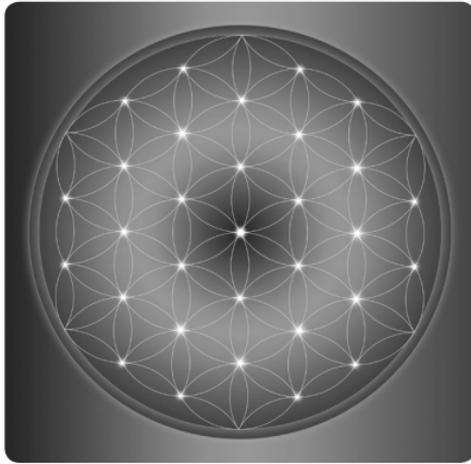


1

ROOT CHAKRA



The frequency of the Root Chakra—the red Flower of Life—stimulates passion and supports our sense of security on this physical plane, both in our bodies and in the physical world.

The Flower of Life is a geometric shape recognized by many cultures all over the planet. It consists of thirteen equal circles that intersect at the middle of each circle,

creating a perfectly proportioned flower. As a symbol, the Flower of Life represents the Universe as a whole as well as the harmony in which all the separate components of the Universe work together. This beautiful pattern is often used to indicate our understanding of our connection (as humans and as spiritual beings) to the whole.

The color red is associated with the Root (or Base) Chakra. It is linked to our survival instincts and to our ability to ground and identify ourselves in the physical world. It is connected to our sense of prosperity and security, and to our physical health. The location of the Root Chakra—at the base of the spine—is also the seat of the kundalini (instinctive, primal energy) force, and the first chakra is believed to be the generator of life. Red stimulates love and passion, excitement, courage, strength, power, and persistence. Its sense is smell.

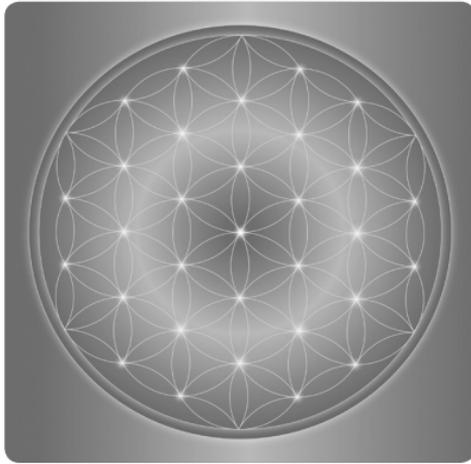
TRY THIS

Take a moment to mentally scan your body. How does it feel? Is there anything it wants to tell you? How grounded do you feel? How deep do your roots grow? Do you feel connected to Mother Earth? How about the cosmos?

Contemplate your connection to the physical plane. When is the last time you walked barefoot outside?

2

SACRAL CHAKRA



The frequency of the Sacral Chakra—the orange Flower of Life—supports our ability to flow with our desires, and stimulates our creative power to manifest success and abundance in our lives.

The Flower of Life is a geometric shape recognized by many cultures all over the planet. It consists of thirteen equal circles that intersect at the middle of each circle,

creating a perfectly proportioned flower. As a symbol, the Flower of Life represents the Universe as a whole as well as the harmony in which all the separate components of the Universe work together. This beautiful pattern is often used to indicate our understanding of our connection (as humans and as spiritual beings) to the whole.

The color orange is associated with the second, or Sacral, chakra, located just below the navel. It is linked to our creativity, sexuality, and emotional world. Orange encourages movement and connection with others. It has a freeing effect on the body and mind, stimulating creative thinking, abundance, success, and appetite. Its sense is taste.

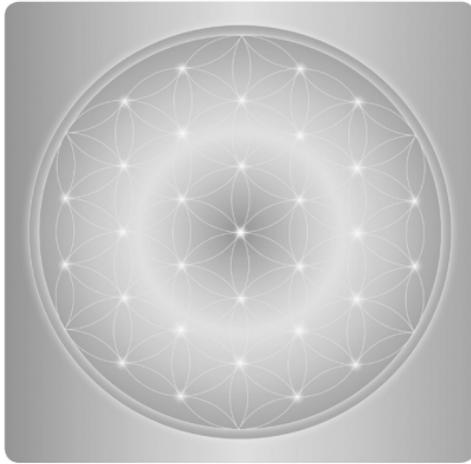
TRY THIS

Close your eyes and take a deep breath. Let go of your breath with an audible sigh.

Now bring your attention to your emotions. How do you feel? Are you expressing yourself the way you desire in your daily life? Are you inspired? What do you do to express your creativity? How about your sexuality? Perhaps it is time for a new project or love affair.

3

SOLAR PLEXUS CHAKRA



The frequency of the Solar Plexus Chakra—the yellow Flower of Life—supports our sense of self, our personal power, and our willpower, as well as our *knowing* of who we are and what our contribution is to the whole.

The Flower of Life is a geometric shape recognized by many cultures all over the planet. It consists of thirteen

equal circles that intersect at the middle of each circle, creating a perfectly proportioned flower. As a symbol, the Flower of Life represents the Universe as a whole as well as the harmony in which all the separate components of the Universe work together. This beautiful pattern is often used to indicate our understanding of our connection (as humans and as spiritual beings) to the whole.

The color yellow is associated with the third, or Solar Plexus, chakra. It is located in the area of the diaphragm, below the breastbone, and linked to our sense of self, our authority, and our personal power. It is the area of our personality and our ego. Yellow helps us to think clearly, increase our awareness, and stimulate our curiosity. It strengthens our vitality, our life force, and our energy. Its sense is sight.

TRY THIS

Go inside yourself for a moment and think about what is important in your life. Do you spend your days doing what you love? Do you feel satisfied? Do you feel you are an important part of this big puzzle we call life?

Most of us have that one thing that we love doing and are really good at. What is your one thing?