

The Chakras



The ancient Sanskrit (Indian) term "chakra" means "wheel" and refers to centers of energy in our physical bodies as well as in our consciousness. In a modern context, the concept of chakras represents our intent to understand and honor the interconnection of our bodies, thoughts, emotions, ideas and actions.

Each chakra, or hub of energy, is associated with a particular color, element, area of the body, and inner state. There are 7 major chakras. Each Chanakara blend is designed to balance, tune and energize one of these seven chakras, to help reclaim the energies of life.

Western Name	Access Areas	Emotional Polarity	Chakra Name	Chakra Area	Dream Color	Astrological Association	Chakra Tea
Pituitary Gland	Top of Head	Ego Trust	7	Above Head	Violet/White		Chanakara White Lotus tea
Pineal Gland	Forehead	Indulgence Self-care	6	Forehead	Indigo/Purple		Chanakara Guanabana tea
Thyroid Gland	Joints	Grief Return to Spirit	5	Throat	Blue		Chanakara Blue Ginger tea
Thymus	Shoulders Kidneys Ankles	Judgment Unconditional Love	4	Chest	Green	Gemini Libra Aquarius	Chanakara Melon & Green tea
Liver Pancreas	Forehead Solar Plexus Thighs	Anger Forgiveness	3	Stomach	Yellow	Aries Leo Sagittarius	Chanakara Vanilla Honeybush tea
Testes Ovaries	Breasts Pelvis Feet	Attachment Letting go	2	Pelvis	Orange	Cancer Scorpio Pisces	Chanakara Dragonfruit tea
Adrenal Glands	Neck Bowels Knees	Fear Courage	1	Anus	Red	Taurus Virgo Capricorn	Chanakara Red Berry Rooibos tea

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