

ENERGY ANATOMY

MAGDA  KAY



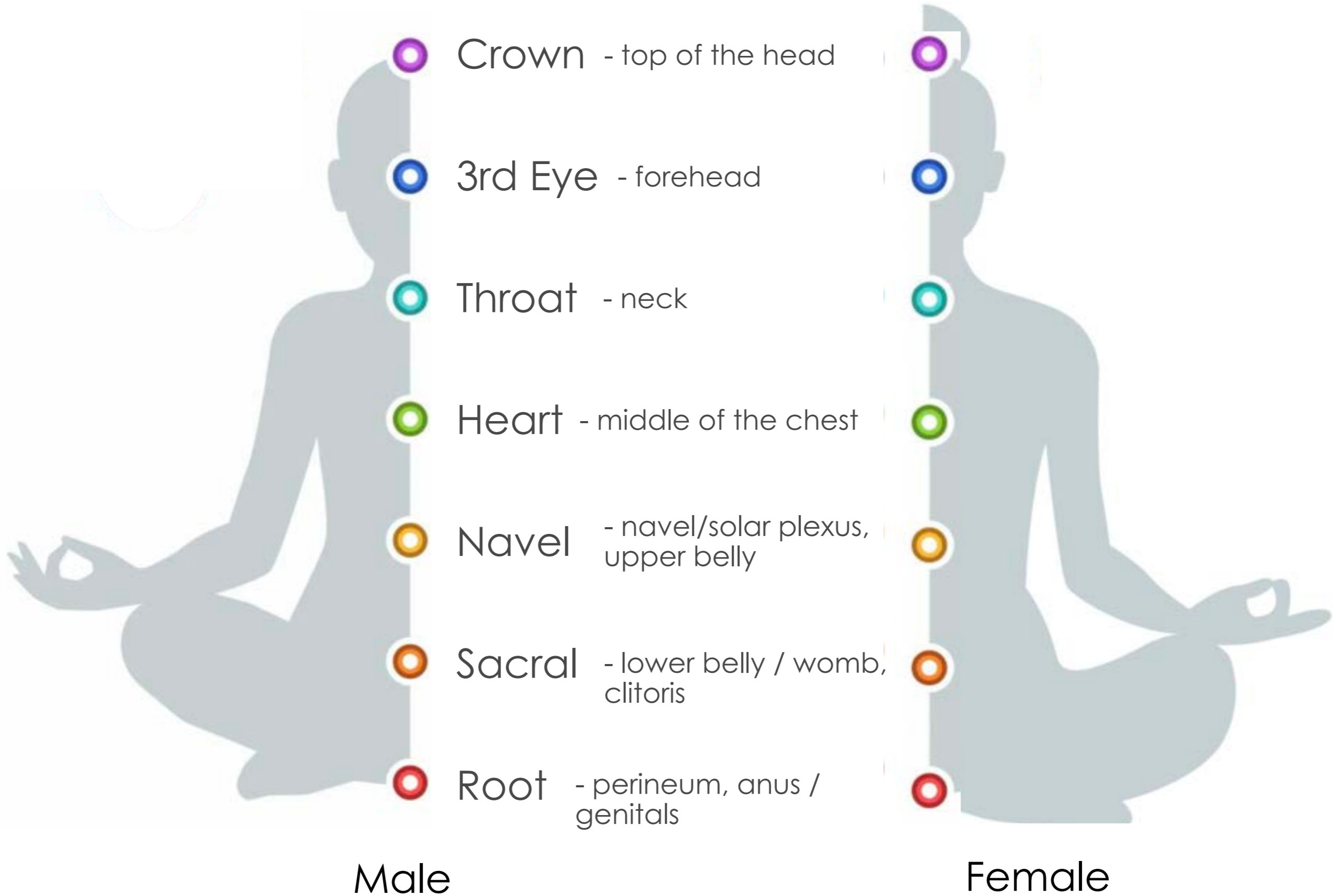
You have a physical and an energy body.
Just like your physical body has organs, so does your energy body.


Chakras are like “energy organs”. You have 7 main chakras in your body and each is responsible for a certain area of your life.

Energy channels (nadir or meridian lines) are like “energy veins”.
Energy flows through them, just like blood (and oxygen) flows through the veins.

There are 7 Chakras in your body - 7 energy centers, responsible for certain areas in your life:

1. Root - your vitality, animalistic instincts, safety & security, money, sex, shelter, food
2. Sacral - pleasure, romance, emotions, relationships
3. Navel - ego, self-identity, passion, determination, focus, leadership, persistence
4. Heart - unconditional love, compassion, empathy, devotion
5. Throat - self-expression, manifestation, refined arts, vastness, transfiguration
6. 3rd Eye - mental abilities, telepathy, higher consciousness, seeing beyond illusion
7. Crown - connection to the divine



A person is shown from the waist up, sitting in a meditative pose (Padmasana) on a dark mat. They are wearing a light-colored, long-sleeved top and a matching skirt. Their hands are resting on their knees in a mudra. A vertical red line is drawn along the center of their spine, extending from the top of the frame to the bottom. The background is a blurred outdoor setting with stone steps.

Your main energy channel
flows along your spine.
All chakras are connected
to it.



Thank you

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