









	LOCATION	ANCESTOR(S)	PSYCHO-SPIRITUAL CONNECTION	CHAKRAS
YOU	CROWN OF THE HEAD		INFINITE CONSCIOUSNESS, EXPANSIVE SPIRITUAL CONNECTION, UNITY-YOG	SAHASRARA (THOUSAND PETAL-WISDOM) 
	BETWEEN EYEBROWS		VISIONARY, INTUITION, CLARITY, INSIGHT, SHARP IMAGINATION	AJNA (INFINITE POWER) 
	THROAT		SELF-EXPRESSION, TRUTH	VISHUDDHI (PURE) 
	HEART CENTER		COMPASSION, LOVE, ACCEPTANCE OF SELF AND OTHERS	ANAHATA (UNSTRUCK) 
	SOLAR PLEXUS		MENTAL, PERSONAL POWER, BALANCED SELF-ESTEEM	MANIPURA (PLACE OF JEWELS) 
	NAVAL REGION		EGO, SEXUALITY, CREATIVITY, PLEASURE, GUILT, SUB-CONSCIOUS EMOTIONS	SWADHUSTHANA (SELF-DWELLING) 
	BASE OF SPINE/PELVIC FLOOR		SURVIVAL, SECURITY, HOME, FAMILY, TRUST, ANGER, FEAR, SELF-PRESERVATION, WORK, FINANCES	MULADHARA (FOUNDATION ROOT) 