

The Chakra System

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7th Chakra – Sahasrara - Violet
Location: Crown of head
Area of life: Higher consciousness, connection to Divine, spirituality
Hand position: Index touching base of thumb, palm facing upward
Sound: **“OGUM SATYAM OM”**

6th Chakra – Agnya - Blue
Location: Eyebrow Centre
Area of life: Intuition, higher self, wisdom, imagination, clairvoyance
Hand position: Index touching base of thumb, palm facing upward
Sound: **“AUM”**

5th Chakra – Vishuddhi – Dark Blue
Location: Epiglottis (Adam’s Apple)
Area of life: Expression, ideas, communication
Hand position: Index touching middle of thumb, palm facing upward
Sound: **“HANG”**

4th Chakra – Anahatha - Green
Location: Centre of chest
Area of life: Love, compassion, self-acceptance, relationships
Hand position: Index touching middle of thumb, palm facing upward
Sound: **“YANG”**

3rd Chakra – Manipura - Yellow
Location: Navel
Area of life: Self-esteem, vitality, will, ego, perception
Hand position: Index touching tip of thumb, palm facing upward
Sound: **“RANG”**

2nd Chakra – Swadisthana - Orange
Location: Genital region
Area of life: Creativity, confidence, sexuality, intimacy, pleasure
Hand position: : Index touching tip of thumb, palm facing upward
Sound: **“VANG”**

1st Chakra – Mooladhara - Red
Location: Perineum (midway between genitals and anus)
Area of life: Survival, safety, roundedness, trust, boundaries
Hand posture: Index touching tip of thumb, palm facing upward
Sound: **“LANG”**

