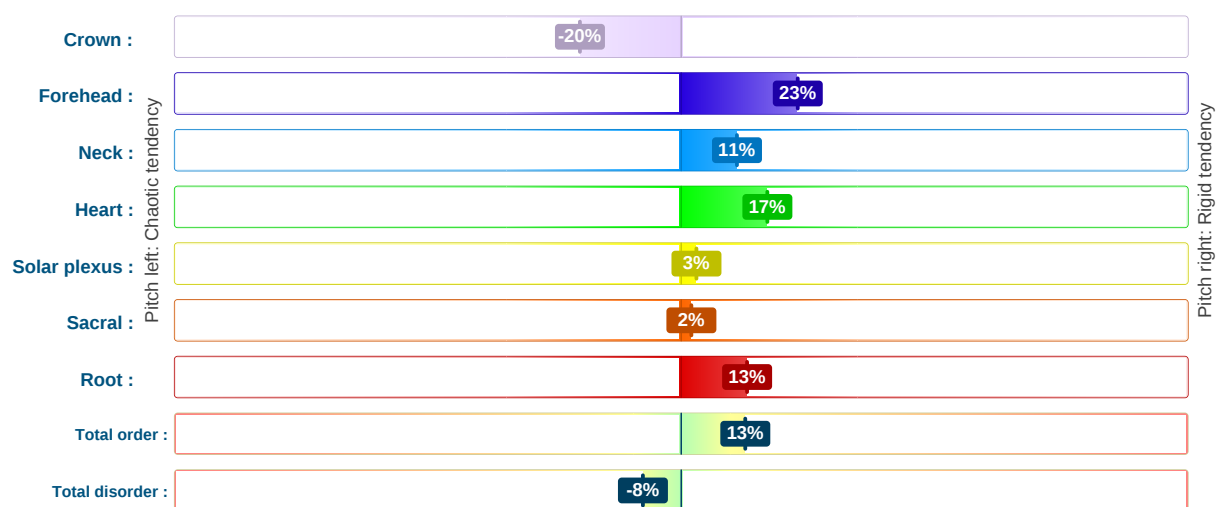


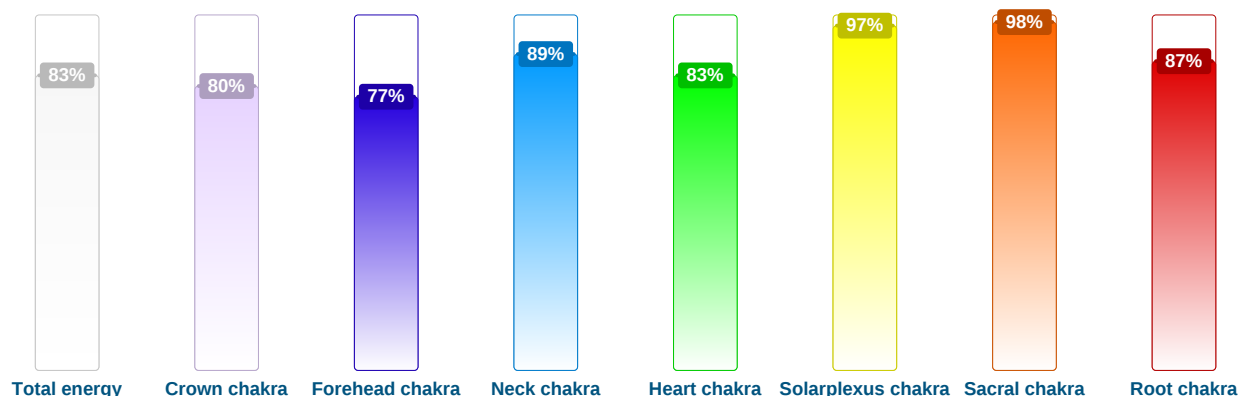
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Aura Photography of 11/18/2025 2:17 AM Employee A

Chakra coherence (Shows by how much the corresponding Chakra diverges from the golden mean)



Chakra-Energy (Shows how "open" resp. "optimal" the corresponding Chakra behaves)



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1. Chakra, Root- or Muladhara-Chakra (Coherence 13%, Energy 87%)



Harmonizes awareness and experiences related to partner, money, home, job, confidence in life, grounding, survival, security.

