Properties of the main 7 chakras

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| **Chakra** | **Colour** | **Seed Sound** | **Element** | **Sense** | **Meaning** | **Develop****mental Age** | **Basic Need** | **Parts of the Body** | **Gland** | **Governs** | **Food** | **Planet** |
| **Root Chakra****Muladhara** | Red | Lam | Earth | Smell | Support | 0-7 years | To Be | Bones, skeleton,Coccyx, colon, legs, feet, bladder, large intestine | Adrenals | Physical energy | Protein | Saturn |
| **Sacral Chakra****Svadisthana** | Orange | Vam | Water | Taste | Sweetness | 7-14 years | To Feel | Circulatory, reproductive systems,Prostate,Womb, kidneys | Ovaries/Testes | Emotions | Liquids,especially water | PlutoMoon |
| **Solar Plexus Chakra****Manipura** | Yellow | Ram | Fire | Sight | Lustrous gem | 14-21 years | To Act | Stomach,Digestive system,Muscles, liver | Pancreas | Willpower | Carbo-hydrates | MarsSun |
| **Heart Chakra****Anahata** | Green | Yam | Air | Touch | Untouched | 21-28 years | To Love | Heart,Chest, lungs, lymphatic system, arms & hands,Immune system | Thymus | Love | Vegetables | Venus |
| **Throat Chakra****Visuddha** | Blue | Ham | Ether/Sound | Hearing | Purification | 28-35 years | To Express | Throat, ears, nose, teeth, mouth, neck, jaw | Thyroid | Communi-cation | Fruit | Mercury |
| **Third Eye****Ajna** | Indigo | Ksham | Light | Sixth sense | Knowledge | 35-42 years | To Perceive | Eyes, ears, base of the skull,Endocrine system | Pituitary | IntuitionThought | How food is presented | NeptuneJupiter |
| **Crown Chakra****Sahasrara** | Violet | Om | Consc-iousness | Extra sensory percept-ion | Thousand-fold | 42+ years | To Know | Upper skull, cerebral cortex, Skin, central nervous system | Pineal | Connection to higher self/divinity.Universal conscious ness | Fasting | Uranus |