

The 7 Chakras



SAHASRARA | CROWN CHAKRA

Location Just above the top of the head

Essential Oil Sandalwood or lavender

Asana Savasana, rabbit

Meaning Thousand petaled



clear quartz



AJNA | THIRD EYE CHAKRA

Location Between eyebrows within the head

Essential Oil Frankincense & clary sage

Asana Shoulderstand, legs up the wall

Meaning Intuition & clarity



Sodalite



VISHUDDHA | THROAT CHAKRA

Location Base of throat

Essential Oil Chamomille or peppermint

Asana Plow, shoulderstand

Meaning Communication



Aquamarine



ANAHATA | HEART CHAKRA

Location Heart

Essential Oil Rose otto, bergamot

Asana Bridge, wheel, camel, wild thing

Meaning Unstuck



Rose Quartz



MANIPURA | SOLAR PLEXUS CHAKRA

Location Navel

Essential Oil Lemon, ginger

Asana Boat

Meaning Lustrous gem



Citrine



SVADHISHTHANA | SACRAL CHAKRA

Location Lower abdomen

Essential Oil Cardamon, jasmine

Asana Garland, reclined bound angle, pigeon

Meaning Creativity, enjoyment



Carnelian



MULADHARA | ROOT CHAKRA

Location Base of spine

Essential Oil Cedarwood

Asana Child's pose, mountain pose, wide-legged forward fold

Meaning Root, support



Red Jasper

A5 Chakra Guide

Marcel A. Müller



A5 Chakra Guide:

A5 Chakra Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **A5 Chakra Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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