



# Core Chakra Guide

- *The crown chakra, or seventh energy center, is located at the top of the head. Here our relationship to Spirit connects us with the spiritual realm.*
- *The sixth energy center, or brow chakra, is located in the forehead. Here we think, evaluate, and learn from our experiences in concrete, abstract, and intuitive ways.*
- *The fifth body center, or throat chakra, is located in the throat area. Here we work with our personal will and the expression of truth.*
- *The fourth chakra, the heart center, is located in the center of the chest and here we experience love, grief, compassion, and kindness.*
- *The third chakra, or solar plexus, is located in the upper abdomen, in the stomach area. The solar plexus serves as the seat of our personal power and of issues of self-esteem, responsibility, and self-respect.*
- *The second body center, the sacral chakra, is located in the lower abdomen just below the navel. This energy center provides the center for our sexuality, creativity, and abundance.*
- *The root chakra is located at the base of the spine, and corresponds to the legs, feet, and tailbone. Issues such as our survival, sense of security, and connection to our tribe live in this center. This chakra is positioned closest to the earth and is significant in our relationship to her. If we feel disconnected from the element of Earth or insecure in some way, pulling energy up from the earth can help to ground, anchor, and connect us to Earth's stable energy.*