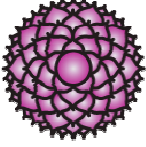




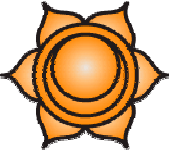



Chakras and Their Meanings

	<p>Chakra Seven: <i>Thought, Universal identity, oriented to self-knowledge</i></p> <p>This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection and bliss.</p>
	<p>Chakra Six: <i>Light, Archetypal identity, oriented to self-reflection</i></p> <p>This chakra is known as the brow chakra or third eye centre. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture."</p>
	<p>Chakra Five: <i>Sound, Creative identity, oriented to self-expression</i></p> <p>This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration such; as the vibration of sound representing language.</p>
	<p>Chakra Four: <i>Air, Social identity, oriented to self-acceptance</i></p> <p>This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness</p>
	<p>Chakra Three: <i>Fire, Ego identity, oriented to self-definition</i></p> <p>This chakra is known as the power chakra, located in the solar plexus. It rules our; personal power, will, autonomy as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity and non-dominating power.</p>
	<p>Chakra Two: <i>Water, Emotional identity, oriented to self-gratification</i></p> <p>The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through; feeling, desire, sensation and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfilment and the ability to accept change.</p>
	<p>Chakra One: <i>Earth, Physical identity, oriented to self-preservation</i></p> <p>Located at the base of the spine, this chakra forms our foundation. It represents the element earth, is therefore related to our survival instincts, to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us; health, prosperity, security and dynamic presence.</p>