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 | Pluto  Moon |
| **Solar Plexus Chakra**  **Manipura** | Yellow | Ram | Fire | Sight | Lustrous gem | 14-21 years | To Act | Stomach,  Digestive system,  Muscles, liver | Pancreas | Willpower | Carbo-hydrates | Mars  Sun |
| **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 | Intuition  Thought | How food is presented | Neptune  Jupiter |
| **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 |