

# The Chakra System

## THIRD EYE CHAKRA

**AJNA CHAKRA:**  
Located between the eyes, governs the pituitary gland – the “master endocrine gland” as it has influence over all body functions. This is your center for intuition and insight.

## HEART CHAKRA

**ANAHATA CHAKRA:**  
Located in the mid-sternum and directly over the heart. Governs the thymus gland, essential for fighting disease and warding against infection. The center for love – self love, divine love, universal love and love-love!

## SACRAL CHAKRA

**SVADHISTANA CHAKRA:**  
Located over the sacral bone (or just below the belly button) governs the sexual organs. This is the home of your sexuality and creativity.

## CROWN CHAKRA

**SAHASRARA CHAKRA:**  
Location: top of head, governs the pineal gland which is responsible for waking and sleep cycles, body temperature, cardiovascular function and reproduction. Emotional centre for wisdom, awareness and spiritual connection.

## THROAT CHAKRA

**VISHUDDHA CHAKRA:**  
Located in the neck, governs the thyroid gland, which controls metabolism, assists tissue growth and monitors vital elements. Emotionally this is your center for communication and truth

## POWER CHAKRA

**MANIPURA CHAKRA:**  
Located at the solar plexus, governs the stomach and pancreas. The pancreas assists in growth and blood sugar stabilization. This is where you hold your personal power, your courage and boundaries.

## ROOT CHAKRA

**MULADHARA CHAKRA:**  
Located near the coccyx, governs the adrenal glands which release hormones that decrease inflammation, and maintain sugar levels.

