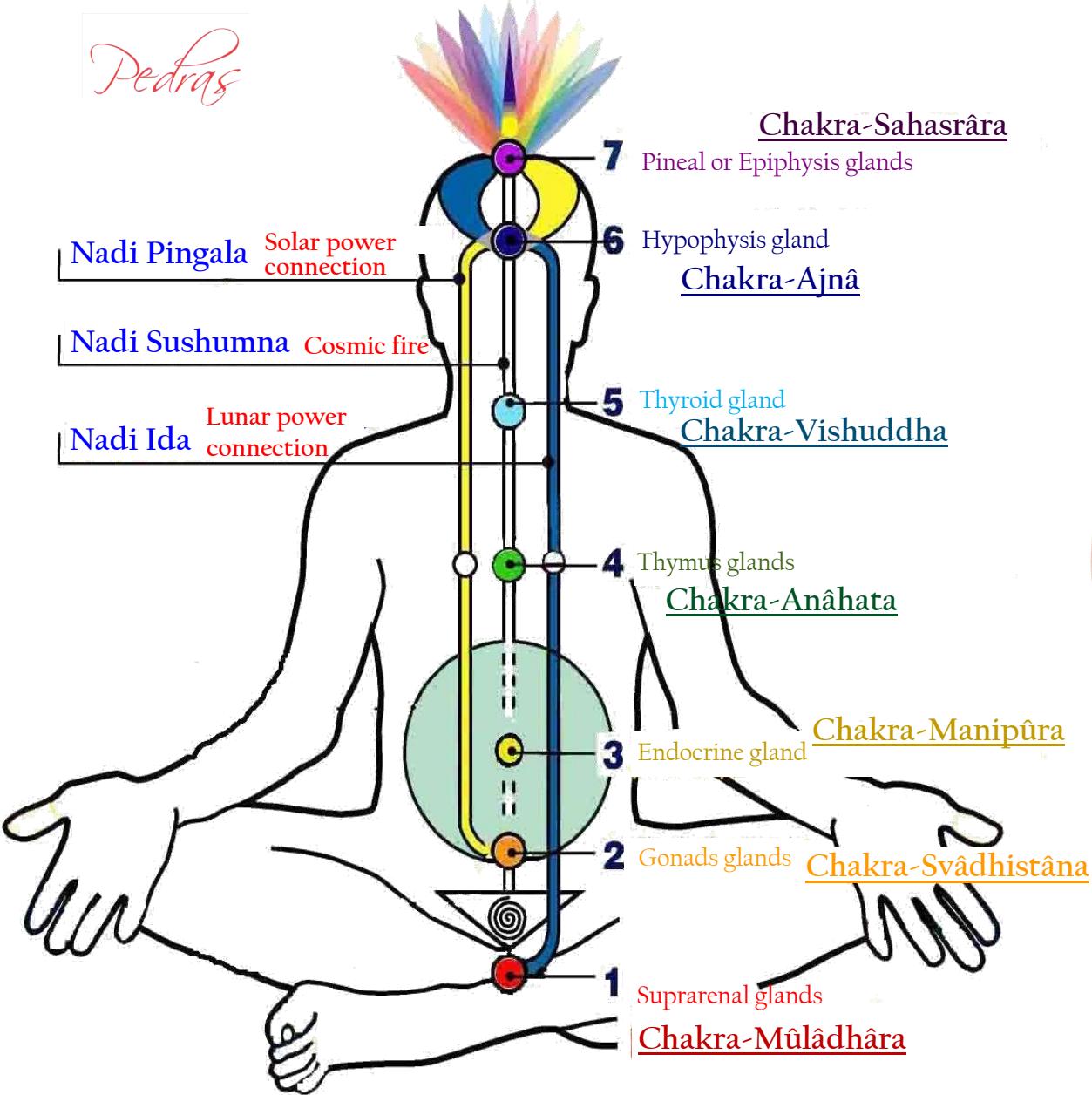


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Description of the seven main Chakras



First Chakra

Name - Root Chakra and Elemental Chakra. Muladhara.
Which part of the body is located? - Beginning of the spine and coccyx.
Function - The survival force. The connection with Mother Earth.
Helps fight, strength to win, provides safety and wellness.
Physical body - Acts on low digestion and the bloodstream.
Predominant colors- Black and Red.



