



A Gentle Map of Your Energy

The seven main centres, from the ground up. Each relates to a different part of how you live, feel, and express yourself.

	Crown Sahasrara Spiritual connection, perspective, and a sense of quiet belonging. Met through stillness rather than searching. Reflection prompt: What helps me feel connected to a sense of meaning?	I UNDERSTAND LOCATION Top of the head COLOUR Violet and white	ELEMENT Consciousness BEGIN WITH Five minutes of stillness
	Third Eye Ajna Intuition, clarity, imagination, and inner perspective. Responds to less input rather than more effort. Reflection prompt: What becomes clearer when I make room for quiet?	I SEE LOCATION Between the eyebrows COLOUR Deep indigo	ELEMENT Light BEGIN WITH Ten minutes of no input
	Throat Vishuddha Honest expression, listening well, and speaking your truth calmly. The space between what you feel and what you say. Reflection prompt: What would I like to express more honestly?	I SPEAK LOCATION Throat and neck COLOUR Pale blue	ELEMENT Sound and space BEGIN WITH Humming one note
	Heart Anahata Compassion, connection, forgiveness, and kindness towards yourself. The bridge between the lower three centres and the upper three. Reflection prompt: How can I offer myself a little kindness today?	I LOVE LOCATION Centre of the chest COLOUR Soft green	ELEMENT Air BEGIN WITH A hand on the chest
	Solar Plexus Manipura Confidence, personal power, and trusting your own decisions. Built through small choices you actually follow through on. Reflection prompt: What small decision can I trust myself to make?	I DO LOCATION Upper stomach COLOUR Golden yellow	ELEMENT Fire BEGIN WITH One decision made alone
	Sacral Svadhisthana Creativity, emotional flow, pleasure, and the way you move through change. Concerned with whether feeling is allowed to move. Reflection prompt: Where can I make room for creativity or enjoyment?	I FEEL LOCATION Lower abdomen COLOUR Warm orange	ELEMENT Water BEGIN WITH Fifteen unstructured minutes
	Root Muladhara Feeling grounded, safe, and steady in your body and daily life. Everything else rests on this centre. Reflection prompt: What helps me feel grounded in my day?	I AM LOCATION Base of the spine COLOUR Deep red	ELEMENT Earth BEGIN WITH Bare feet on the ground

About this map

A commonly used seven-chakra model for reflection. Chakra systems and associations vary across traditions.