

Chakra meanings:

Crown	Purple	Wisdom, Awareness, Thoughtfulness
Brow	Indigo	Intuition, Perception, Inspiration
Throat	Blue	Communication, Personal truth, Expression
Heart	Green	Love, Compassion, Altruism
Solar Plexus	Yellow	Vitality, Direction, Self-esteem
Sacral	Orange	Sexuality, Creativity, Pleasure
Root	Red	Stability, Grounding, Trust

Chakras, by definition, are energy centres within the human body that help to regulate all of its processes, from organ function to the immune system and emotions. They are positioned throughout your body, from the base of your spine to the crown of your head. Each chakra has its own frequency that is depicted through a specific chakra colour and which governs various physiological and neurological systems in the body.

For further information: <http://www.chakras.info/>