

Chakras and Emotive Influences (continued)					
Chakra	Location	Colour	Main Physical Association	Emotional Connection	Emotional Extremes
Root or Base Centre (Muladhara)	Base of the spine	Red	Elimination, release of adrenalin, circulatory system and blood [smell] Earthy connection	Instinct and drives – fight or flight response	Fear and Aggression/ Groundedness and Security
Sacral (Svadhishthana)	On the spine behind the genitals	Orange	Reproductive system and bodily fluids [taste] Linked with water	Creativity Passion Sexuality	Creativity/Emotional Impotence
Solar Plexus Centre (Manipura)	On the spine behind the navel	Yellow	Digestive system (consuming, taking in) [sight] Associated with fire	Actions Power Personality Will	Empowerment/A Sense of Powerlessness or Uncontrolled Emotions
Heart Centre (Anahata)	On the spine behind the heart	Green	The cardiovascular and respiratory systems [touch] Associated with air	Compassion Sensitivity Love (the core of emotion)	Love and Compassion/Hate and Anger
Throat Centre (Visuddha)	In the throat	Sky Blue	The throat [sound] Ether/space connection	Communication Expression	Ease of Expression/Emotional Stagnation
Third Eye Centre (Ajna)	Between the brows – behind the forehead	Indigo (deep blue)	The brain, nervous and endocrine systems [inner and external vision/visualisation] Associated with pure essence	Intuition Insight	Effective (helpful) Cognition/Ineffective (unhelpful) Cognition
Crown Centre (Sahasrara)	Crown of the head	Violet	Whole nervous system, brain and pineal gland [supreme consciousness] Associated with the realm of thought	Enlightenment or Spiritual Endeavour	Feelings of Connectedness and Balance/Feelings of Separateness and Imbalance

Researched from the CAE Syllabus (Leigh Blashki author)

Symbolised as a thousand petal lotus