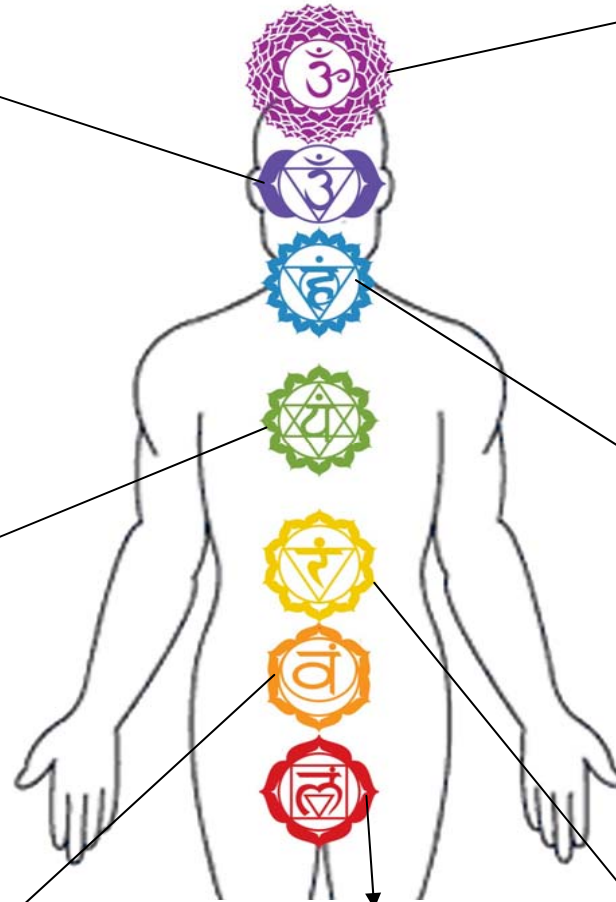


## 7 Main Chakras



**Western Name:** Third Eye Chakra  
**Eastern Name:** Anja  
**Colour:** Indigo or Violet  
**Way of interacting with the outside world:**  
 I See  
**Beliefs involved in:** clear vision and thinking on a physical and spiritual level, open to intuitive understanding  
**Associated Endocrine Gland:** Pituitary  
**Associated body areas:** Face, nose, sinuses, eyes, ears, brain, central nervous system

6th

**Western Name:** Heart Chakra  
**Eastern Name:** Anahata  
**Colour:** Emerald Green or Pale Pink  
**Way of interacting with the outside world:**  
 I Love  
**Beliefs involved in:** connection to the self and others, self love and acceptance, the ability to assimilate life's experiences and integrate the knowledge, wisdom,  
**Associated Endocrine Gland:** Thymus  
**Associated body areas:** Lymphatic system, lungs, circulation of blood and air

4th

**Western Name:** Sacral Chakra  
**Eastern Name:** Svadhistana  
**Colour:** Orange  
**Way of interacting with the outside world:**  
 I feel  
**Beliefs involved in:** Creativity, Sexuality, connection to others energetically  
**Associated Endocrine Gland:** Ovaries/ Testes  
**Associated body areas:** Kidneys, bladder, body liquids (Blood, lymph etc.), large intestine, colon

2nd

**Western Name:** Root / Base Chakra  
**Eastern Name:** Muladhara  
**Colour:** Bright Red  
**Way of interacting with the outside world:**  
 I am  
**Beliefs involved in:** Security, Safety, Connected to Earth (Grounded)  
**Associated Endocrine Gland:** Adrenals (they start in this area and move upwards as we develop in the womb)  
**Associated body areas:** Lower back, hips, legs, knees, feet

1st

**Western Name:** Crown Chakra  
**Eastern Name:** sahasrara  
**Colour:** Violet or White or Gold  
**Way of interacting with the outside world:**  
 I understand  
**Beliefs involved in:** Spiritual understanding of the non-physical realms, knowledge of one's connection to the divine  
**Associated Endocrine Gland:** Pineal and Hypothalamus  
**Associated body areas:** Cerebrum, spine and joints

7th

**Western Name:** Throat Chakra  
**Eastern Name:** Vishuddha  
**Colour:** Sky Blue  
**Way of interacting with the outside world:**  
 I express  
**Beliefs involved in:** voicing your truth, creating and expressing visions, creativity and ideas  
**Associated Endocrine Gland:** Thyroid and Parathyroid  
**Associated body areas:** Throat, neck, ears, upper area of lungs, cervical vertebrae

**Western Name:** Solar Plexus Chakra  
**Eastern Name:** Manipura  
**Colour:** Vibrant yellow  
**Way of interacting with the outside world:** I do  
**Beliefs involved in:** Power, self acceptance, action, self promotion, to engage in life  
**Associated Endocrine Gland:** Pancreas and Adrenals  
**Associated body areas:** Digestive system, liver, lower back, gall bladder, spleen, pancreas and production of insulin

3rd