Stands for: Original life force; basic human survival needs; physical level of sexuality; Basic trust; connectedness with the earth; relationship to the material plane of life; Stability and assertiveness.

Affirmation: My physical body is now harmonized.

Element: Earth

Color: Red

Sound: C

Muladhara means the holder of the root, which already indicates the character of this chakra. It is the seat of the earth element and is symbolized by a yellow square and the syllable "Lam". It is located at the end of the bioenergetic field of the spine and ensures our overall well-being.

Here lies the essential energetic sexual center. Muladhara is located on the plain of Annamaya, where there are also small children. On the psychological level, it stands for self-preservation, making money, success, dynamism and the false ego (Ahankara). In a negative sense, it stands for many ideas but no actions. It is connected to the unconscious, where the deep-seated, primitive instincts and fears lie, so it can be the gateway to both heaven and hell. The Kundalini power is in the form of a coiled snake in this place. It is regarded as the basic force for the unfolding of consciousness of the divine in man.

Consciousness function: The first chakra connects us to the earth and contains the primary life force, the survival instinct. In a harmonious state, we experience a deep connection with the earth and all living beings through the basic chakra. We have deep faith in life, can integrate our spirituality into the physical realm and easily realize our goals. In the disharmonious state, the basic chakra directs thinking and feeling one-sidedly towards material possessions and security.

The basic chakra is also responsible for emotional and emotional resilience. Disturbances in energy output and absorption cause imbalances in the mental area. If a total closure takes place here, i.e. the basic chakra is cut off from the energy absorption, the entire energy circulation system comes to a standstill. If this cannot be reactivated, the bioenergetic field of the immune system collapses because the cosmic energy no longer reaches the material level. The other chakras then try to absorb the energy as a balance to stop the slow decay, but without success. Just as the stomach cannot take over the task of the lungs, one chakra cannot take over the task of another. The bioenergetic field of the supply and defense system gets out of control.

The forces in the root center, which flow into the other chakras in a dosage determined by the development of consciousness, are responsible for their development. The energy absorbed by the base chakra rises up to the crown chakra (ideally) and pours into the etheric body. This then directs the energy via the Nadis back to the bioenergetic field of the physical body.

Disturbances in this chakra often cause great fear of life. Before basic chakra exercises without guidance, or supervision is warned. All developments in humans take place according to cosmic laws. We cannot/should not force anything and intervene in the control of energies in the wrong way. The violent eruption of the energies resting in the base chakra is similar to a dam burst that unleashes a flood that drags everything with it into the depths and buries it underneath.

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2. Chakra, Sacral- or Svadhistana-Chakra (Coherence 2%, Energy 98%)



Harmonizes awareness and experiences related to sexuality, feelings, emotions, body awareness, food intake, appetite, parenthood. Stands for: Sensual level of sexuality; Eroticism; original feelings. Inner connection with the fruitful and receiving energies in nature, creative forces. Let go and flow with life.

Affirmation: My emotional body is now harmonized.

Element: Water

Color: Orange

Sound: D

This chakra is related to sexual energy, not only on the gross level but also in the emotional realm. It stands for the water element and is symbolized by a white crescent and the syllable Vam. It lies about a hand's width below the navel. Apanavayu is also active here. In the emotional realm, it is related to the sensual and emotional principle of the psyche (Monas), therefore it is also described as the place where all our latent samskaras and impressions are stored. It thus represents a karmic hurdle that must be overcome in the higher development of the kundalini energy. Our creativity and our relationship with other people on the pure plane as well as the reflection of our self in relation to our environment have their seat in Svadhisthana. Mentally disturbed children, creativity at a lower level, excessive sex drive are signs of a disorder in this area.

Consciousness function: The second chakra is the center of emotional and sexual energy. In a balanced state, it helps us to express the love of the heart and the divinity of the soul in a human way. The sacral chakra is assigned to the water element from which all biological life has arisen and which in astrology corresponds to the Cancer/Moon principle on the one hand, and the Pluto/Scorpio principle on the other. The sacral chakra is linked to the bioenergetic field of the physical reproductive organs and also concerns the power of creative thinking. We constantly create harmonious or disharmonious situations around us through our thoughts and feelings, hopes and fears.

