



SAHASRARA

**GROWN CHAKRA**  
Spirituality



AJNA

**THIRD EYE CHAKRA**  
Awareness



VISHUDDHA

**THROAT CHAKRA**  
Communication



ANAHATA

**HEART CHAKRA**  
Love, Healing



MANIPURA

**SOLAR PLEXUS CHAKRA**  
Wisdom, Power



SVADHISHTHANA

**SACRAL CHAKRA**  
Sexuality, Creativity



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Basic Trust

# Chakra Meditation

**M Carnoy**



**Chakra Meditation:**

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