



THE CHAKRAS

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Panther Room in Resonate Health Spa



CROWN CHAKRA

The Sanskrit name is Sahasrana. It has no element or thought, and color is Violet or White. The vowel sound is “Ngngng”. The physical association is the Pineal gland, central nervous system and cerebral cortex. Affirmations: I honor the Divine within me. I cherish my spirit.



3RD EYE CHAKRA

The Sanskrit name is Ajna. It's all Elements/Light and color is Indigo. The vowel sound is “Mmm”. The physical association is the Eyes, base of skull, brow and pituitary gland. Affirmations: I trust my intuition. I listen to my deepest wisdom. I am the source of my truth and my love.



THROAT CHAKRA

The Sanskrit name is Visuddha. It's an Akasha element and color is Blue. The vowel sound is “Eee”. The physical association is the Thyroid and Parathyroid gland, Throat, ears, mouth, shoulders, and neck. Affirmations: I am open, clear, and honest in my communication. I have a right to speak my truth.



HEART CHAKRA

The Sanskrit name is Anahata. It's an Air element and color is Green. The vowel sound is “Ay”. The physical association is the Thymus, heart, lungs, circulatory system, arms/legs. Affirmations: I am open to love. I am wanted and loved. I forgive myself.



SOLAR PLEX CHAKRA

The Sanskrit name is Manipura. It's a Fire element and color is Yellow. The vowel sound is “Ah”. The physical association is the digestive system, liver, gall bladder, adrenals and pancreas. Affirmations: I am strong and courageous. I am worthy of love, kindness, and respect.



SACRAL CHAKRA

The Sanskrit name is Svadhithana. It's a Water element and color is Orange. The vowel sound is “Oo”. The physical association is the womb, ovaries/testicles, genitals, kidney, and bladder. Affirmations: I love and enjoy my body. I have healthy boundaries.



ROOT CHAKRA

The Sanskrit name is Muladhara. It's an Earth element and color is Red. The vowel sound is “O”. The physical association is the skeletal structure, teeth, large intestine, kidneys, and blood. Affirmations: I feel deeply rooted. I am connected to my body. I feel safe and secure.