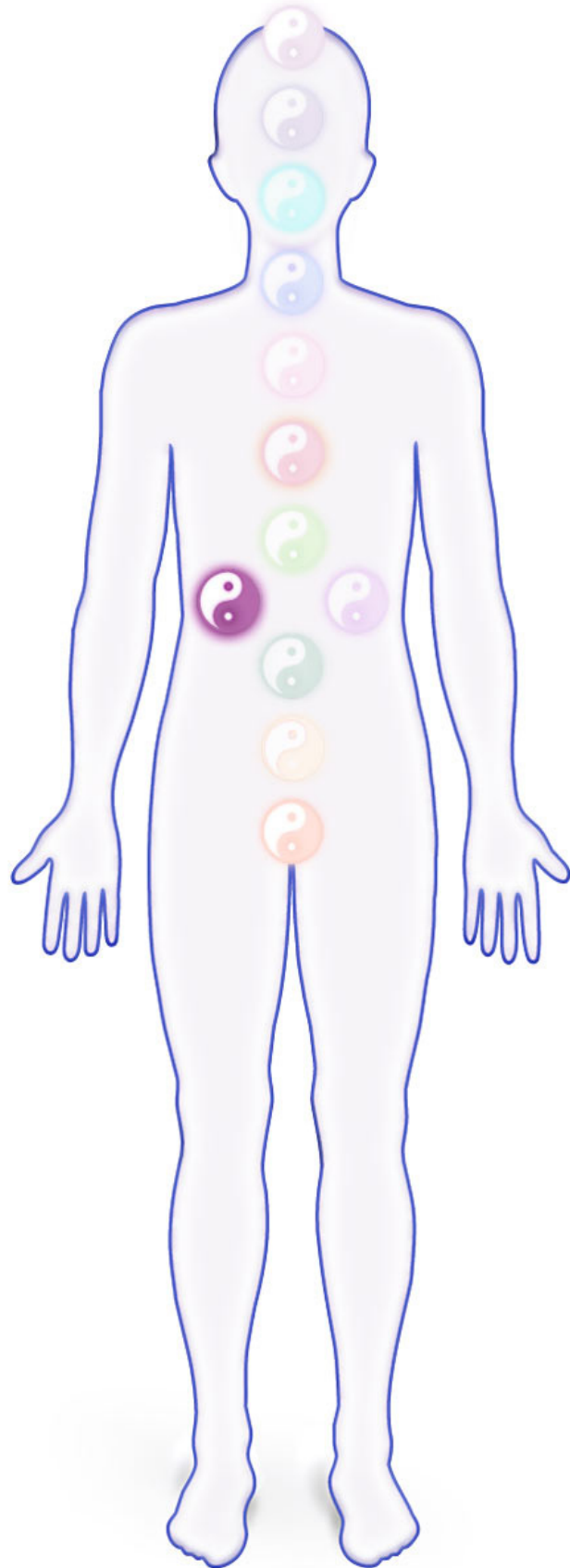
Controls electrical impulse from hips / pelvic area

Controls all liver functions

Promotes harmony in whole body system

The Liver Chakra is the fifth chakra in the system. This center controls the flow of electrical impulse emitted from the hips and pelvis area.

It also controls all liver functions and promotes harmony in all body systems.





