

ROOT CHAKRA

earth / base of spine

Stability

Connection

Grounding

Belonging

Basic
Needs

Safety

I AM

SACRAL CHAKRA

water / lower abdomen

Creativity

Desire

Sexuality

Inner child

Authenticity

Self
Expression

I FEEL

SOLAR PLEXUS

fire / navel

Joy

Motivation

Self
Esteem

Willpower

Confidence

Identity

I DO

HEART CHAKRA

air / heart

Compassion

Hope

Empathy

Tenderness

Forgiveness

Capacity to
Love

I LOVE

THROAT CHAKRA

sound / throat

Communication

Honesty

Clarity

Expression

Inner Truth

Decisiveness

I SPEAK

THIRD EYE

light / center of head

Awareness

Intuition

Peace

Wisdom

Imagination

Spiritual
Awareness

I SEE

CROWN CHAKRA

thought / top of head

Understanding

Gratitude

Peace

Oneness

Enlightenment

Awareness of
Purpose

I KNOW