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## T H E C H A K R A S

FRONT  
Quality  
Emotional

BACK  
Quantity  
Will (2<sup>nd</sup> – 5<sup>th</sup>)

CROWN  
Unity, Oneness  
Neptune / Pisces

6<sup>th</sup>  
3<sup>rd</sup> EYE  
Sense: Vision  
Uranus / Aquarius

Vision  
How we see the world  
How we see ourselves in  
the world  
(through judgment or  
the biggest picture)

Administrative capacity  
Ability to create the vision  
("victim" vision takes us  
through the steps to  
make that occur)

5<sup>th</sup>  
THROAT  
Sense: Sound, Scent  
Mercury / Gemini

Expression

Self-responsibility & Truth  
Service / Profession  
How we use our energy  
(responsibly or not)

4<sup>th</sup>  
HEART  
Sense: Feeling  
Sun / Leo

Connectedness  
Sharing love / hate

Will to act on our  
own behalf (or not)  
Is it owned by someone  
else? (this = acting on  
*another's* behalf)  
The total good of all  
= your good (first) + ??

3<sup>RD</sup>  
SOLAR PLEXUS  
Sense: Intuition  
Mars / Aries

Who am I?  
Identification of Self  
Power / powerlessness

The will to be whole...  
to allow all the different  
parts to come to the table  
and have an opinion.  
Consciousness that allows  
us to open to everything  
we are. This includes the  
will to not be whole (which  
= chakra shut down or  
opening others to  
compensate)

2<sup>nd</sup>  
PLEASURE  
Sense: Emotion  
Venus / Taurus

Abundance, money  
Sexuality  
Pain / pleasure

The will to have life force.  
How much life force you  
can take into the body (or

Immunity  
Creativity

how little). What you do with  
it (home, school, travel, sex,  
entertainment, etc.)

ROOT / 1<sup>st</sup>  
Sense: Kinesthetic  
Earth

Safety; stability or survival  
within the (Earth) tribe  
How we own and claim space  
Strongest entry point into the  
physical body