## The Pancreatic Chakra

### Sixth Chakra

Controls electrical from knees

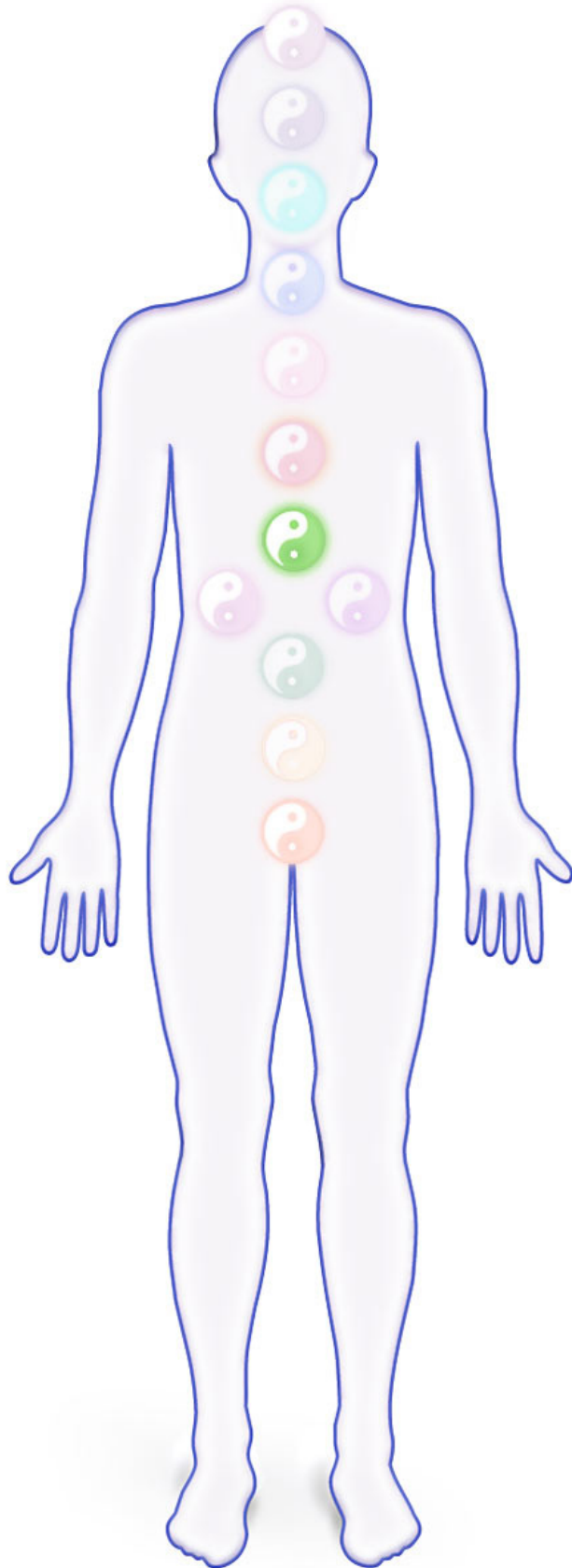
Facilitates cleansing of lymph and adrenal glands

### Aids Intestinal Chakra

The Pancreatic Chakra is the sixth chakra. It controls the flow of electric impulse emitted from the knees.

It has the ability to facilitate a cleansing of the lymph and adrenal glands.

It also aids the Intestinal chakra in the removal of negative energies from the body.