Since the second chakra is assigned to the water element, it is also about purification and purification. It dissolves and washes away what is frozen and opposes its living flow. On the mental level, we experience it by letting go and letting the feelings flow, whereby we become ready to experience life again and again in a new and original way.

Our interpersonal relationships, especially those with the opposite sex, are decisively shaped by the function of the second chakra, as well as eroticism and sexual union. In almost all people, this chakra is in a traumatized, disharmonious state. Feelings such as guilt, rejection, every lack of love experienced in childhood, every rejection, the morals leading to guilt and fear are stuck here. This results in an emotional behavior, which is aimed at avoiding further pain.

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3. Chakra, Solar-plexus- or Manipura-Chakra (Coherence 3%, Energy 97%)

Harmonizes awareness and experiences of power, control, freedom, personality and responsibility.
Stands for: seat of personality, conscious shaping of life. Power and abundance, influence and power. Processing and transformation of vital drives and desires. Integration of feelings and life experiences.

Affirmation: My mental body is now harmonized.

Element: Fire

Color: Yellow

Sound: E

Manipura is called the city of jewels, is located in the navel center and is symbolized by an inverted triangle of bright red color and the syllable "Rome". Along with Swadhisthana, it is located at the level of Pranamayakosha and is also considered the repository of Prana. On the mental level, it is associated with intellectual abilities, is associated with heat, vitality, dynamics, generation and maintenance, and it affects man's ability to absorb, distribute and assimilate prana because it facilitates absorption by the etheric body.

Consciousness function: The third chakra carries our inner power to shape our lives. The affirmation and meaningful integration of feelings and desires, as well as our life experience, leads to the fact that the third chakra relaxes and opens, whereby the light in us increases more and more. Our general mood depends very much on how much light we allow in us. We feel fulfilled inside when the third chakra is open, but our mood is unbalanced and gloomy when it is blocked or disturbed. The third chakra is the seat of personality. It is the place where man finds his personal identification and seeks to confirm it through personal strength, will to perform and striving for power, or even by adapting to social norms.

It can also be called the emotional chakra, since it controls interpersonal relationships, sympathies and antipathies. This chakra is directly connected to the astral body (emotional body), which is the carrier of our emotions. The vital drives, desires and feelings of the lower chakras are broken down here, "digested" and thereby transformed into a higher energy before they are used together with the energies of the upper chakras for the conscious shaping of our lives.

A cramp/underfunction of this chakra causes a kind of "shortness of breath" in the subtle area. In hyperfunction, the person reacts with aggression and is overactive. He tries to cover up the feeling of inadequacy. There is a lack of inner serenity. The constant restlessness can create constraints in him, he is then often opinionated and unpredictable. The solar plexus depends on all other chakras, but especially on the sacral chakra.

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4. Chakra, Heart- or Anahata-Chakra (Coherence 17%, Energy 83%)

Harmonizes and heals awareness and experiences related to unconditional love, giving, relationships, acceptance, joy.

Stands for: center of love, devotion, selflessness, holistic well-being, empathy and compassion. Perception of beauty and harmony in nature and art.

Affirmation: My astral body is now harmonized.

Element: Air

Color: Light green

Sound: Fis/Ges

Anahata means the untouched tone, because this is where verbal and mental articulation begins. It is related to anahat nada, the most subtle cosmic sound perceived only in the highest level of meditation. It lies at the level of the heart and is represented by a hexagonal, smoke-colored star (hexagram) and the syllable Yam.

In the subtle realm, there is a connection with the still biased consciousness (Chitta) and it opens the gates to feelings of universal love. People who have developed their Anahata are generally very sensitive to other people. Such people have the ability to reach others through touch or energy transfer. Many people who performed mysterious miracles did so through their anahatachakra. It is the center of divine love and it is here that our emotions express themselves in pure surrender to the Supreme. But here lies Vishnu granthi, the second hurdle that represents emotional attachment. When this hurdle is overcome, one becomes free from all self-centeredness, egoism, emotional attachment and thereby achieves mental and emotional control, balance and peace. Anahata is connected to Manomayakosha, which is the prerequisite for us to learn to control our thoughts, senses and activities.