Second chakra

Name - Sacred Chakra and Sexual Chakra. Swadhisthana.
Which part of the body is located?- Pubis and the umbilicus.
Function - Stimulate creativity, sexual desire and inspire the artistic.
Physical body - Acts in the genitals.
Predominant color - Orange.



Third chakra

Name - Solar Plexus Chakra. Manipura.
Which part of the body is located? - Abdomen.
Function - The center of all energies. You become strong, healthy and able to achieve everything that is important to you.
Physical body - Acts treats digestion and adrenaline.
Predominant color - Yellow.



Fourth chakra

Name -Heart Chakra. Anahata.
Which part of the body is located? - Between breasts.
Function - Love, the only feeling that we can give and receive. Stimulates the communion of ideas.
Physical body - Acts in the heart and blood circulation.
Predominant colors - Green and Pink.



Fifth chakra

Name -Throat Chakra and Communication Center. Vishuddha.
Which part of the body is located? - The throat and extends over the ears.
Function - Communication with others (chatting and listening).
Stimulates the Clairaudience.
Physical body- Acting on regularizing the thyroid gland, ears and throat.
Predominant colors - Light blue and Blue greened.



Sixth chakra

Name - The third eye Chakra, Frontal Chakra and Command Chakra. Ajna.
Which part of the body is located? - Between the eyebrows.
Function - Intuition, internal equilibrium, stimulates clairvoyance.
Physical body - Commands the brain, the nose, the eyes and the nervous system.
Predominant colors - Indigo blue, Dark blue and Purple.



Seventh chakra

Name - Crown Chakra or Coronary Chakra. Sahasrara.
Which part of the body is located?- Central part of the skull. At the top.
Function - Cosmic consciousness and the connection with the divine.
Physical body - Acts on brain functions and energy of vibration the body.
Predominant colors - Gold, White and Purple.



MARINA DE VILAMOURA

I AM - Root Chakra is the Survival Center. The newborn must first survive. A baby lives in the present and the fragmentation of life makes us lose this grace. We have to find our inner child again.

I FEEL - The Sacred Chakra is the Center of Desire. Here comes the duality and emotional, law of dislikes and attractions. We want to be approved and accepted, we are afraid of being abandoned.

I WANT - The Solar Plexus is our inner Sun. The Center of our Desires. We want to conquer the world. We'll have to control our fears. In this space there is no love but, all the pressures of the consumer society, money, power and image.

I LOVE - The Heart Chakra is the Center of Unconditional Love. Is the true bridge between our earthly energies and higher spiritual energies. Here, love becomes stronger than the primary fears, and we discover the virtue of giving.

I HAVE CONFIDENCE - The Throat Chakra, is the Chakra of Confidence. Govern our ability to express. We are open for life. **And all sentient beings, including the Mother Earth and the Cosmos, all the face of the ONE.**

I SEE - The Third Eye is the Center of Intuition. We accept to let this go away. And we are not afraid to look at the sun. Now, we are aware of the limits and dangers of the ego. And we privilege the intuition of the mind.

I KNOW - The Crown Chakra is the Center of Wisdom (number 7). **We are integrated into the universe, one body.** We began in innocence when we ended in innocence. Beginning and end, life and death, positive and negative are ONE. **This is the circle of truth.**

"Samasathi" We are all divine and Buddhas, growing !!!

From the beginning, everything is present, the way each chakra contains all seven chakras.

Once everyone is aligned, there is only one energy that radiates light and love.

Only the direction of your attention has changed, because all aspects of the universe have always been in you.

Our relative existence is just a grain of sand in the ocean. In fact, we're all just **ONE**.