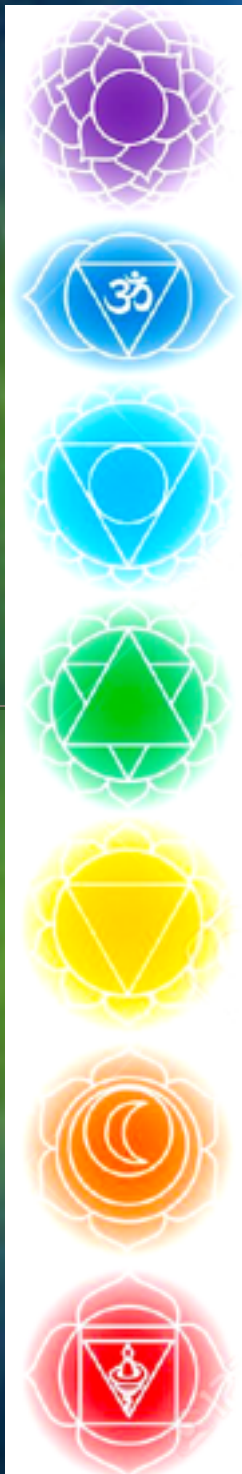


The Chakras



7th Chakra- Sahasrara
Crown Chakra
Connectivity to the Divine
Balanced: Spiritual
Liberation Moksha/Samadhi

6th Chakra- Ajna
Third eye
Intuition
Balanced: equalized polarities
between yin/yang and upper
and lower chakras

5th Chakra- Vishuddha
Throat Chakra
communication, Maturation
Balanced: Independence and
sense of security.

4th Chakra- Anahata
Heart Chakra
To Love and be loved
Balanced: Ability to give and
receive.

3rd Chakra- Manipura
Solar Plexus
Personal Power
Balanced: Expansiveness

2nd Chakra- Svadhishtana
Sacral Chakra
Pleasure/reproduction
Balanced: creativity and
pleasure

1st Chakra- Muladhara
Root Chakra
Sexuality, Manifestation
Balanced: The right to be here

**1. Connective
Survival style**
- 'deroots' flees to
crown

**2. Attunement
Survival Style**
Disconnection
between Ajna and
Sacral. Intuition
Projects outwards
rather than Inward
and down.

**4. Autonomy
Survival style**
- Difficulty setting
limits, speaking our
truth. **Over abundant
heart. Blocked Flow**

**3. Trust Survival
Style**
Must depend on
ourselves.
Blocked flow
Manipura

**5. Love-Sex
survival style**
Esteem based
on looks.
Disconnect
between 3rd&4th

Types of
Developmental
Trauma

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Townsend