Consciousness function: The heart chakra is the key to spiritual development. The development of the heart chakra determines the general attitude to life. The capacity for selfless love depends on the vibration of this chakra. A well-developed heart chakra creates a warm radiance, which opens the hearts of fellow human beings and awakens trust. Cordiality and cheerfulness are expressions of emotion that have their origin here. The formation of the heart chakra determines the purity and quality of our thoughts and our emotional relationship with God. People with a weakly developed heart chakra are often inhibited towards others. Her handshake is barely noticeable. Lack of sensitivity, tactlessness and lack of contact characterize them. The mental balance is lost. In disorders of the heart chakra, the emotional reference to the bioenergetic field of the body can be (completely) lost.

If the emotions of the 2nd and 3rd chakras are not clarified, the intense love of an open heart chakra is permeated by behavioral patterns, which are intensified here. In a balanced development, on the other hand, the heart chakra opens up access to truly fulfilling love. It is the center of true, unconditional love, a love that exists only for its own sake, that cannot be had or lost. The heart chakra is often called the "gateway to the soul" because it is not only the seat of our deepest and most vivid feelings of love. Through this energy center, we can connect with the universal part of our soul, the divine spark within us.

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5. Chakra, Communication- or Vishuddha-Chakra (Coherence 11%, Energy 89%)

Harmonizes awareness and experiences of one's own individuality, intuition, communication, expression through language, thoughts and acceptance of cosmic abundance.

Stands for: communication, expression of our thoughts and feelings, creativity. Perception of the inner voice, inspiration, contact with the indwelling spirit. Self-determination, independence, openness to subtle dimensions.

Affirmation: My etheric body is now harmonized.

Element: Ether

Color: Light blue

Sound: Gis/As

This chakra is considered very subtle and pure, which is also expressed by its name Vishuddha. It is located in the middle of the neck. Udanavata, the aspect of Vata responsible for external communication, sits in Vishuddha. Here we also find the higher creativity. Artists, singers, dancers and actors have a pronounced Vishuddhachakra. In an active chakra, nectar that is said to drip down from the bindu into this chakra and produce vitality and longevity can be experienced. When one meditates on Vishuddha, the mind becomes pure and empty, free of thoughts, like the ether. The ability to neutralize poison, whether coming from within or without, is a property of Vishuddha. In this way, all negative impressions of life can be absorbed and transformed into positive emotions. This chakra, which is connected to the Vijnanamayakosha, is responsible for our spiritual development and is the center through which we absorb the vibrations of other people.

Consciousness function: The neck chakra is the communication center. The activation of the neck chakra awakens the desire for communication, to express thoughts about sound or symbols. The language is very imaginative and at the same time very clear. The inner sincerity towards oneself and others is also expressed in an upright attitude. But we can only express what we find within ourselves. So this chakra gives us the opportunity for self-reflection, and the prerequisite for this is a certain inner distance. Here one has the gift of listening to others with heart and inner understanding. The more developed this center is, the more heat comes into the voice. The neck chakra serves as a bridge between our thinking and feeling, between head and heart.

With the development of the neck chakra, we become more and more aware of our mental body and we can separate its function from the function of the emotional body and the etheric body. This means that our thoughts are no longer taken over by sensations, which makes objective knowledge possible. An open neck chakra is free of fear, confers fearlessness and confidence in the higher guidance; the mental powers are activated (-> danger of mental arrogance). A blockage can cause communication difficulties, prevent clear self-expression and the connection between head and heart is disturbed.

The spiritual energies can literally get stuck in the throat. Then their transformative power finds it difficult to access the feelings. The energies of the lower chakras do not give the upper ones the necessary assertiveness and stability to realize spirituality in life. As a consequence, this again means clarifying the 2nd and 3rd chakras.

