








CHAKRA GUIDE

CHAKRAS	 Root	 Sacral	 Solar Plexus	 Heart	 Throat	 Third Eye	 Crown
LOCATION	Base of spine. In tailbone area.	Lower abdomen, below navel.	Upper abdomen in the stomach area.	Center of chest, just above the heart.	At the center of the neck.	At the center of the head.	At the very top of the head.
ELEMENT	Earth	Water	Fire	Air	Music	Light	Consciousness
STONE	Red Coral, Mahogany & Black Obsidian, Bloodstone.	Orange, Carnelian, Garnet, Spessartine.	Citrine, Topaz, Heliolite, Fire Opal, Golden Tiger's Eye.	Rose Quartz, Rhodonite, Green Agate, Amazonite.	Turquoise, Blue Lace Agate, Aquamarine.	Sodalite, Lapis Lazuli, Azurite, Sapphire, Dumortierite.	Clear Quartz, Moonstone, Amethyst Quartz.
AFFIRMATION	I Am	I Feel	I Do	I Love	I Speak	I See	I Understand
SOUND	Lam	Vam	Ram	Yam	Ham	Om	Aum
ASSOCIATED ORGANS	Spine, blood, bladder, kidneys, male reproductive organs, vagina, legs.	Circulatory system, kidneys, skin, female reproductive organs.	Nervous system, stomach, gall bladder, large intestine, liver, pancreas.	Circulatory system, respiratory system, arms, shoulders, breasts.	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, and throat.	Pineal gland, eyes, nose, ears, skeletal system.	Brain, nervous system, pituitary gland.
ESSENTIAL OILS	Cedarwood, vetiver, and patchouli.	Orange, tangerine, or grapefruit.	Sandalwood, myrrh, atlas cedarwood.	Marjoram, Lavender, ylang ylang.	Eucalyptus, sage, paper mint.	Jasmine, myrrh and celestite oils.	Rose, melissa and lotus essential oils.
QUALITIES	Grounded and Protective.	Creative and Sensual.	Powerful and Energetic.	Compassionate and Loving.	Communicative and Truthful.	Intuitive and Insightful.	Clarifying, Pure, Divine.
YOGA POSE	Tree Pose & Mountain Pose.	Crow Pose or Triangle Pose.	Forward Bend and Bow Pose.	Half Bridge Pose and Fish Pose.	Shoulder stand and Plough Pose.	Puppy Pose and Child Pose.	Headstand and Lotus Pose.
DEVELOPS	1-7 y/o.	8-14 y/o.	15-21 y/o.	21-28 y/o.	29-35 y/o.	36-42 y/o.	43-49 y/o.
BALANCED BEHAVIOR	Grounded, centered, trusting, happy to alive.	Friendly, passionate, sexually fulfilled, good mood.	Confident, outgoing, problem-solving, calm, integrity.	Loved, loving, empathetic, "contagiously" good vibe.	Can express self, speaks truth, creative.	Intuitive, charismatic, can meditate, seen as wise.	Joy, connected to "the Source" while aware of one's individuality.
IMBALANCED BEHAVIOR	Unloved, sexually inadequate, fearful, shy, unsure.	Guilty, afraid to interact, lost, What others think.	Low Self-esteem, apathetic, procrastinating.	Unloved, self-pity, fear of rejection, neediness.	Afraid to speak in public, seen as timid, dependent.	Lack of Intuition, confused, doubting oneself.	Lack of inspiration, greed, materialistic, mental fog.
OVERACTIVE BEHAVIOR	Bossy, big ego, greedy, violent, cunning.	Dramatic, aggressive, anxiety, addictive personality.	Judgmental, stubborn, critical, bully, overly critical.	Jealousy, blaming others, giving too much.	Speaking too much, boring others, seen as criticizing, stubborn.	Spaced out, worrying, excessive daydreaming anxiety.	Lack of Empathy, over-erotic imagination, Superiority.
FOODS TO HEAL	Root vegetables, Protein, Red fruits, Nuts.	Carrots, Pumpkin, Oranges, and Mangoes.	Yellow fruits, Oats Squash, Ginger, Legumes.	Green vegetables, Leafy greens, Avocados.	Fruit Juices, Figs Sea Plants, Plums, Melons.	Purple berries, Plums, Purple Potatoes.	Purified water, Fresh air, Sunlight.