

# Chakra Overview Chart #1

Chakra ~ Location ~ Color ~ Element ~ Sense ~ Life lesson

1st Root Muladhara	Base of tailbone	Red	Earth	Smell	Family & material world
2nd Sacral Swadhisthana	Sexual organs	Orange	Water	Taste	Work, duality, desire
3rd Solar Manipura	Solar Plexus	Yellow	Fire	Sight	Ego, personality, self-esteem
4th Heart Anahata	Heart	Green, Pink	Air	Touch	Love, forgiveness compassion
5th Throat Vishuddha	Throat	Blue	Ether	Hearing	Truth, will, self-expression
6th 3rd eye Ajna	Forehead	Indigo	Light		Intuition, insight, wisdom
7th Crown Sahasrara	Top of head	Violet, White, Gold			Thought Service Morals