Associated Properties of the main 7 chakras

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| **Chakra** | **Colour** | **Seed Sound** | **Element** | **Associated Sense** | **Sanskrit**  **Meaning** | **Developmental**  **Age** | **Represented Desire** | **Associated Gland** | **Represents** | **Associated Food** |
| **Root Chakra**  **Muladhara** | Red | Lam | Earth | Smell | Support | 0-7 years | To Be | Adrenals | Physical  energy | Protein |
| **Sacral Chakra**  **Svadisthana** | Orange | Vam | Water | Taste | Sweetness | 7-14 years | To Feel | Ovaries/  Testes | Emotions | Liquids,  especially water |
| **Solar Plexus Chakra**  **Manipura** | Yellow | Ram | Fire | Sight | Lustrous gem | 14-21 years | To Act | Pancreas | Willpower | Carbo-hydrates |
| **Heart Chakra**  **Anahata** | Green | Yam | Air | Touch | Untouched | 21-28 years | To Love | Thymus | Love | Vegetables |
| **Throat Chakra**  **Visuddha** | Blue | Ham | Ether/  Sound | Hearing | Purification | 28-35 years | To Express | Thyroid | Communi-cation | Fruit |
| **Third Eye**  **Ajna** | Indigo | Aum | Light | Sixth sense | Knowledge | 35-42 years | To Perceive | Pituitary | Intuition  Thought | How food is presented |
| **Crown Chakra**  **Sahasrara** | Violet | Om | Consciousness | Extra sensory perception | Thousand-fold | 42+ years | To Know | Pineal | Connection to higher self/divinity | Fasting |