Slide 11

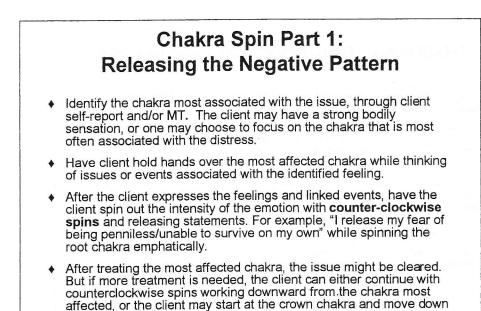
Energy Center	Endocrine Gland	Physical Areas of Influence	Major Psychological Function
7` Crown	Pineal	Upper brain, CNS, biorhythms	Connection to spirit, fulfillment of one's purpose, bliss. Negative aspects: apathy, loss of soul.
6 Brow	Pituitary	Face, eyes, ears, lower brain, base of skull	Understanding, belief, intuition, sight (both physical and psychic), imagination. Negative aspects: confusion, illusion.
5 Throat	Thyroid	Throat, neck, ears, mouth, shoulders, immune system	Communication, artistic expression, the ability to speak one's truth. Negative aspects: inability to speak up for oneself or to listen, self-righteousness.
4 Heart	Thymus	Chest, arms, hands, lungs, heart, blood and lymphatic flows	Love, joy, compassion, forgiveness, empathy. Negative aspect: grief.

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Energy Center	Endocrine Gland	Physical Areas of Influence	Major Psychological Function
3 Solar Plexus	Pancreas, Insulin- Producing Glands	Stomach, small intestine, large intestine, liver, gall bladder	Personal power, control, self-control, self- discipline. Negative aspects: anger, frustration, powerlessness, shame.
2 Sacral	Gonads	Womb, genitals, kidney, bladder, low back	Sexuality, creativity, generativity, self- concept. Negative aspects: jealousy, guilt.
1 Root	Adrenals	Feet, legs, bones, large intestine, perineal floor	Basic survival, safety, groundedness, tribe. Negative aspects: insecurity, lack of groundedness, lack of desire to survive, fear.

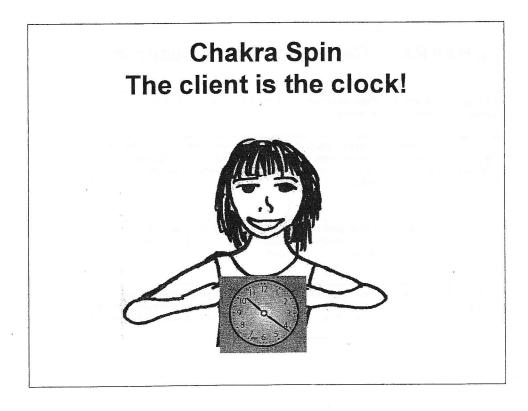




through all of the chakras with a counterclockwise spin.

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