







Chakra Guide

Chakra's are energy wheels that received and transmit energy into the physical body. There are seven main chakras along the center of the body. When these energy wheels become disrupted or blocked, dis-ease occurs in the body.

Chakra	Overview	Associations	Balance
 Crown Sahasrara	Color: Violet Location: Top of Head Affirmation: I Understand Crystal: Clear Quartz, Amethyst Aroma: Lavender	Represents: wisdom, consciousness & bliss Emotion: beauty, connection to spirit, bliss Physical: pituitary gland, brain, nervous system	Balanced: compassionate, joyful, wise, connected yet aware of self Overactive: craves attention, needing popularity, addicted to spirituality Under-active: can't find joy or fun, unaware/denying spiritual connection, misunderstood
 Third Eye Anja	Color: Indigo Location: Between brows Affirmation: I See Crystal: Lapis Lazulii Aroma: Rosemary	Represents: insight, inspiration, intuition Emotion: intuition, imagination, wisdom Physical: pineal gland, eyes, sinuses, bones	Balanced: knows one's purpose, intuitive, charismatic, meditates easily Overactive: worries, seems lost or spaced out Under-active: easily influenced, doubts self, narrow minded, lost one's purpose
 Throat Visuddha	Color: Blue Location: Base of throat Affirmation: I Speak Crystal: Aquamarine Aroma: Spearmint	Represents: communication, self-expression Emotion: self expression of feelings, truth Physical: thyroid gland, respiratory system, teeth, trachea, vocal cords	Balanced: expresses self and truth, creative Overactive: speaks excessively, criticizes, stubborn, easily bores others Under-active: can't express self, timid, dependent, afraid of public speaking
 Heart Anahata	Color: Green Location: Center of chest Affirmation: I Love Crystal: Green Aventurine Aroma: Rose	Represents: love, compassion, accept joy Emotion: love, inner peace, joy Physical: circulatory system, upper limbs, thymus, immune system,	Balanced: loving, empathetic, compassionate Overactive: jealous, entitled, gives too much Under-active: self pity, needy, uncertain, fear of rejection, clingy
 Solar Plexus Manipura	Color: Yellow Location: Below sternum Affirmation: I Do Crystal: Citrine Aroma: Lemon	Represents: self and source of power Emotion: self-worth, confidence, esteem Physical: central nervous system, pancreas, liver, gallbladder, stomach, digestion tract	Balanced: confident, outgoing, calm, problem solver, respectful of self and others Overactive: critical, judgmental, stubborn Under-active: procrastination, low self esteem, apathetic, uncertain
 Sacral Svadhishthana	Color: Orange Location: Pelvic region Affirmation: I Feel Crystal: Carnelian Aroma: Orange	Represents: emotions, creativity, sexuality Emotion: abundance, well-being, pleasure Physical: lymphatic system, kidneys, skin, adrenals, female reproductive organs	Balanced: friendly, passionate, playful, flirty Overactive: power hungry, manipulative Under-active: shy, guilty, lost, afraid of what others think
 Root Svadhishthana	Color: Red Location: Base of spine Affirmation: I Am Crystal: Jasper Aroma: Patchouli	Represents: foundation, safety, survival Emotion: belonging, independence, survival Physical: spine, bladder, blood, lower limbs, male reproductive organs	Balanced: independent, trusting, grounded, poised, full of life Overactive: domineering, greedy, violent, bossy, egocentric, cunning Under-active: fearful, frustrated, shy, unsure, sexually inadequate