

CHAKRA TALISMAN

This diagram provides a further breakdown of each chakra. Together, they comprise a harmonious, balanced innard



CROWN CHAKRA

The crown chakra, or *Sahasrara*, is located at the top of your head. Your Sahasrara represents your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose.



THIRD EYE CHAKRA

The third eye chakra, or *Ajna*, is located between your eyes. The third eye is responsible for intuition and imagination.



THROAT CHAKRA

The throat chakra, or *Vishuddha*, is located in your throat. This chakra has to do with our ability to communicate verbally.



HEART CHAKRA

The heart chakra, or *Anahata*, is located near your heart, in the center of your chest. It is all about our ability to love and show compassion.



SOLAR PLEXUS CHAKRA

The solar plexus chakra, or *Manipura*, is located in your stomach area. It is responsible for confidence and self-esteem, as well as helping you feel in control of your life.



SACRAL CHAKRA

The sacral chakra, or *Svadhithana*, is located just below your belly button. This chakra is responsible for your creative energy. It's also linked to how you relate to your emotions as well as the emotions of others.



ROOT CHAKRA

The root chakra, or *Muladhara*, is located at the base of your spine. It provides you with a base or foundation for life, and it helps you feel grounded and able to withstand challenges. Your root chakra is responsible for your sense of security and stability.