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## SEX & THE 7 CHAKRAS

**1st Chakra**, *Muladhara*, Root, Earth element. Raw physicality, animalistic, primitive, wild, instinctual, mindless, procreative.

**2nd Chakra**, *Swadhisthana*, Sex center, Water element. Pure physical sensual pleasure, genitally focused.

**3rd Chakra**, *Manipura*, Power center, Fire element. Physically dynamic, fiery. Power and power dynamics, taking control/giving up control, taking direct action, sexual empowerment.

**4th Chakra**, *Anahata*, Heart center, Air element. Sex as 'lovemaking.' Tender, heartfelt, less physical and more emotional/spiritual/energetic. The sexual act itself generates and amplifies love. 4th chakra associated with the timeless dimension.

**5th Chakra**, *Visuddhi*, Throat center, Ether element. Freedom to express emotionally (e.g. sadness, joy, ecstasy) and verbally (to articulate feelings and desires), permission to make sound, creativity, telepathy.

**6th Chakra**, *Ajna*, Eyebrow center. Ability to see the god/goddess within partner, eyes open, foreheads touching ("tantric kiss"), seeing colors or light, lovemaking as a highly energetic experience—awareness of energy movement and connection, intention of expanding and containing energy in the body.

**7th Chakra**, *Sahasrara*, Crown center. Oneness with beloved and all that is. Divine surrender, boundaries dissolve, ego dissolves, altered/expanded consciousness, cosmic orgasm - an experience of "the void," no time, no space, pure being, pure consciousness, pure bliss.