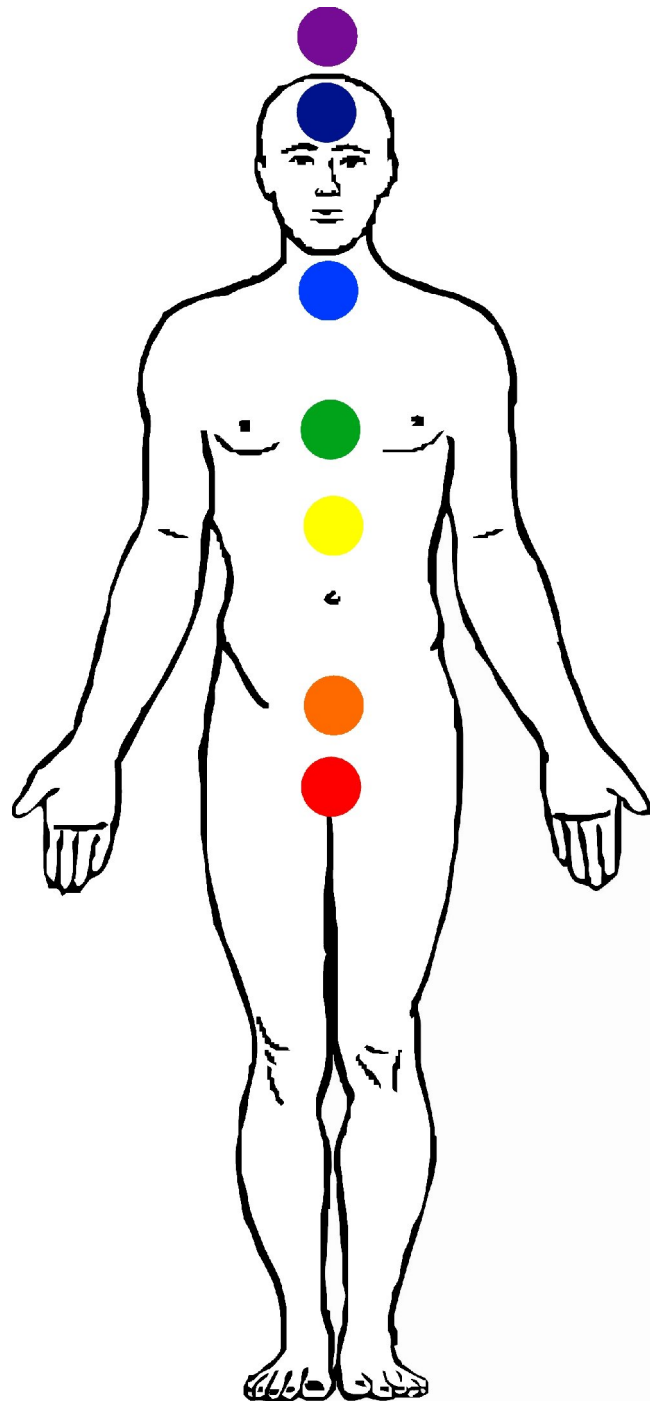


-  CROWN
[more...](#)
-  BROW / 3RD EYE
[more...](#)
-  THROAT
[more...](#)
-  HEART
[more...](#)
-  SOLAR PLEXUS
[more...](#)
-  SACRAL
[more...](#)
-  ROOT / BASE
[more...](#)



SEVEN MAIN CHAKRAS

The [chakras](#) are energy centres and act like power stations, they create and maintain energy.

They are the very core of your existence, central to all you say and do. They act like doorways through which emotional, mental and spiritual force flow into your physical expressions.

Chakras can be described as little mirrors . . .

They reflect what is happening in your life at a personal and spiritual level because they react to both internal (your mental and emotional landscape) and external stimuli.

If a [chakra is in balance](#), open and flowing, you are capable of dealing effectively with whatever comes your way. But, when a chakra is blocked or out of balance, this ability is impaired because your perspective is restricted by the condition of the chakra.