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Name: Sanskrit English	Mooladhara Root 1st chakra	Swadhisthana Sacral 2nd chakra	Manipura Solar plexus 3rd chakra	Anahata Heart 4th chakra	Vishuddhi Throat 5th chakra	Ajna Third eye 6th chakra	Sahasrara Crown 7th chakra
Location	In the perineum	Genitals	Solar plexus	Heart	Throat	In-between the eye brow center	Crown of the head
Element	Earth	Water	Fire	Air	Either (vibrations)	Spirit	Consciousness
Identity	Physical	Emotional	Ego	Love	Truth	Visions	Bliss
Associations	Roots Grounding Nourishment Trust Home Family/ Tribe Prosperity	Movement Sensations Pleasure Sexuality Desire Creativity	Energy Power Courage Will power Self esteem	Love Balance Relationships Nurturing Compassion	Communication Listening Creativity Resonance	Images Dreams Visions Insight Imagination	Transcendence Self realization Higher power Divinity Impermanence
Demon	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachments
Affirmation'	<i>"Its safe for me to be here"</i> <i>"I trust the process of life"</i> <i>"I love my body and trust its wisdom"</i>	<i>"I deserve pleasure in my life"</i> <i>"I embrace and celebrate my sexuality"</i> <i>"I am radiant, beautiful and strong and enjoy a healthy and passionate life"</i>	<i>"I honor the power within me"</i> <i>"I believe in myself"</i> <i>"I have the courage, strength and willpower to do all that I want"</i>	<i>"I am worthy of love"</i> <i>"I am loving to my self and others"</i> <i>"There is an infinite supply of love"</i> <i>"I give and receive love equally"</i> <i>"I love and accept myself"</i>	<i>"I speak and hear the truth"</i> <i>"My creativity flows in and through me"</i> <i>"I express my self with clear intent"</i>	<i>"I see all things clearly"</i> <i>"I listen to my inner guidance"</i> <i>"I manifest my visions"</i> <i>"I seek wisdom and guidance in all situations"</i>	<i>"I am guided by higher power"</i> <i>"Information I need comes to me"</i> <i>"I unite with my higher self"</i>
Sound	Lung	Vung	Rung	Yung	Hung	Aung	Silent