















About the Seven Chakras

Spirituality		 Crown	<p>Governs: Connection to higher consciousness; Ability to be fully connected spiritually</p> <p>Signs of imbalance: Cynicism, disregarding what is sacred, closed mindedness, disconnection with the divine spirit</p> <p>Develops: Ages 43-49</p>
		 Third Eye	<p>Governs: Intuition, imagination, wisdom; ability to see beyond the physical world</p> <p>Signs of imbalance: Lack of imagination, direction or clarity; inability to make decisions</p> <p>Develops: Ages 36-42</p>
Bridge		 Throat	<p>Governs: Self-expression; effectively speaking & communicating our power & truth</p> <p>Signs of imbalance: Difficulties fully opening up to others & communicating, depression, lack of self-discipline</p> <p>Develops: Ages 29-35</p>
		 Heart	<p>Governs: Love, joy, inner peace; giving & receiving love to ourselves & others</p> <p>Signs of imbalance: Difficulties fully opening up to others, depression, lack of self-discipline</p> <p>Develops: Ages 21-28</p>
Survival / Materiality		 Solar Plexus	<p>Governs: Self-confidence, self-worth, self-esteem, personal responsibility, willpower</p> <p>Signs of imbalance: Low self-esteem, control issues, manipulative behavior, misuse of power</p> <p>Develops: Ages 15-21</p>
		 Sacral	<p>Governs: Relationships with ourselves & others, creativity, sexual energy, pleasure, abundance & well-being</p> <p>Signs of imbalance: Lack of or repressed creativity, sexual dysfunction, lack of intimacy & emotional withdrawal</p> <p>Develops: Ages 8-14</p>
		 Root	<p>Governs: Basic survival (foundational) needs including food, money, shelter & safety</p> <p>Signs of imbalance: Scattered energies, fear, anxiety</p> <p>Develops: Ages 1-7</p>