## The Heart Chakra

### Seventh Chakra

Controls heart muscle

Balances / awakens thought creation, visualization, optimism and cheerfulness

Power of extrasensory perception

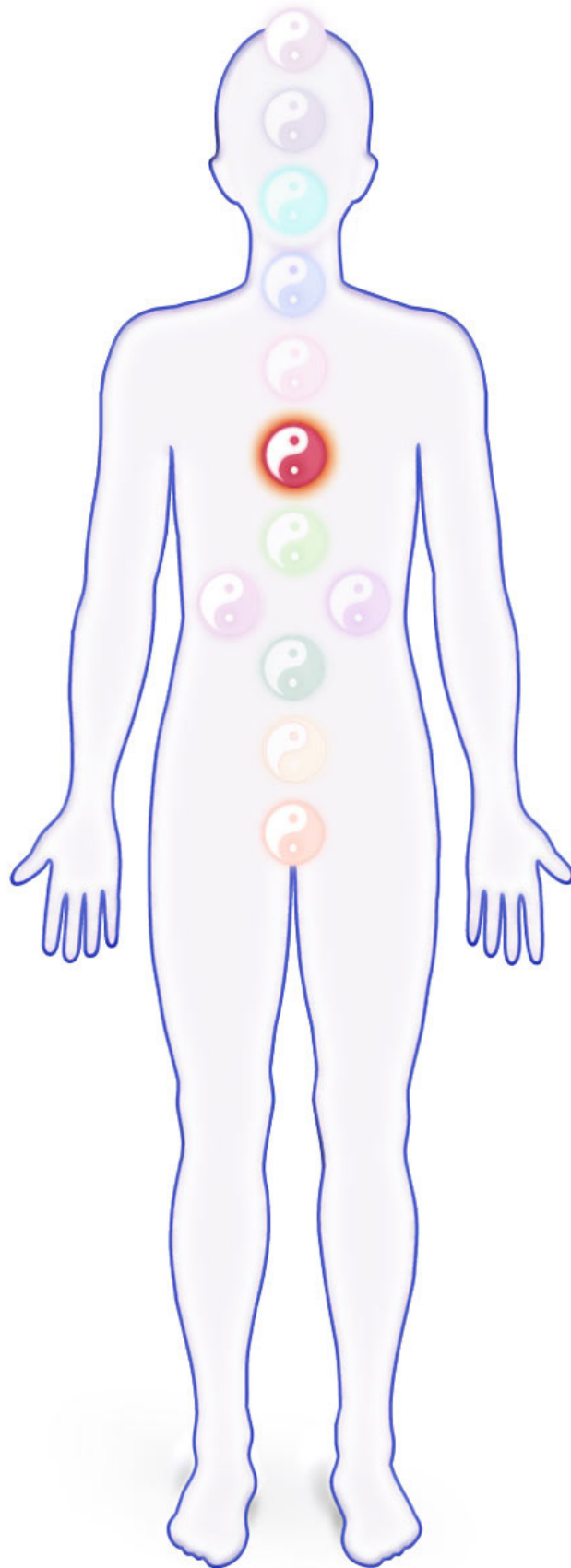
Mastery of time and space

The Heart Chakra is the seventh chakra.

It controls the flow of electric impulse emitted from the knees.

It has the ability to facilitate a cleansing of the lymph and adrenal glands.

It also aids the Intestinal chakra in the removal of negative energies from the body





## The Thoracic Chakra

### Eighth Chakra

Clear passage for taking in life

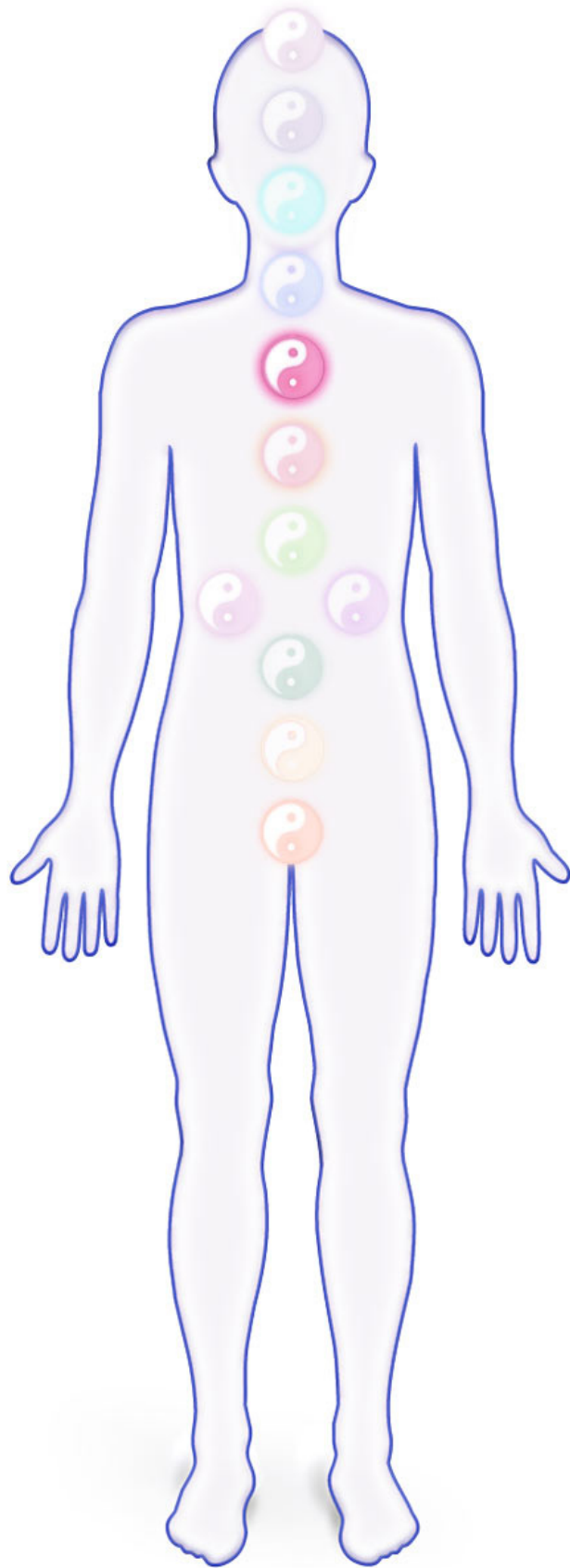
Controls electrical impulse from elbows and wrists

