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 | IntuitionThought | 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 |