

Chakra Symbol	Chakra Name	Chakra Sanskrit Name	Chakra Location	Chakra Color	Chakra Seed Sound	Chakra Element
	1. Root Chakra	<i>Muladhara</i>	Perineum	Red	LAM	Earth
	2. Sacral Chakra	<i>Svadhishthana</i>	Sacrum	Orange	VAM	Water
	3. Solar Plexus Chakra	<i>Manipura</i>	Solar Plexus	Yellow	RAM	Fire
	4. Heart Chakra	<i>Anahata</i>	Chest	Green	YAM	Air
	5. Throat Chakra	<i>Vishuddha</i>	Throat	Light Blue	HAM	Ether / Space

	6. Third Eye Chakra	<i>Ajna</i>	Forehead	Indigo	OM	Light
	7. Crown Chakra	<i>Sahasrara</i>	Top of head	Violet	OM	Thought

