



CROWN CHAKRA

PINEAL

VIOLET / WHITE

SPIRITUAL ONENESS & INSPIRATION

SEED SOUND: NONE

VOWEL SOUND: NNGG (AS IN SING)



THIRD EYE / BROW CHAKRA

PITUITARY

INDIGO / WHITE

INNER WISDOM, INTUITION, VISION, INSIGHT, MEMORY, IMAGINATION

SEED SOUND: OM

VOWEL SOUND: MMM



THROAT CHAKRA

THROAT, LUNGS, NECK, EARS, JAW

SILVER-BLUE / BLUE

CREATIVE EXPRESSION, TRUTH, SPEECH

SEED SOUND: HAM

VOWEL SOUND: EE



HEART CHAKRA

THYMUS, HEART, CHEST, ARMS

GREEN / PINK

LOVE, COMPASSION, DEVOTION, FORGIVENESS

SEED SOUND: YAM

VOWEL SOUND: AY (AS IN SAY)



SOLAR PLEXUS CHAKRA

STOMACH, PANCREAS, LIVER, GALL BLADDER, INTESTINES, DIAPHRAGM

YELLOW / GOLD

WILLPOWER, ENERGY, DESIRE, VITALITY

SEED SOUND: RAM

VOWEL SOUND: AH



SACRAL CHAKRA

KIDNEYS, SPLEEN, URINARY BLADDER, LOWER INTESTINES, REPRODUCTIVE SYSTEM

ORANGE

SENSUALITY, REPRODUCTION, PLEASURE

SEED SOUND: VAM

VOWEL SOUND: OOO (AS IN YOU)



ROOT CHAKRA

COLON, LEGS, FEET

RED

SECURITY, SURVIVAL INSTINCT, FOUNDATION OF EXISTENCE, FLIGHT/FIGHT

SEED SOUND: LAM (LUM)

VOWEL SOUND: OH