## Your Chakras and where you will find them:

First Chakra - Base	
courage to get through changes	M
survival and safety	101
	9
Second Chakra - Sacral	
Finding your joy and inspiration.	M
Connecting to others	101
Third Chakra - Solar Plexus	+ , —
All about you	
What you need and what you want. Finding your direction and following through.	101
	4
Fourth Chakra - Heart	
Forgive yourself and others.	
Being open to others.	1
Fifth Chakra - Throat	+
Speaking and knowing your truth.	M.
Being heard and respected.	100
Respect for yourself.	Ä
Sixth Chakra - Third Eye	
Intuition and imagination.	A
Finding your place in this world.	1
Seventh Chakra - Crown	
Your spiritual life.	A STATE OF THE STA
Your beliefs and your relationship	10
with yourself.	H
Sixth Chakra - Third Eye Intuition and imagination. Finding your place in this world.  Seventh Chakra - Crown Your spiritual life. Your beliefs and your relationship	

## Meaning of each chakra:

First Chakra - Base - Courage to get through changes. Survival, and safety.

**Second Chakra - Sacral - Finding your joy and inspiration. Connecting to others.** 

**Third Chakra - Solar Plexus** - All about you... What you need and what you want. Finding your direction and following through.

**Fourth Chakra - Heart** - Forgiving yourself and others. Being open to others.

**Fifth Chakra - Throat** - Speaking and knowing your truth. Being heard and respected. Respect for yourself.

**Sixth Chakra - Third Eye** - Intuition and imagination. Finding your place in this world.

**Seventh Chakra - Crown** - Your spiritual life. Your beliefs and your relationship with yourself.