








Your Chakras and where you will find them:

<p><b>First Chakra - Base</b> courage to get through changes survival and safety</p>	
<p><b>Second Chakra - Sacral</b> Finding your joy and inspiration. Connecting to others</p>	
<p><b>Third Chakra - Solar Plexus</b> All about you... What you need and what you want. Finding your direction and following through.</p>	
<p><b>Fourth Chakra - Heart</b> Forgive yourself and others. Being open to others.</p>	
<p><b>Fifth Chakra - Throat</b> Speaking and knowing your truth. Being heard and respected. Respect for yourself.</p>	
<p><b>Sixth Chakra - Third Eye</b> Intuition and imagination. Finding your place in this world.</p>	
<p><b>Seventh Chakra - Crown</b> Your spiritual life. Your beliefs and your relationship with yourself.</p>	

**Meaning of each chakra:**

**First Chakra - Base** - Courage to get through changes. Survival, and safety.

**Second Chakra - Sacral** - Finding your joy and inspiration. Connecting to others.

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Finding your direction and following through.

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