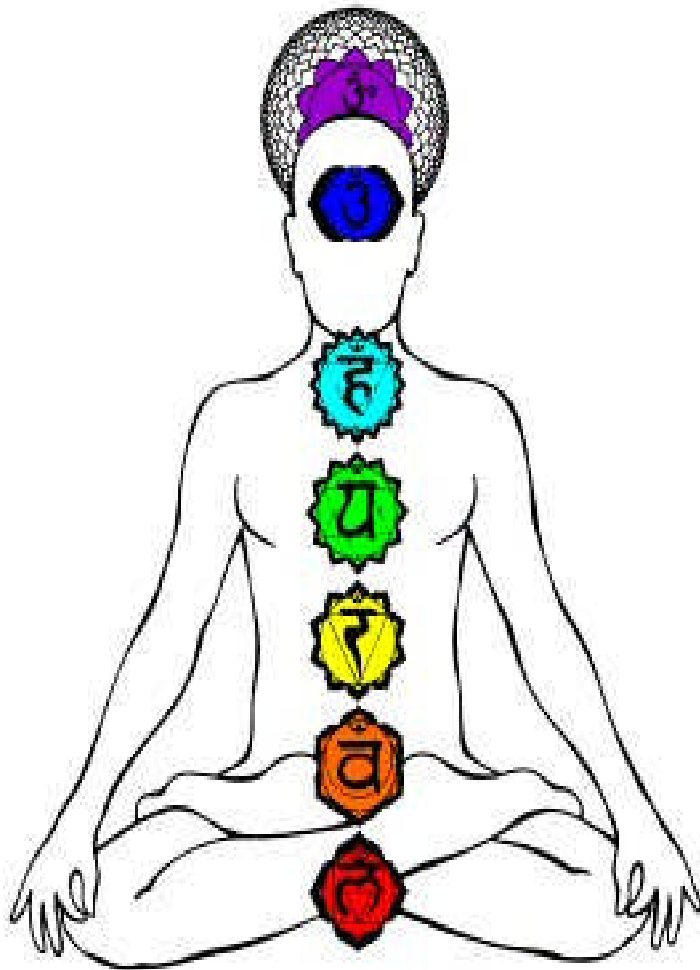


Chakra System



Crown Chakra – located at the top of the head the color is white.

Challenges: connection with spirit and connection with faith. Soul Desire: grace and conscious connection with spirit.

Brow Chakra – located between the brows the color is indigo/violet.

Challenges: clarity of vision, seeing the truth in situations. Soul Desire: receive guidance and support with clear vision.

Throat Chakra – located at the base of the throat the color is blue.

Challenges: speaking your truth, holding secrets. Soul Desire: to freely create, to express love.

Heart Chakra – located in the center of chest the color is green. Challenges: resentments, unworthiness, possessive love, judgmental. Soul Desire: to create a spiritual experience of love and to experience the complete acceptance of self.

Solar Plexus Chakra – located at the solar plexus the color is yellow.

Challenges: need for approval issues with authority, low self esteem. Soul Desire: healthy connection to internal power, integrity and trust.

Sacral/Naval Chakra – located just below the navel the color is orange.

Challenges: shame, addiction, jealousy, victim. Soul Desire: to freely expand, to effortlessly create.

Integrity, and trust.