



## 7 crown

Chakra is associated with awakening our spirituality. It is our highest energy center and brings inner wisdom and spiritual growth. A balanced 7th Chakra brings:

- a sense of bliss
- wisdom
- intuitive knowing
- spiritual development
- humanitarianism
- a connection to the Divine

**LOCATION:** top of the head

**ASSOCIATED BODY PARTS:**  
center of the head, brain

**EMOTIONAL ISSUES:**  
worry, depression, psychosis, insanity

**PHYSICAL ISSUES:**  
cerebral illnesses, musculoskeletal diseases, skin problems, hypersensitivity to light and sounds, chronic exhaustion



## 6 third eye

Chakra is associated with sight and seeing. A balanced sixth Chakra awakens our intuitive powers and ability to visualize the future and brings:

- attunement with our intuitive powers (clairvoyance)
- imaginations, dreams
- an ability to think clearly
- detachment from worldly goods

**LOCATION:** between the eyes

**ASSOCIATED BODY PARTS:**  
eyes, brain, lymphatic and endocrine systems

**EMOTIONAL ISSUES:**  
confusion, aimlessness

**PHYSICAL ISSUES:**  
earache, stroke, sinusitis, brain tumors, blindness, vision problems, anxiety disorders, nightmares



## 5 throat

Chakra is associated with mantra and speech. A balanced fifth Chakra gives us the ability to express ourselves and brings:

- the ability to communicate, both verbally and through writing
- confidence in our beliefs and ideas and the ability to express and manifest them
- the capacity to listen and truly hear

**LOCATION:** throat and neck

**ASSOCIATED BODY PARTS:**  
throat, neck, ears, jaw, mouth

**EMOTIONAL ISSUES:**  
low self-esteem, shyness, dishonesty

**PHYSICAL ISSUES:**  
sore throat, upper respiratory illnesses, dental problems, ear infections, stiff neck, thyroid problems



## 4 heart

Chakra is located at our heart center and is where we process and store emotional experiences. A balanced fourth Chakra brings:

- compassion
- a connection to those we love
- a sense of hope
- self-acceptance
- forgiveness
- sympathy
- empathy

**LOCATION:** center of chest

**ASSOCIATED BODY PARTS:**  
heart, lungs, diaphragm, chest, breasts, thymus

**EMOTIONAL ISSUES:** sorrow, depression, possessiveness

**PHYSICAL ISSUES:**  
stroke, cardiovascular and respiratory problems, breast health, arthritis, circulatory problems



## 3 solar plexus

Chakra is located at our solar plexus and is associated with our sense of empowerment. A balanced third Chakra puts us in touch with our personal power and brings:

- a strong sense of identity and self-respect
- perseverance
- the ability to make decisions
- trust in one's instincts
- insight
- self-esteem

**LOCATION:** abdomen

**ASSOCIATED BODY PARTS:**  
stomach, liver, gallbladder, spleen, adrenal glands

**EMOTIONAL ISSUES:** anger, resentment, powerlessness

**PHYSICAL ISSUES:**  
digestive problems, food allergies, diabetes, ulcers, jaundice, hepatitis, gallstones, adrenal imbalances



## 2 sacral

Chakra is associated with emotions, sexuality, and creativity. A balanced second Chakra allows us to open up to our sense of creativity and brings:

- an ability to express ourselves creatively
- a strong connection with others
- the enjoyment of pleasure
- confidence in our sexuality and sensuality
- intimacy and warmth

**LOCATION:** lower abdomen

**ASSOCIATED BODY PARTS:**  
hips, lower back, bladder, reproductive organs, kidneys

**EMOTIONAL ISSUES:** overly emotional, poor boundaries

**PHYSICAL ISSUES:**  
urinary or kidney problems, gynecological issues, impotence, frigidity, lower back problems



## 1 root

Chakra is associated with our most basic survival instincts: food, shelter, health, and security. A balanced first Chakra brings:

- a sense of safety
- physical health and strength
- groundedness
- a connection to others and the earth

**LOCATION:** base of spine

**ASSOCIATED BODY PARTS:**  
coccyx, large intestine, legs, feet, bones, adrenal glands

**EMOTIONAL ISSUES:** fear, anxiety, insecurity, grief

**PHYSICAL ISSUES:**  
lower back pain, sciatica, constipation, hemorrhoids, prostrate problems, varicose veins, anorexia, obesity

