



Etheric Chakras

Top of head	7
Center of head	6
Adam's apple	5
Over the heart	4
Navel	3
Between Ovary (f) Base of spine (m)	2
Perineum	1

Astral Chakras

Top of head	7
Center of head	6
Notch of neck	5
Center of chest	4
Notch of ribs	3
2 Fingers below navel	2
Ovaries (f) Base of spine (m)	1

