

Name: _____

Date: _____

The 5 elements

P S M T S K L H Y J N O I T S E G I D A R T I U
H W L I P I T I M Y C O L D A N D M O B I L E X
E O R E T A W F E M I N I N E E N E R G Y V H S
U J Z V E M X K V U U O A P E X P A N S I O N C
A C X R R E T N E C L A R C A S S D R T K G W R
R C B U K T H V M U L A D H A R A C H A K R A J
K D A S E I T I L I B I S S O P E T I N I F N I
A V J B L R Q T D T N O I T A M R O F S N A R T
H R X H V S V A D I S T H A N A C H A K R A I F
C S N P Q Z J V V V I S U D D H A C H A K R A A
A H A J F O U N D A T I O N J W X Q K S K I E Y
R Y U H P A N C H A M A H A B H U T A S A L G G
U H C B A P G N I S N A E L C I O D U Z T T P R
P B A W W S G K H J H C H O L S R G Z B O L K E
I T D R X X R N B E W I N K J M L C U M G T J N
N H R R K U H A I M A U Y U G L M S X K L H V E
A Z K E F A M N R D P T V I B R A T I O N A L L
M B W W E P H I W A N B I O C O S M O S R U D A
J D Z O V S L C O E C U Z N Q V S A X Y T L N U
D W K P H J R L A F Q H O R G U D L K V I K M X
Y S O L Q L L T K N Z R A R P T Y Z E R F K T E
D R D L Z I T G D O J B N K G Y R T S D N D J S
D T Y I R J J A W B W A Q T R J T N E M E V O M
T A W W I K Y S O P G V Y J D A K M T X U N S M

Infinite possibilities
Sahasrarachakra
Manipurachakra
Vibrational
Expansion
Movement
Breath

Svadhasthana chakra
Feminine energy
Cold and mobile
Ajna chakra
Digestion
Heating
Water

Muladhara Chakra
Visuddhachakra
Sacral center
Will power
Cleansing
Cosmos
Trees

Panchamahabhutas
Transformation
Sexual energy
Foundation
Grounding
Subtle