

# The 7 Chakra Path to Your Vibrant Life!

The word **Chakra**, in sanskrit, means “wheel” or “disc”; it refers to the vortex of energetic activity flowing from the major nerve ganglia of the spinal column.

There are 7 major chakras that align the spine from the crown of the head to the base of the spine. Each Center is represented by an element, is associated with a color, has a name, and relates to aspects of consciousness, psychology, archetypes, and philosophy.

The chakras are the energy of yoga, harnessing this energy, both on and off the mat, will take you down a path to vibrant health, dynamic balance, and a creative life you love!



## CHAKRA 7

Connect with the Divine through Meditation



## CHAKRA 6

Vision Your Vibrant Goals



## CHAKRA 5

Speak about Your Vision



## CHAKRA 4

Love Yourself, Practice Balance, Connect with Tribe



## CHAKRA 3

Take Action in the Direction of Your Vision



## CHAKRA 2

Tap into the Pleasure and Passion of your Juicy Life



## CHAKRA 1

Take Good Care of Your Body Temple and Thrive



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NAME  
Muladhara  
"Root Support"

COLOR

Red

ELEMENT

Earth

BASIC RIGHT

To be here and  
to thrive

*"I **Accept** my right to be  
here and to thrive."*



NAME  
Swatishana  
"Sweetness"

COLOR

Orange

ELEMENT

Water

BASIC RIGHT

To feel your feelings

*"I **Feel** my feelings and  
I Am in the flow of my  
vibrant life."*



NAME  
Manipura  
"Lustrous Gem"

COLOR

Yellow

ELEMENT

Fire

BASIC RIGHT

To take action

*"I **Ignite** my power and  
take positive action."*



NAME  
Anahata  
"Unstruck"

COLOR

Emerald Green

ELEMENT

Air

BASIC RIGHT

To Love and  
Be Loved

*"I Am **Love**  
being loved."*



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NAME  
Vissudha  
"Purification"

COLOR

Turquoise Blue

ELEMENT

Sound

BASIC RIGHT

To Speak Your Truth,  
be heard, listen

*"I **Speak** my truth  
and share my goals  
with my community."*



NAME  
Ajna  
"To Command"

COLOR

Indigo Blue

ELEMENT

Sight

BASIC RIGHT

To See Your Way

*"I **See** my way  
and co-create my  
magnificent life."*



NAME  
Sahasrara  
"Thousand-  
Petalled Lotus"

COLOR

Pink, White, or Gold

ELEMENT

Ether

BASIC RIGHT

To be connected  
to Spirit

*"I Am **Connected**  
to my Spirit."*



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Navigating your life path with the map of the chakras gives you Higher Guidance to your fulfill your purpose and manifest your dreams.

Energy flows in both directions, from the top of your head down to the base of your spine, the **current of manifestation**, and from the root chakra up to the crown, the **current of liberation**.

In order to prepare for the journey ahead you must prepare your body to be strong and flexible, you must organize and gather your supplies. Your journey to your magnificent life starts here now at the root chakra.

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#### STEP 1

### **Take Good Care of Your Body Temple and Thrive!**

We're beginning our journey at the foundation of the chakra system, It's sanskrit name is **Muladhara**, which translates to "root support." This is the energy center that governs your body and your physical world.

Caring for your body as the temple of your Spirit leads to vitality and an experience of thriving. Nourish your body with healthy meals and rituals and care for your surroundings.

This chakra balances when you take care of your body, your home, your car, and your finances. Root chakra loves organization and taking care of business.





## STEP 2

### Tap into the Pleasure and Play of Your Beautiful Life

Second chakra is called **Swadisthana** which means “sweetness.” It’s element is water.

This is about movement, creativity, sensation, desire, sexuality.

Get into the creative flow by re-awakening your passion and pay attention to what delights your senses.



## STEP 3

### Take Action in the Direction of Your Highest Good

Chakra 3, **Manipura**, is known as the power chakra, it’s element is fire. It means “lustrous gem.”

Taking small steps toward your vision stokes the fire of chakra 3. Action sparks momentum, gives you power to resist distractions, and burns through inertia.

When your power chakra is balanced you’re ready to get up and go and you know where to focus your energy.





#### STEP 4

### Connect with the Divine

We're in the heart chakra! Governed by air, **Anahata** chakra, translates to "unstruck," and is all about love, balance, and relationship.

Love is practicing patience and kindness as you make changes in your life. Buddy up with a friend, or group of friends, and lean on your tribe for support and accountability.

As you reciprocate this support for them, your heart opens to change.



#### STEP 5

### Speak about Your Vision

Speaking your truth ignites the power of your fifth chakra, **Vishuddha**, which means "purify" in English.

One of the best ways to get what you want is to talk about it. Share your vision of what you want in your life with trusted friends and family members. Be specific about what you want, why you want it, and by when you want to accomplish your goals.







#### STEP 6

### Vision Your Vibrant Life

6th chakra, or third eye, is located in the middle of your forehead just above your eyebrows. This chakra is called **Ajna** which means both to “perceive” and “command.”

Welcome to the command center of your life! See your way into your new healthy lifestyle. Dream about what you want, use your imagination, see the changes you want to make in your life in vivid color, texture, shape, and vibrancy.



#### STEP 7

### Connect with the Divine

Related to the 7th chakra; this is located at the top of your head. **Sahasrara** is the name given the crown chakra. It means “Thousand Petaled Lotus.”

Meditation enhances the balance of this energy center and allows Universal wisdom to enter to top of the head. Connecting with your Spirit gives you much needed resolve, insight, and guidance to create your best life.

