

# CHAKRA GUIDE



	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD-EYE	CROWN
Sanskrit	Muladhara	Svadhishthana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Location	Base of spine	Lower abdomen	Naval	Heart	Throat	Brow / forehead	Top of head
Affirmation	I am	I feel	I do	I love	I speak	I see	I understand
Element	Earth	Water	Fire	Air	Ether	Light	Consciousness
Planet	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
Body / Organs	Reproductive and sex organs, pelvis, legs, feet	Spleen, urinary tract, kidneys, ovaries, uterus, blood	Digestive system, stomach, liver, gall bladder, small intestine, skin	Lower lung, lymph & immune system, heart, thymus, circulatory system	Throat, neck, thyroid, ears, respiratory system, sinus, teeth	Pituitary gland, brain, autonomic nervous system, pineal gland, eyes,	Head, central nervous system, cerebral cortex, upper spine
Emotion	Safety, security	Desire, sexuality	Personal power, purpose	Balance, love	Self-Expression, healing	Intuition, imagination	Spirituality, bliss
Balanced Behaviors	Safe, grounded, assertive, centered, secure	Passion, creative, independent, satisfied	Confident, joyful, ambitious, optimistic	Compassionate, loving, empathic, peaceful	Expressive, trustworthy, honest, loyal	Intuitive, faithful, clarity, imaginative	Connected, universal love, wise
Imbalanced Behaviors	Fearful, anxious, self-doubt, self-pity, insecure	Fear of intimacy, sex issues, emotional, destructive	Low self-esteem, perfectionist, critical, over analytical, powerless	Lack of empathy, jealous, hateful, codependent, giving too much	Quiet, loud, gossip, poor listener, secretive, poor expression	Lack of focus & judgement, obsessive, delusions, poor imagination	Disconnected, lack of faith, anger, ungrounded
Essential Oils	Vetiver, cedarwood	Orange, neroli, jasmine	Bergamot, lemon	Geranium, ylang ylang	Eucalyptus, peppermint	Clary sage, frankincense, sandalwood	Melissa, jasmine, frankincense
Gemstones	Black onyx, red agate, carnelian	Citrine, orange calcite, stilbite	Citrine, tigers eye, moonstone	Rose quartz, aventurine, jade	Turquoise, aquamarine	Lapis lazuli, amethyst, celestite	Clear quartz, moonstone, selenite

