

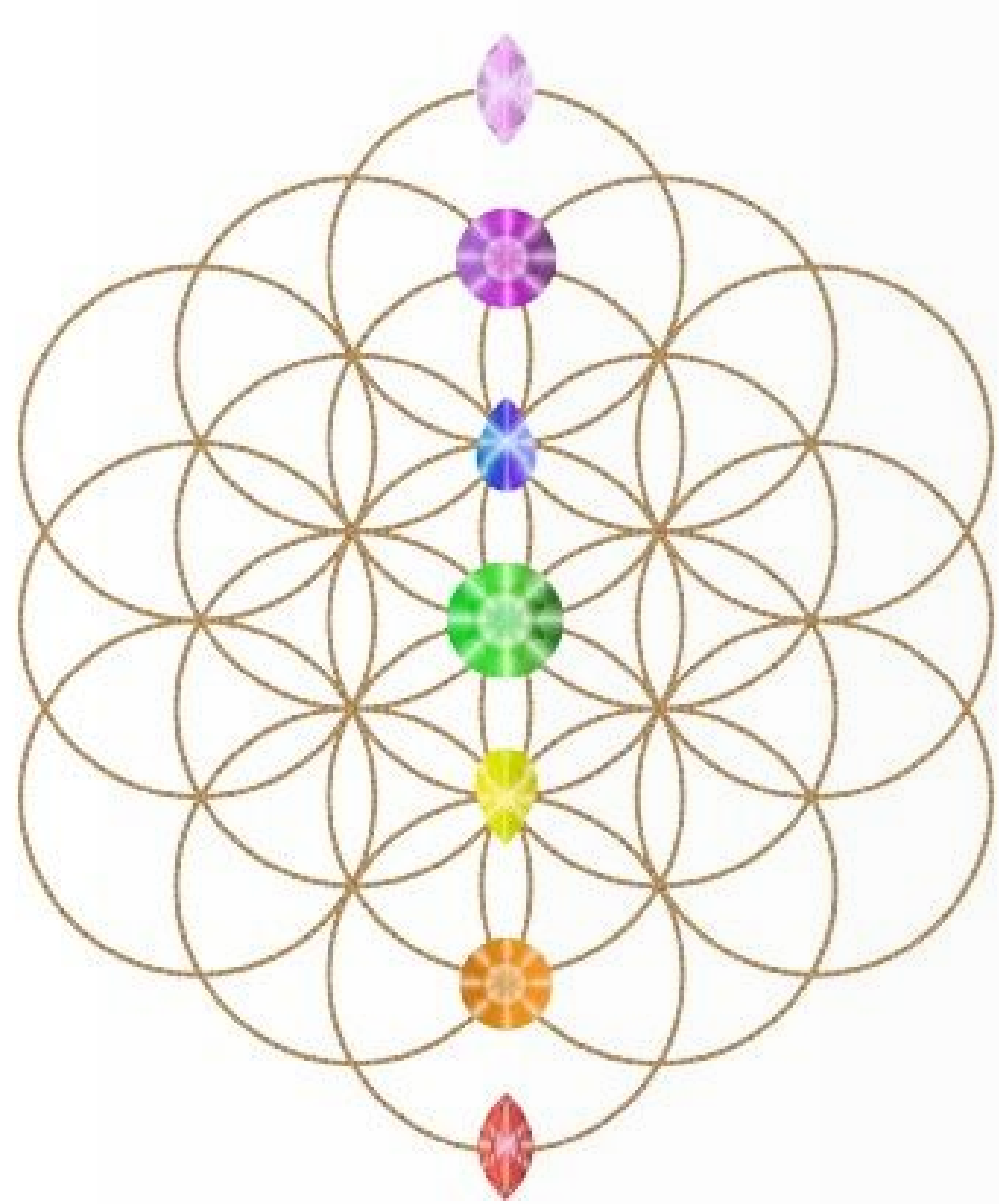
# THE POWER OF YOUR CHAKRAS

*by Abiola Abrams*

## — WHAT IS A CHAKRA? —

Chakras are energy centers that exist within our bodies. Responsible for regulating physiological processes like the immune response, organ functions as well as the psychological processes in our body .

## There are 7 Chakras



- 1 Root Chakra
- 2 Sacral Chakra
- 3 Solar Plexus Chakra
- 4 Heart Chakra
- 5 Throat Chakra
- 6 Third Eye Chakra
- 7 Crown Chakra



Lower Chakras (Root, Sacral, Solar Plexus) are associated with core emotions and needs.