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6. Chakra, Third-eye- or Ajna-Chakra (Coherence 23%, Energy 77%)

Harmonizes awareness and experiences related to Yin-Yang consciousness, mental awareness, supernatural perception and visions
Stands for: cognitive functions, seat of the mind and the mind. Development of extrasensory perception, intuition. Ability to visualize.
Projection of our will, manifestation by thought power.

Affirmation: My spiritual body is now harmonized.

Element: Inner melody

Colour: Indigo

Sound: A

Ajna means control and is the command center or is sometimes referred to as the guruchakra because from here the other chakras are controlled. The third eye is the seat of the fine essence ether and lies between the eyebrows inside the head. It is represented by a silver dot and the syllable Ksham, which means patience, peace and strength.

In this chakra, the three main forces, Ida, Pingala and Sushumna, meet and connect to form a stream of consciousness that flows to the Sahasrarachakra through which we reach the connection with the Supreme.

Consciousness function: The 3rd eye is the center of Christ consciousness and supernatural perception. When the 3rd eye fully develops, man has conscious control over the bioenergetic field of the cells of the physical body.

An optimally developed forehead center is able to dissolve all negative experiences in the subconscious. Today, tomorrow, there is no more, only the moment exists. The limits of the rational mind have been exceeded. A person with an open 3rd eye lives from his center, solves all his problems in the sense of the spiritual law, in him is perfect balance. For this purpose, all other five chakras must be completely open and viable, otherwise a person cannot physically withstand this "spiritual ray of light". So the forehead chakra can only unfold when all the desires of the ego recede into the background, when emotions have become silent and calm, when we are calm and neutral in every respect. In this state of inner silence, the radiance of the Spiritual Sun increases in intensity. The boundaries of the mind dissolve - we get access to deep knowledge, cosmic consciousness.

The forehead chakra is also responsible for the bioenergetic field of the eyes. A blocked chakra can cause confused thoughts. The extrasensory abilities such as clairvoyance, clairvoyance, etc. are only possible if the heart and forehead chakras function optimally together. For example, for clairvoyance, the heart chakra and the 3rd eye work together to convert the absorbed subtle energy into "images".

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7. Chakra, Crown- or Sahasrara-Chakra (Coherence -20%, Energy 80%)

Harmonizes awareness and experiences in terms of the realization of being a spiritual being (soul) in unity with universal consciousness. Integration of the whole being, empathy, aspects of father, men, God the Father, authorities and direction of life.

Stands for: fusion with universal being, supreme perfection, unity consciousness (advaita) or loving personal relationship with God (dvaita).

Affirmation: My causal body is now harmonized.

Element: Inner Light

Color: White-violet

Sound: Ais/b

The crown chakra is located at the highest point of the head and is compared to a thousand-petalled lotus. The highest syllable Om (Aum) is assigned to it and it represents pure consciousness, the connection to the divine. Here it is where we receive the divine inspirations from the Supersoul (Paramatma) and the divine power to heal. The Sahasrarachakra is associated with the bioenergetic field of the pineal gland (epiphysis). At this point, it is said, the soul exits when it enters higher dimensions after death in this world.

Consciousness function: The crown chakra is the connection to the Higher Self, it is the access to cosmic consciousness and perfect wisdom. If this chakra is awakened, then its task is to absorb the finest ether and cosmic energies and it sends out energies itself. This refers to the crown chakra exclusively from the causal plane and from the Divine Consciousness. After such a development, the personal energy field of man is connected to all force fields of the universe. Duality, time dissolve > enlightenment, in the sense of loving connection with God as individual consciousness (Bhakti Yoga).

If the lower chakras are less developed, man tends to an unbalanced development and to escape from the world: e.g. he stands above the worldly and physical things, he hovers above the clouds and loses the reference to reality. There are no blockages in this chakra in the true sense. It can only be more or less developed because the crown chakra is the source and starting point for the manifestation of all other chakra energies.

The knowledge we receive about the crown chakra goes far beyond the knowledge we receive about the 3rd eye. What we used to grasp intellectually and later intuitively is now coming to a perfect understanding. We experience the different expressions of creation as a plan of Divine Consciousness with which we have become one.