Supplementary material

Supplementary Table 1: Chakras connected to the Endocrine Physiology and Emotional Body (Courtesy BE SCHOOL OF LIGHT)

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| Chakra/ Energy Center | Endocrine Glands | Balanced Emotional Body  |

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| Crown Chakra(Sahasrara) | Anterior pituitary, Cerebral cortex, Cerebellum | Connected to universal source, unity consciousness, seeing a sense of connection and oneness in all beings |
| Third Eye(Ajna) | Pineal gland, Cerebellum | Intuition, trusting yourself, Higher perspective and outlook towards daily situations. Clairvoyance, Clairaudience |
| Throat Chakra(Vishuda) | Thyroid, Parathyroid | Being able to speak your truth with confidence, and live authentic |
| Heart ChakraAnahata | Adrenal cortex, Thyroid, Anterior pituitary | Unconditional love, and feeling secure about self-worth and love for others |
| Solar Plexus ChakraManipura | Pancreas, Liver, Adrenal Medulla, GI tract | Allowing balanced transformation and changes in life without resistance, balanced self-esteem.  |
| Sacral ChakraSwadhisthana | Ovaries, testicular glands, | Creative inspiration and improved self-esteem improved interpersonal relationships. |
| Root Chakra (Muladhara) | Prostrate, Lower Gi Tract,  | Feeling grounded, connected, self confidence |