Understanding of 7 main chakras

The art of chakra meditation involves focusing your mind on specific energy centers within your body. Each energy center corresponds with a different aspect of your life, so you can target a specific chakra depending on the problem you want to solve or the goal you want to achieve. There are 7 chakras which are:

**Root Chakra (Muladhara)**The root chakra is located at bottom of the spine and affects our basic needs and desires. Imagine a glowing red light near the base of your spine for increasing the energy in this area. Focus can be assisted by holding a Ruby or Garnet crystal while chakra meditating.

**Naval Chakra (Svadhisthana)**The naval chakra is located in the lower abdomen, and is associated with physical feelings, especially those of love, sexuality, and passion. You can activate and clear this chakra by focusing your attention on a bright orange light in that area. Focus can be assisted by holding amber crystals while chakra meditating.

**Solar Plexus Chakra (Manipura)**It is located above the navel, just below the chest. It is believed that focusing on this point will help in issues related to self-control, discipline and ego. It helps if you imagine a pure yellow light in this area Use amber or gold to intensify this meditation.

**Heart Chakra (Anahata)**  
The heart chakra is the center of compassion, understanding, and forgiveness. You can use chakra meditation to focus on a green light glowing in this area. This will help you clear away feelings of resentment, guilt, and anger. Focus can be assisted by using emeralds and malachite crystals.

**Throat Chakra (Vishuddha)**It is located just below your chin and is useful to help you with issues of truth and knowledge, and can help you communicate with clarity, empathy, and wisdom. The throat chakra is associated with the color blue, Focus can be assisted by using turquoise or blue topaz.

**Brow Eye Chakra (Ajna)**The brow chakra is located in the middle of your forehead, just above your eyes. It is the center of spiritual knowledge and understanding. Imagine an indigo light in this area while dealing with spiritual issues or concerns. Focus can be assisted by using Lapis lazuli and sapphires.

**Crown Chakra (Sahasrara)**It is located at the top of your head and is associated with self-actualization, inspiration, divine wisdom, and the higher self. Focusing on the chakra will help you increase your sense of awareness and purpose, and develop a connection with universal wisdom. It is represented by the color violet and can be assisted by using amethyst and quartz crystal stones.