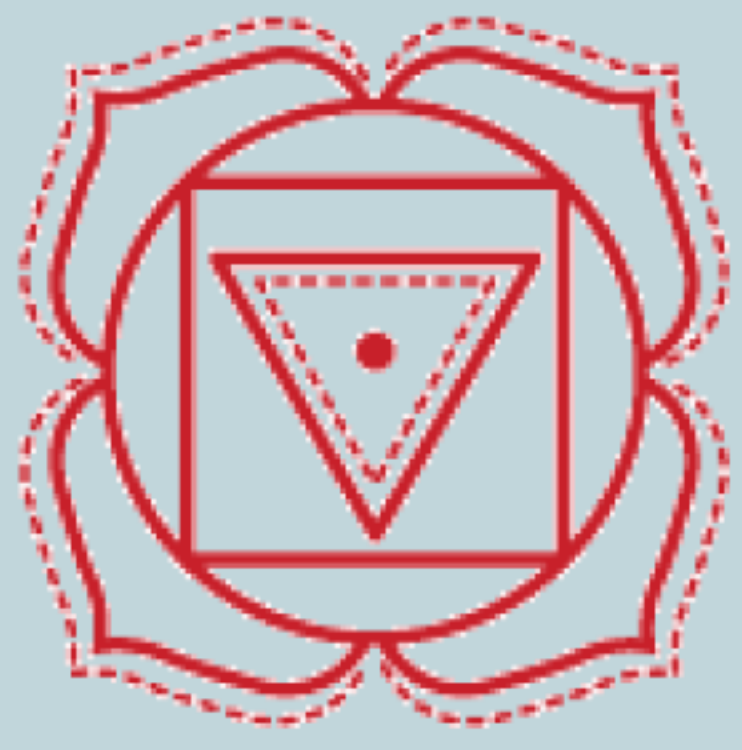


# 7 CHAKRA ALIGNMENTS

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ROOT CHAKRA  
Muladhara  
“I have”  
Perenium