	<p><b>MANTRA:</b> Om</p> <p><b>COLOR:</b> violet</p> <p><b>SANSKRIT:</b> Sahasrara</p> <p><b>SPIRIT ANIMAL:</b> eagle</p> <p><b>ELEMENT:</b> energy</p>	<p><b>SENSE:</b> oneness</p> <p><b>FOOD:</b> none (fasting, ingest only water)</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> clear quartz, amethyst, diamond</p>	<p><b>ESSENTIAL OILS:</b> frankincense, geranium, sandalwood</p> <p><b>FLOWER ESSENCES:</b> lotus, star tulip, yarrow</p>	<p><b>YOGA ASANA:</b> Adho Mukhasana (downward dog)</p> <p><b>BENEFICIAL ACTIVITIES:</b> chanting, silent meditation</p>
	<p><b>MANTRA:</b> Sham</p> <p><b>COLOR:</b> indigo</p> <p><b>SANSKRIT:</b> Ajna</p> <p><b>SPIRIT ANIMAL:</b> owl</p> <p><b>ELEMENT:</b> light</p>	<p><b>SENSE:</b> clairvoyance</p> <p><b>FOOD:</b> air (eg. green drinks and teas)</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> lapis, kyanite, sapphire</p>	<p><b>ESSENTIAL OILS:</b> chamomile, nutmeg, sandalwood, frankincense</p> <p><b>FLOWER ESSENCES:</b> cosmos, larkspur, larch</p>	<p><b>YOGA ASANA:</b> Setu Bandhasana (Bridge)</p> <p><b>BENEFICIAL ACTIVITIES:</b> keeping a dream journal, meditation</p>
	<p><b>MANTRA:</b> Ham</p> <p><b>COLOR:</b> azure</p> <p><b>SANSKRIT:</b> Visuddha</p> <p><b>SPIRIT ANIMAL:</b> wolf</p> <p><b>ELEMENT:</b> ether</p>	<p><b>SENSE:</b> hearing</p> <p><b>FOOD:</b> fruits</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> azurite, turquoise, blue opal, aquamarine</p>	<p><b>ESSENTIAL OILS:</b> basil, spearmint, peppermint</p> <p><b>FLOWER ESSENCES:</b> morning glory, dogwood, silversword, snapdragon</p>	<p><b>YOGA ASANA:</b> Matsyasana (Fish)</p> <p><b>BENEFICIAL ACTIVITIES:</b> singing, chanting, painting, dancing, drumming</p>
	<p><b>MANTRA:</b> Yam</p> <p><b>COLOR:</b> green</p> <p><b>SANSKRIT:</b> Anahata</p> <p><b>SPIRIT ANIMAL:</b> hummingbird</p>	<p><b>ELEMENT:</b> air</p> <p><b>SENSE:</b> touch</p> <p><b>FOOD:</b> green vegetables</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> malachite, rose quartz</p>	<p><b>ESSENTIAL OILS:</b> marjoram, neroli</p> <p><b>FLOWER ESSENCES:</b> holly, bleeding heart, wild rose</p>	<p><b>YOGA ASANA:</b> Bhujangasana (Cobra Pose)</p> <p><b>BENEFICIAL ACTIVITIES:</b> volunteering, romantic poetry, books, and movies</p>
	<p><b>MANTRA:</b> Ram</p> <p><b>COLOR:</b> golden yellow</p> <p><b>SANSKRIT:</b> Manipura</p> <p><b>SPIRIT ANIMAL:</b> lion</p> <p><b>ELEMENT:</b> fire</p>	<p><b>SENSE:</b> sight</p> <p><b>FOOD:</b> complex carbohydrates</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> citrine, yellow calcite, jasper, topaz</p>	<p><b>ESSENTIAL OILS:</b> ginger, peppermint</p> <p><b>FLOWER ESSENCES:</b> chamomile, goldenrod, pink yarrow</p>	<p><b>YOGA ASANA:</b> Dhanurdharasana (Bow Pose)</p> <p><b>BENEFICIAL ACTIVITIES:</b> aerobics, power yoga, swimming, power walking, hiking</p>
	<p><b>MANTRA:</b> Vam</p> <p><b>COLOR:</b> orange</p> <p><b>SANSKRIT:</b> Svadisthana</p> <p><b>SPIRIT ANIMAL:</b> fish</p> <p><b>ELEMENT:</b> water</p>	<p><b>SENSE:</b> taste</p> <p><b>FOOD:</b> liquids</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> moonstone, red jasper, carnelian, tiger eye, orange tourmaline</p>	<p><b>ESSENTIAL OILS:</b> jasmine, rose</p> <p><b>FLOWER ESSENCES:</b> hibiscus, lady's slipper</p>	<p><b>YOGA ASANA:</b> Ustrasana (Camel Pose)</p> <p><b>BENEFICIAL ACTIVITIES:</b> massage, warm bath, music, gentle yoga</p>
	<p><b>MANTRA:</b> Lam</p> <p><b>COLOR:</b> deep red</p> <p><b>SANSKRIT:</b> Muladhara</p> <p><b>SPIRIT ANIMAL:</b> elephant</p>	<p><b>ELEMENT:</b> earth</p> <p><b>SENSE:</b> smell</p> <p><b>FOOD:</b> protein</p> <p><b>GEMSTONES &amp; CRYSTALS:</b> garnet, onyx, hematite</p>	<p><b>ESSENTIAL OILS:</b> bergamet, sandalwood, rosewood, black pepper, cedar, cloves, ginger</p> <p><b>FLOWER ESSENCES:</b> blackberry, clematis, corn</p>	<p><b>YOGA ASANA:</b> Virabhadrasana I (Warrior I)</p> <p><b>BENEFICIAL ACTIVITIES:</b> yoga, walking, hiking, running, biking, gardening</p>