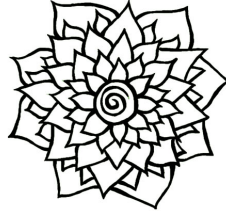


# CHAKRAS BEGINNER'S GUIDE

\*color  
\*SANSKRIT NAME  
\*location

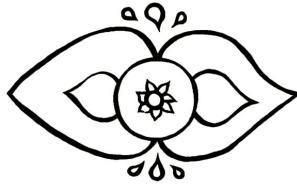
\*connections  
\*THE RIGHTS

violet  
SAHASHARA  
crown of head



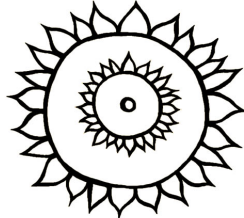
*compassion*  
THE RIGHT TO KNOW

indigo  
AJNA  
third eye



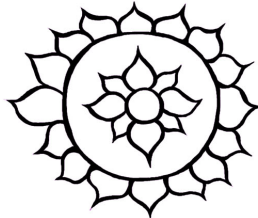
*intuition*  
THE RIGHT TO SEE

blue  
VISHUDDA  
throat



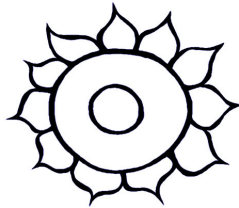
*communication*  
THE RIGHT TO SPEAK

green  
ANAHATA  
heart



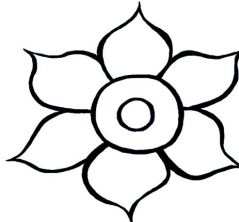
*sharing and trust*  
THE RIGHT TO LOVE

yellow  
MANIPURA  
solar plexus



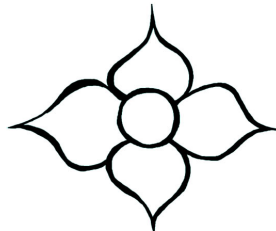
*self control*  
THE RIGHT TO ACT

orange  
SVADHISTHANA  
sacral chakra



*letting go*  
THE RIGHT TO FEEL

red  
MULADHARA  
root chakra



*physical needs*  
THE RIGHT TO HAVE