



# CHAKRA ACTIVATION LEVEL

The seven chakras are energy centers that influence physical, emotional, and spiritual well-being. Balancing them fosters harmony and fulfillment.

1. **Muladhara (Root Chakra):** **Location at the** Base of the spine. Governs stability. Imbalance causes fear (underactive) or greed (overactive).
2. **Swadhisthana (Sacral Chakra):** **Located at the** Lower abdomen. Rules creativity and emotions. Imbalance leads to repression (underactive) or emotional chaos (overactive).
3. **Manipura (Solar Plexus Chakra):** **Located at the** Upper abdomen. Drives confidence. Imbalance causes self-doubt (underactive) or arrogance (overactive).
4. **Anahata (Heart Chakra):** **Located at the** Chest center. Nurtures love. Imbalance results in isolation (underactive) or clinginess (overactive).
5. **Vishuddha (Throat Chakra):** **Located at the** Throat. Manifests truth. Imbalance brings shyness (underactive) or verbal dominance (overactive).
6. **Ajna (Third Eye Chakra):** **Located at the** Forehead. Enhances intuition. Imbalance clouds judgment (underactive) or fuels delusion (overactive).
7. **Sahasrara (Crown Chakra):** **Located at the** Head's crown. Connects to divinity. Imbalance causes disconnection (underactive) or escapism (overactive).

## Restoring Balance

Meditation, yoga, and energy healing align chakras, ensuring optimal energy flow. A balanced system cultivates vitality, clarity, and spiritual growth, guiding you toward your highest potential.

## Chakra Activation