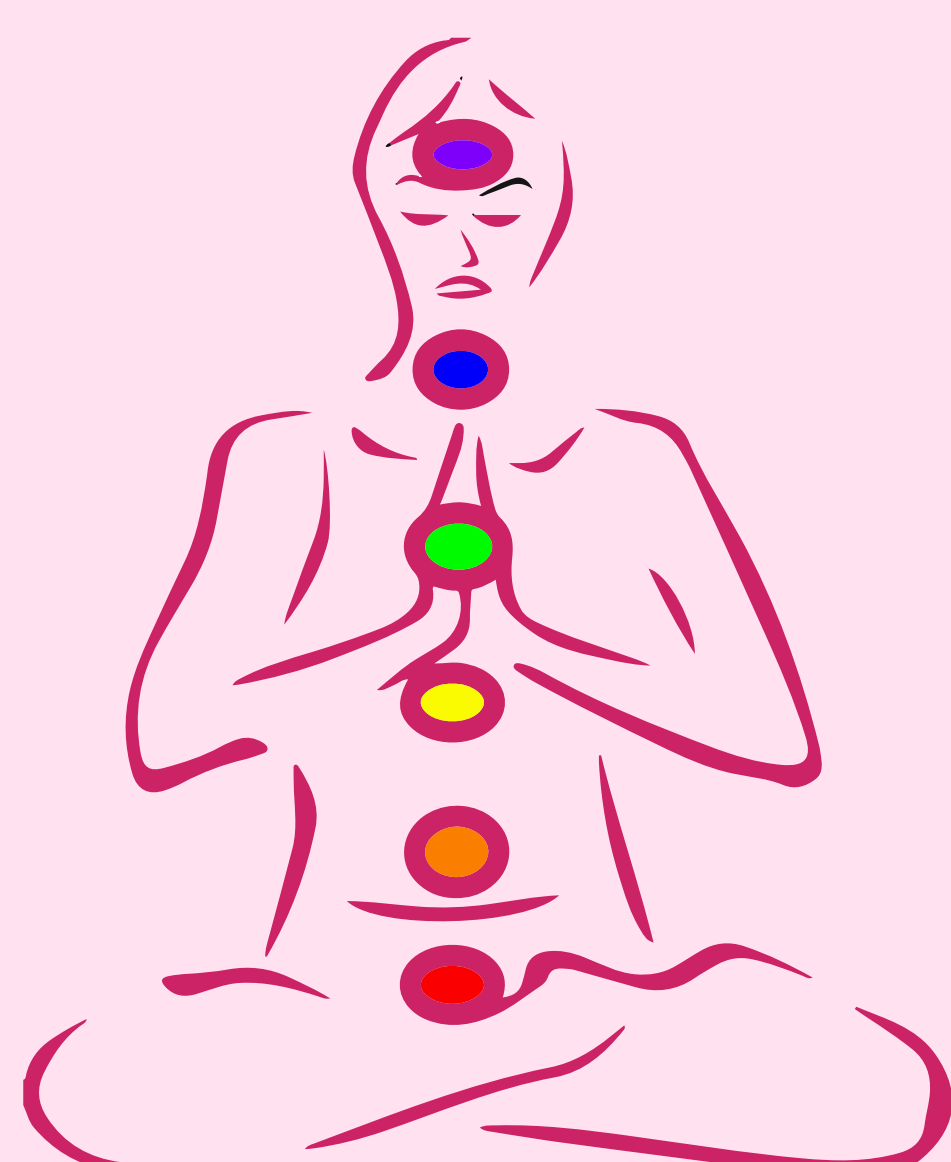
The Upper Chakras (Heart, Throat, Third Eye, Crown) correspond to our higher mental and spiritual aspirations.



## CHAKRA STATES

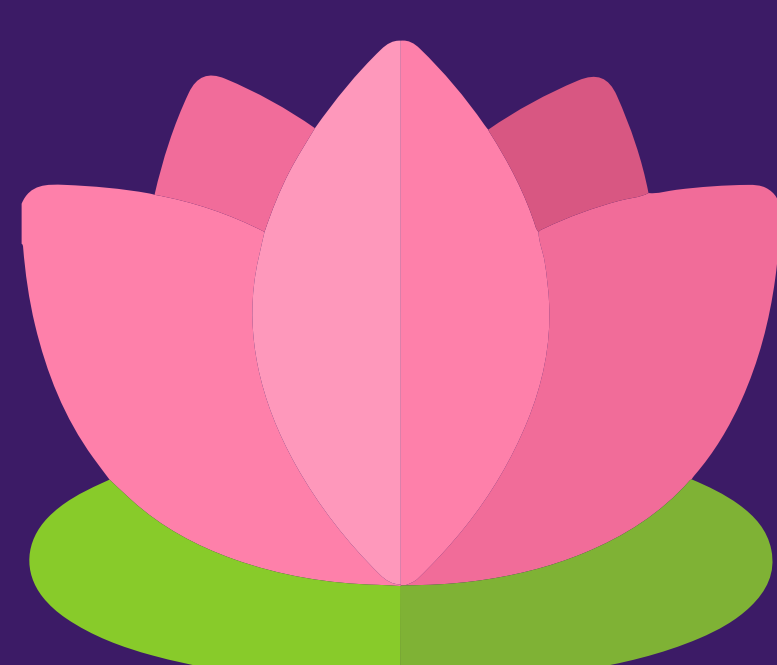
When there is balanced energy flow, your mind, body and spirit function and flow smoothly.

When there is unbalanced energy flow at any one (or more) energy points, you may have health and/or emotional problems.



## PURPOSE

Master each Chakra's essence and unite them all in a balanced energy field. Reunite detached inner elements to a higher consciousness of self-awareness, for an abundant life.



## YOUR CHAKRA POWER

All states of abundance affected.  
YEAH!!