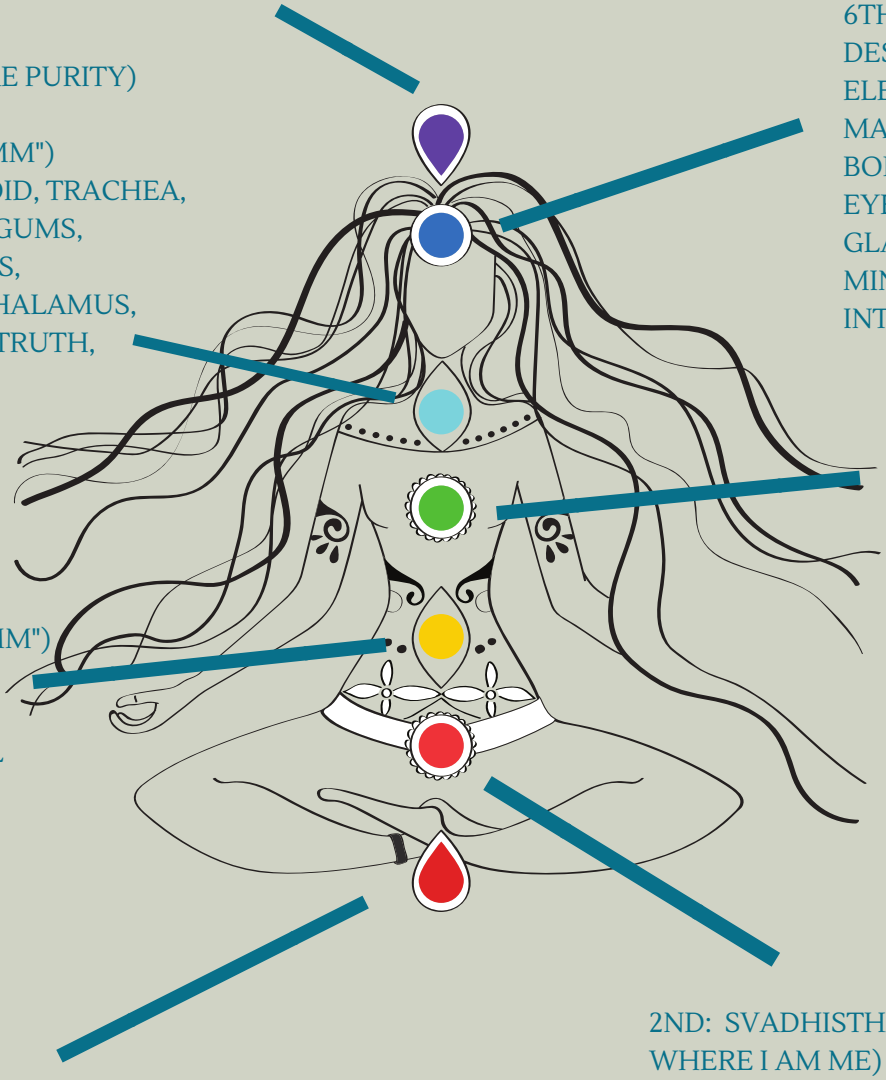
CHANGE YOUR ENERGY

USING THE CHAKRAS TO FEEL BETTER IN YOUR BODY AND YOUR LIFE

7TH: SAHASRARA (THOUSAND PETALED)
ELEMENT: N/A
MANTRA: AHHH
BODY: MUSCLES, SKELETON, SKIN, HEAD, BRAIN
MIND: CONNECTION, ENLIGHTENMENT

6TH: AGNYA (WISH, DESIRE, COMMAND)
ELEMENT: N/A
MANTRA: OM
BODY: NERVOUS SYSTEM, EYES, EARS, NOSE, PINEAL GLAND, PITUITARY
MIND: INTUITION, INTELLECT, INSIGHT

5TH: VISHUDDHA (MORE PURITY)
ELEMENT: SPACE
MANTRA: HAM ("HUMMM")
BODY: THROAT, THYROID, TRACHEA, NECK, MOUTH, TEETH, GUMS, SHOULDER, ESOPHAGUS, PARATHYROID, HYPOTHALAMUS,
MIND: VOICE, CHOICE, TRUTH, EXPRESSION



4TH: ANAHATA (WITHOUT CLASHING, HARMONY)
ELEMENT: AIR
MANTRA: YAM ("YUMMM")
BODY: CHEST, HEART, LUNGS, HANDS, ARMS, RIBS, BREASTS, DIAPHRAGM, THYMUS
MIND: POWER OF LOVE, JOY, COMPASSION

3RD: MANIPURA (THE PLACE WHERE MY FIRE CREATES MY JEWELS)
ELEMENT: FIRE
MANTRA: RAM ("RUMMM")
BODY: ABDOMEN, STOMACH, UPPER INTESTINE, LIVER, GALL BLADDER, PANCREAS, SPLEEN, MIDDLE SPINE
MIND: WILLPOWER, COURAGE, EMPOWERMENT, DETERMINATION

2ND: SVADHISTHANA (THE SPACE WHERE I AM ME)
ELEMENT: WATER
MANTRA: VAM ("VUMMM")
BODY: LOWER ABDOMEN, REPRODUCTIVE ORGANS, LARGE INTESTINE, LOWER VERTEBRAE, APPENDIX, BLADDER, HIP
MIND: CREATIVITY, FLOW, PERSONAL POWER

1ST: MULADHARA (THE SUPPORT OF YOUR ROOTS)
ELEMENT: EARTH
MANTRA: LAM ("LUMMM")
BODY: BASE OF SPINE, LEGS, FEET, BONES, IMMUNE SYSTEM
MIND: SUPPORT, FEELING GROUNDED, SAFETY, RELATION TO TRIBE

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