



Crown /Head Chakra: Enlightenment, Soul Guidance - Stimulation

Third Eye Chakra: Vision, Intuition

Throat Chakra: Communication, Creativity - Invention, Healing

Heart Chakra: Love, Compassion, Group Consciousness

Solar Plexus Chakra: Ambition, Power, "Me" Consciousness

Sacral Chakra: Sexuality, Base Desires - Appetites

Root Chakra: Grounding, Survival Instinct

