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✺ FIRST CHAKRA — ROOT CHAKRA

Is the survival chakra. Holds information on how you take care of yourself & others, your sense of security & self preservation. **FEAR** issues are held here.

✺SECOND CHAKRA — SACRAL CHAKRA

Is the emotions, sexual & creative energies chakra. Holds information on how you express your needs emotionally, creatively, intimately. How well you give & receive, accept & let go. **DESIRE** issues are held here.

✺THIRD CHAKRA — SOLAR PLEXUS OR NAVEL CHAKRA

Is the will power, personal authority, self esteem chakra. Holds information on setting boundaries for yourself & others, inner strength, self control. **ANGER** issues are held here.

✺FOURTH CHAKRA — HEART CHAKRA

Is the love, trust chakra. Holds information on love for yourself & others, God. How well emotionally balanced you are. **LOVE** issues are held here.

✺FIFTH CHAKRA — THROAT CHAKRA

Is the communication chakra. Holds information on verbal & telepathic communication with others & your inner wisdom. How well do you speak & own your truth. **VERBAL** issues are held here.

✺SIXTH CHAKRA — BROW CHAKRA, THIRD EYE CHAKRA

Is the clarity of vision beyond the 5 senses chakra. Holds information on your clear thoughts & intuition about your path, relationships, the Big Picture. **CAREER & LIFE PATH** issues are held here.

✺SEVENTH CHAKRA — CROWN CHAKRA

Is the Spiritual chakra. Holds information on who you are at the soul level, spiritual love & compassion, connection with the Divine. **BELIEF** issues are held here.