

What Chakra DO YOU LIVE IN?

This chart was explained during a chakra balancing seminar. The outline is no longer available.

Name	Position	Main Objective	Opened	Weak or Closed
Crown	Top of head	Connection to God & spirit	You feel connected to a higher power.	You feel no connection or guidance from a higher power.
Third Eye	Between the eyebrows (Ajna)	Trusting your intuition	Your intuition is your constant guide that you trust.	You feel lost when it comes to your spiritual purpose and path in life.
Throat	Hollow of Throat	Communication	You are comfortable speaking your truth .	You are afraid to speak up and say what you want or feel.
Heart	Center of chest	Love & Self-acceptance	You are comfortable with your relationships.	You are afraid of commitment and have to please others.
Solar Plexus	Above the naval	Personal Power	You have a strong sense of your own power .	You feel like a victim to the world.
Naval	Below the belly button	Sexuality	You create healthy sexual experiences .	You don't trust that you can be loved for being you.
Root	Base of Spine	Money	You're confident with money .	You feel you never have enough money.