Frequency: 65.41 Hz  
Note: C  
Color: Red  
Planet: Earth/Saturn

Element: Earth  
Emotion: Fear, The  
right to be here

---

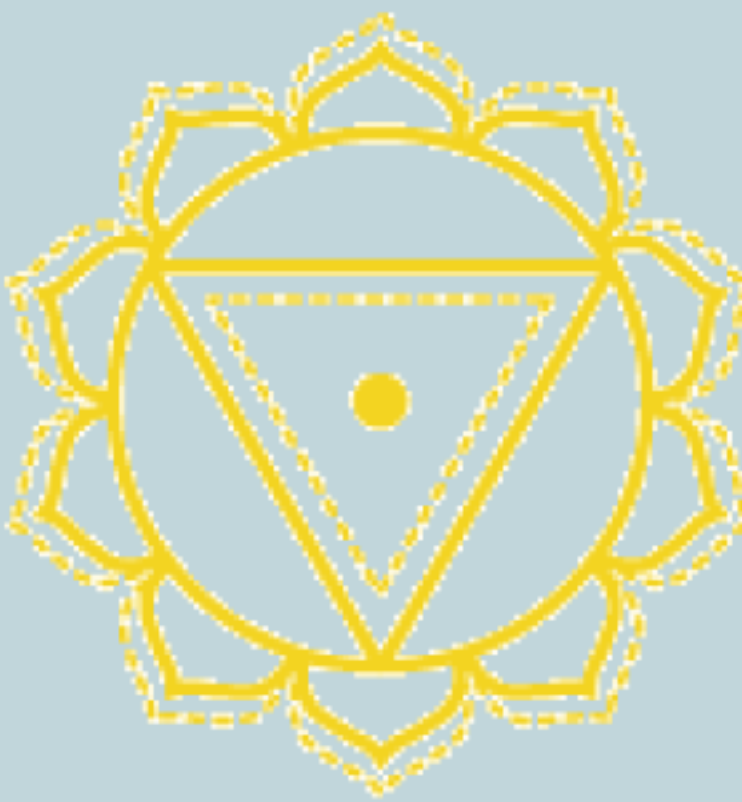


SACRAL CHAKRA  
Svadhithana  
“I feel”  
Lower abdomen

Frequency: 73.42 Hz  
Note: D  
Color: Orange  
Planet: Moon

Element: Water  
Emotion: Fear, The  
right to be here

---



SOLAR PLEXUS CHAKRA  
Manipura  
“I can”  
Solar Plexs

Frequency: 82.41 Hz  
Note: E  
Color: Yellow  
Planet: Mars/Sun

Element: Fire  
Emotion: Shame, The  
right to act

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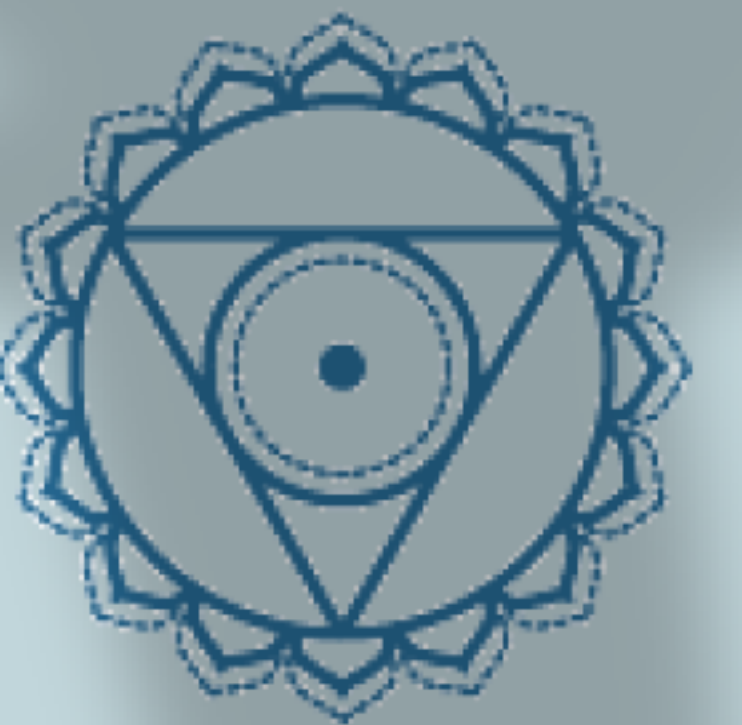


HEART CHAKRA  
Anahta  
“I love”  
Heart

Frequency: 87.31 Hz  
Note: F  
Color: Green  
Planet: Venus

Element: Air  
Emotion: Sorrow, The  
right to love and be  
loved

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THROAT CHAKRA  
Vishuddha  
“I say”  
Thorat

Frequency: 98.00 Hz  
Note: G  
Color: Blue  
Planet: Mercury/Neptune

Element: Erther/Sound  
Emotion: Lies, The  
right to speak and hear  
the truth

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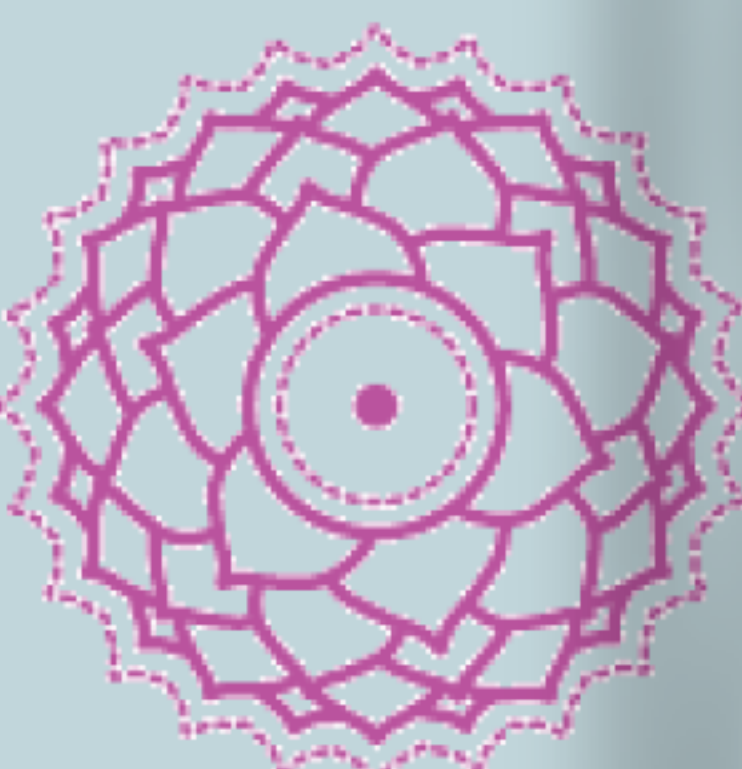


THIRD EYE CHAKRA  
Ajna  
“I see”  
Forehead

Frequency: 110.00 Hz  
Note: A  
Color: Indigo  
Planet: Jupiter

Element: Light  
Emotion: Illusion, The  
right to see

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CROWN CHAKRA  
Sahasrara  
“I know”  
Crown of the head

Frequency: 123.47 Hz  
Note: B  
Color: Violet  
Planet: Uranus

Element: Thought  
Emotion: Attachment,  
The right to know