Facilitates / amplifies power connection between heart and throat chakras

The Thoracic Chakra, the eighth center, creates a clear passage for taking in of life, as represented in breath.

It controls the electrical impulses emitted from the elbows and wrists.

It facilitates and amplifies the power connection between the Heart and Throat chakras.





## The Throat Chakra

### Ninth Chakra

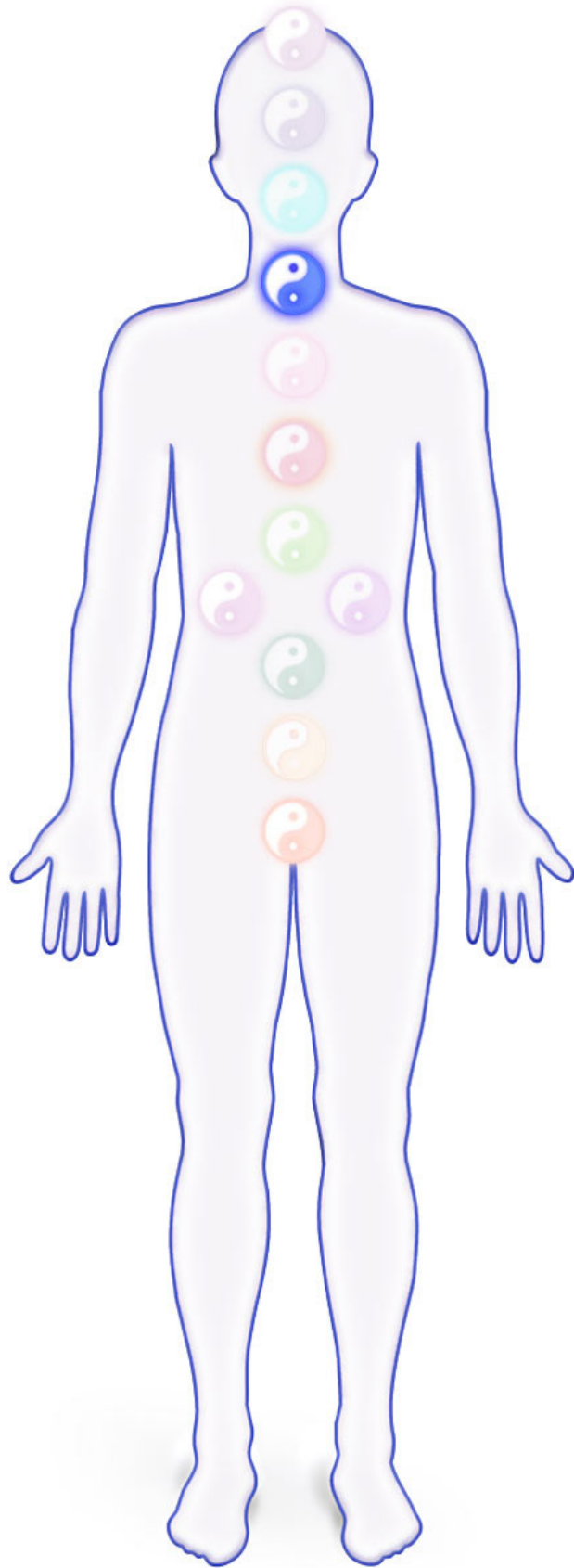
Power of hypnotic eloquence

Controls deep insight into mysteries of Nature

Processing center for physical / spiritual truths

The Throat Chakra, the ninth center, is the one of the most important of the Major Chakras in the system. This chakra must be activated if one wishes to gain the power of almost hypnotic eloquence.

