1) Base of Spine: Coiled female serpent. Energy lies dormant until awakened

2) Sexual(genital): desire for pleasure, procreation, seat of all desires storehouse of the collective unconscious

3) Seat of Power(Navel): power center. Will power Concerned with survival and accommodation

4) Heart: Creativity, love of life, compassion, empathy

5) Throat: Accept opposites, Inner peace

6) Forehead®#rd eye: Profound stillness. See the world and you as interconnected

7) Dome of Skull: Ego Death. Living in the moment
READING LIST

Aaron Beck: Cognitive therapy and emotional disorders

Sigmund Freud: Monograph of Little Hans

Michael Harner: The way of the shaman

Eric Kandel: The disordered mind

Don Lattin: Following your bliss

Fritz Perls: Gestalt is ...

Michael Pollan: How to change your mind