

The 7 Chakras



SAHASRARA | CROWN CHAKRA

Location Just above the top of the head

Essential Oil Sandalwood or lavender

Asana Savasana, rabbit

Meaning Thousand petaled



clear quartz



AJNA | THIRD EYE CHAKRA

Location Between eyebrows within the head

Essential Oil Frankincense & clary sage

Asana Shoulderstand, legs up the wall

Meaning Intuition & clarity



Sodalite



VISHUDDHA | THROAT CHAKRA

Location Base of throat

Essential Oil Chamomille or peppermint

Asana Plow, shoulderstand

Meaning Communication



Aquamarine



ANAHATA | HEART CHAKRA

Location Heart

Essential Oil Rose otto, bergamot

Asana Bridge, wheel, camel, wild thing

Meaning Unstuck



Rose Quartz



MANIPURA | SOLAR PLEXUS CHAKRA

Location Navel

Essential Oil Lemon, ginger

Asana Boat

Meaning Lustrous gem



Citrine



SVADHISHTHANA | SACRAL CHAKRA

Location Lower abdomen

Essential Oil Cardamon, jasmine

Asana Garland, reclined bound-angle, pigeon

Meaning Creativity, enjoyment



Carnelian



MULADHARA | ROOT CHAKRA

Location Base of spine

Essential Oil Cedarwood

Asana Child's pose, mountain pose, wide-legged forward fold

Meaning Root, support



Red Jasper

Chakra Complete Guide

G Orfield



Chakra Complete Guide:

Chakra Complete Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Chakra Complete Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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