



cellular body. The Sanskrit principle of Ayurveda describes of the wheels of life or Chakras as originating from

Match the color dot from your remote to the chart below.



















CROWN CHAKRA/TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.

INDIGO (420-450 nm)







THIRD-EYE CHAKRA/FOREHEAD

Balances 6th / third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.

BLUE (450-495 nm)









THROAT CHAKRA/NECK

Balances 5th / throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.

GREEN (495-570 nm)





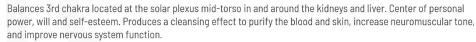


HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.

YELLOW (570-585 nm) SOLAR PLEXUS CHAKRA/STOMACH





ORANGE (585-620 nm)

SACRAL CHAKRA/BELOW BELLY BUTTON











RED (620-750 nm)



ROOT CHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy

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