

| Energy center name | Location within and around physical body | Associate with which glands | Processes the energy of... | Spiritual purpose | Inhibited by energy of |
|--|---|---|---|--|---|
| 7th Crown center | Front of the brain Top of the head Up and down the spine Connected to the cosmos/ Divine | Pituitary gland Master hormonal regulator | Understanding Knowing Self and collective/ transpersonal consciousness Fulfillment and Spirituality | A right to know True Self Permission to know myself in Divine truth I am that I am | Attachment to that which is not life-giving Imbalanced ego |
| 6th Third Eye | Back of the brain Intersection of brow and ears, upper sinuses | Pineal gland Melatonin, serotonin, mystical hormones in- cluding DMT | Sleep and awakesness Mystical connections, in- sight, discernment and wis- dom, clarity of thought | A right to see and be seen Permission to self- reflection, to be empow- ered by inner wisdom and intuition | Illusion Distorted thinking |
| 5th Throat center | Everything from floor of the eye to collar bones, including ears, nose, jaw, mouth, throat, neck, lower sinuses | Thyroid gland. Metabolic hormones | Speaking and expressing the heart's truth Hearing the truth of others | A right to speak, hear, be heard Permission to be self- asserting and self- compassionate | Lies spoken or in- wardly held |
| 4th Heart center | Heart and lungs, chest, upper back | Thymus gland Immunity hormones | Giving and receiving love Creating more love | A right to love and be loved Permission to accept and love myself as I am | Grief Loneliness |
| 3rd Solar plexus center | Solar plexus area below the diaphragm, lumbar spine | Adrenal glands Survival hormones, adrenaline, cortisol | Responding to life Taking action Directing life Balanced control | A right to act Self-definition Permission to control and direct my life | Guilt Resentment Excessive control Anger |
| 2nd Sacral center | Belly, below navel and in- cluding lower back, sacral spine and pelvis | Digestive system and glands Pancrease Digestive hormones | Assimilation with life Expressing the creative self and the uniqueness of being, the ministry of essence | A right to feel Belonging and self- gratification Permission to express my unique self and the minis- try of my essence | Shame Imposed limitation |
| 1st Root center | Floor of pelvis , perineum, down through legs con- nected to heart of the Earth | Sexual systems and sex- ual glands Sexual hormones | Survival Grounding Being safe and stable n the world | A right to life Be here and now Permission to take up space Self-preservation | Fear Insecurity |

***This is a very basic energy anatomy chart, and like most presents the process/system from the lower body, up. Energy anatomy is beautifully complex and deeply meaningful.**

This provides a starting point but is in no way comprehensive. www.dianamariachapin.com