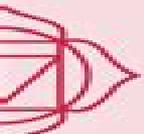


The 7 Primary Chakras

And their physical and emotional associations

	Crown Chakra <i>Sahasrara</i>	Physical Connected to the pineal gland, brain, and nervous system.	Emotional Connected to divine connection, higher consciousness, and spirituality.
	Third Eye Chakra <i>Ajna</i>	Physical Connected to the brain and pituitary gland.	Emotional Connected to self-awareness, wisdom, imagination, and intuition.
	Throat Chakra <i>Vishuddha</i>	Physical Connected to the throat, mouth, and thyroid gland.	Emotional Connected to self-expression, communication, and authenticity.
	Heart Chakra <i>Anahata</i>	Physical Connected to the heart, lungs, and thymus gland.	Emotional Connected to love, joy, compassion, and forgiveness.
	Solar Plexus Chakra <i>Manipura</i>	Physical Connected to the liver, adrenal glands, endocrine gland and stomach.	Emotional Connected to self-esteem, personal power, confidence, identity, and determination.
	Sacral Chakra <i>Svadhithana</i>	Physical Connected to the sex organs, bladder, kidneys, and reproductive glands.	Emotional Connected to sexuality, desire, creative energy, and emotions.
	Root Chakra <i>Muladhara</i>	Physical Connected to the colon, bones, muscles, and adrenal glands.	Emotional Connected to security, stability, safety, and basic needs like shelter and food.

Chakra Therapy

Arturo Cuomo



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