It also controls the individual's ability to gain, understand and use very deep insight into the mysteries of Nature. It is a very strong processing center for physical and spiritual truths.





## The Sinus / Mouth Chakra

### Tenth Chakra

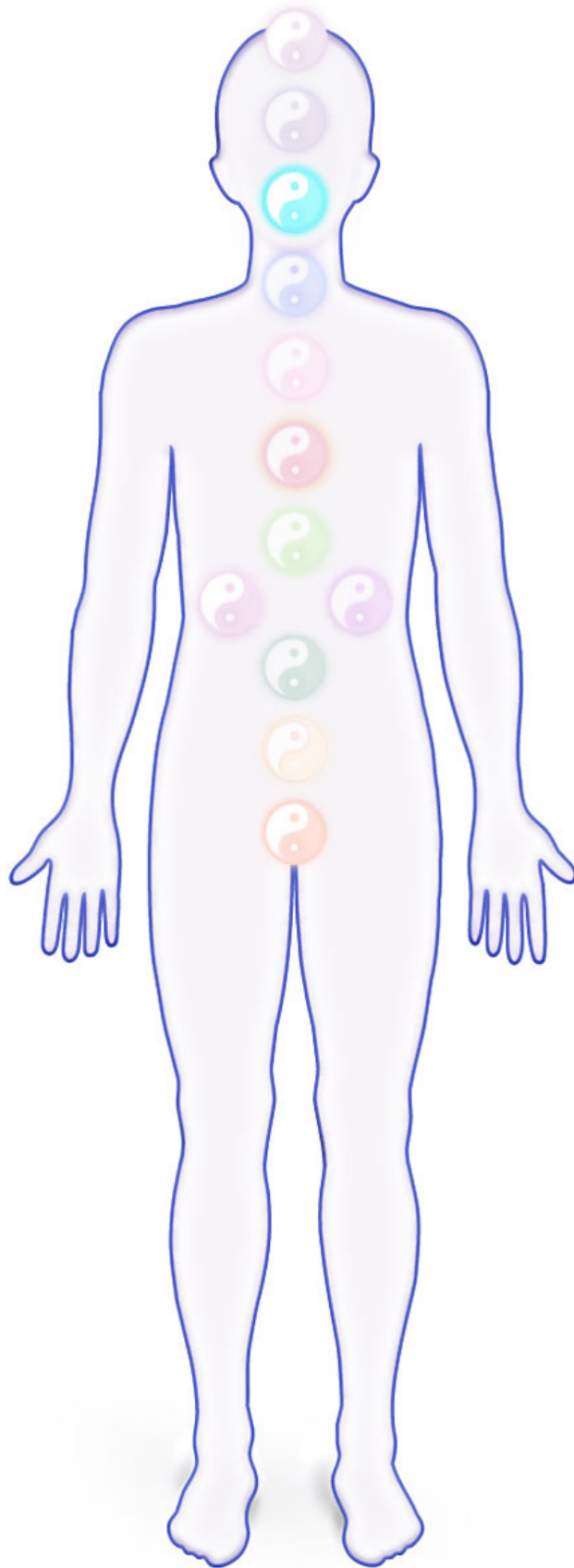
Controls electrical impulses from shoulders

Power connection

Facilitates action of speaking physical / spiritual truths

The Sinus, Mouth Chakra, the tenth chakra, is another Minor Chakra. It controls the flow of electrical impulse emitted from the shoulders.

It is the power connection that facilitates the action of speaking physical and spiritual truths.





