

# Juliette Lee

Coaching · Workshops & Retreats · Speaking

## Human Energy Field

The energy of life (called *Chi* in Chinese or *Prana* in Indian cultures) can be found in every living thing. Although to the human eye many things look solid, all living things are actually a mass of electromagnetic energy constantly communicating with one another. We often describe this energy field as an aura. Our aura comprises seven major energy centres or chakras. The word chakra is Sanskrit, meaning wheel. Chakras appear as spinning wheels of light with different frequencies and colours.

Chakra	Colour	Energy Connection	Location
Root	Red	Physical, belonging, security	Base of spine
Sacral	Orange	Sexuality, creativity, relationships	Lower abdomen
Solar plexus	Yellow	Will power, confidence, self-esteem, gut feelings	Abdomen
Heart	Green	Love, forgiveness	Middle of chest
Throat	Sky blue	Communication, integrity, choice	Throat
Third eye	Indigo blue	Intuition, clear vision, imagination	Centre of forehead
Crown	Purple	Connection to higher-self, wisdom, inspiration	Top of head



All matter is just light vibrating  
at different frequencies.

**Albert Einstein**

---

**T** +44(0)7740 416 891   **E** [juliette@juliettelee.co.uk](mailto:juliette@juliettelee.co.uk)   **www.juliettelee.co.uk**

Juliette Lee Ltd Registered in England and Wales No: 5724342  
Registered address: Enterprise House, Valley Street North, Darlington, DL11GY