## The Brow Chakra

Eleventh Chakra

Third eye

Controls function of pineal gland spiritually and physically

Higher phenomena of Soul

Sensitivity

Spiritual perception

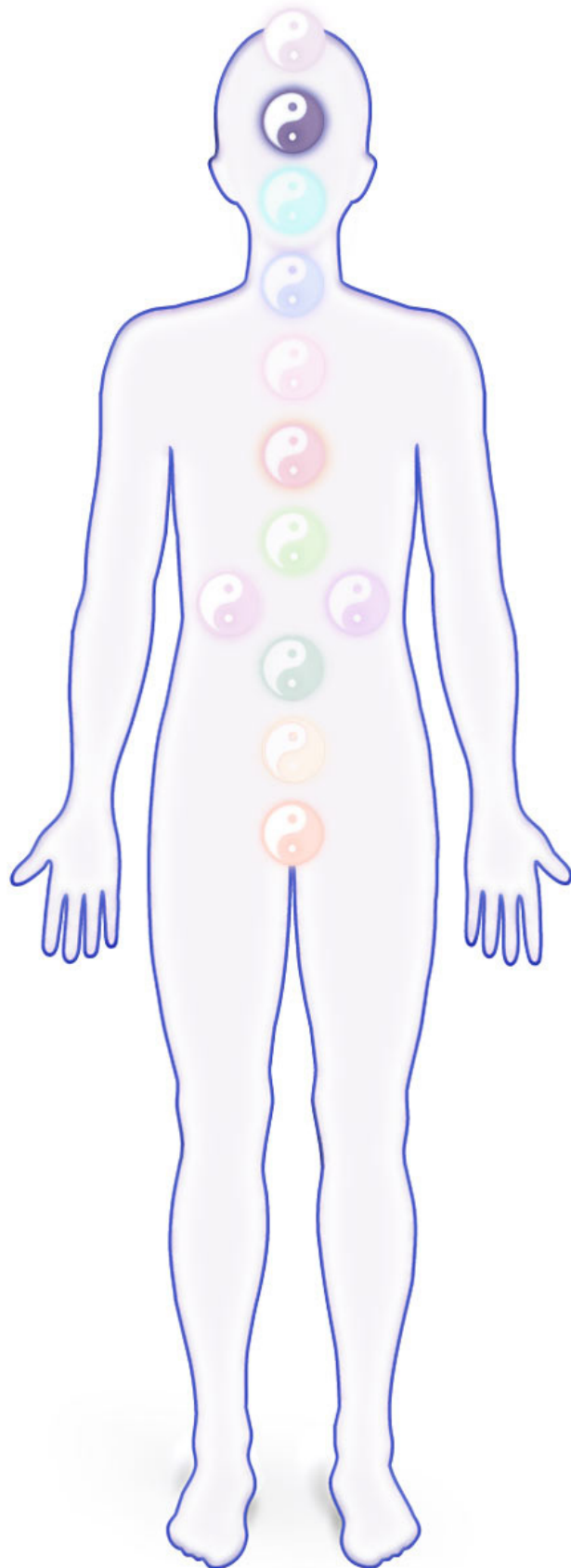
Power of vision

Intuition of true metaphysical forces

Clairaudience

The Brow Chakra, the eleventh center, is often called the Third Eye. When this chakra is properly balanced, it controls the functions of the pineal gland, both spiritually and physically. Mastery of this chakra will allow the individual to know and understand the higher phenomena of the Soul.

It will also increase sensitivity, spiritual perception, the power of vision and intuition of true metaphysical forces. Balance and harmony in this chakra also allow the individual to experience, clairvoyance, healing ability and clairaudience.





## The Crown Chakra

### Twelfth Chakra

Associated with pineal and pituitary glands

Controls astral body

Key to longevity and extraordinary vitality

The Crown Chakra is the twelfth and final chakra of the physical system.

It is primarily associated with the pineal and pituitary glands.

It is the chakra through which the energy of the Creative Source flows constantly.

It has control over the astral body.

As the individual gains mastery over this chakra, he or she will control the key to longevity and extraordinary vitality.

