








CHAKRA QUICK REFERENCE GUIDE

Chakra	Location	Color and Element	Represents	Gemstone Essential Oil	Gland Body Parts	Positive Affirmation Negative Aspects
	7th Chakra Crown <i>Sahasrara</i>	White/Golden Violet *** None	Attaining enlightenment; ultra-consciousness; awareness of self; connection to Source	Clear Quartz *** Frankincense	Pineal Skull, cerebral cortex, central nervous system	"I am connected to Source; All is well" *** <i>Depression, alienation, mental illness, confusion</i>
	6th Chakra Brow <i>Ajna</i> Third eye	Indigo *** Light	Knowingness, the brain opens; Intuition, psychic abilities, understanding, dreams, visions, memories	Amethyst *** Lavender	Pituitary Eyes, ears, nose, sinuses, autonomic nervous system	"I am courageous and following my own path and guidance" *** <i>Blindness, poor vision, migraines, nightmares, sleep disorders, Bi-polar disorders</i>
	5th Chakra Throat <i>Vishuddha</i>	Blue/Gold *** Ether	Living and speaking one's truth Communication, speech wisdom, trust, creative expression, organization	Sodalite *** Geranium	Thyroid and parathyroid Vocal system, jaw, mouth, tongue, neck, shoulders, lymph system	"I speak my truth with courage and remain steadfast in Love" *** <i>Thyroid problems, flu, blisters, fevers, infections, tonsillitis, toothaches</i>
	4th Chakra Heart <i>Anahata</i> Chest area	Green *** Air	Unconditional love, Compassion, Altruism, devotion, acceptance of divine guidance and grace, renewal and growth	Rose Quartz *** Ylang Ylang	Thymus Lungs, heart, arms, hands, respiration, hypertension, muscles, bronchia	"My heart is fully open to both give and receive Love" *** <i>High blood pressure, emphysema, heart issues, chest pain, guild, alienation</i>
	3rd Chakra Solar Plexus <i>Manipura</i>	Yellow *** Fire	Power, control, victimization, tyranny Personal power, will, opinion, self-control, authority	Citrine *** Peppermint	Pancreas Digestive tract, liver, stomach, diaphragm, nervous system, metabolism	"I stand courageous and fully in my own power" *** <i>Diabetes, ulcers, hepatitis, hypoglycemia, constipation, parasites, toxicity, jaundice</i>
	2nd Chakra Sacral <i>Svadhithana</i> Lower abdomen	Orange *** Water	Pain, suffering, water element, social consciousness, intimacy, feelings, sexuality, procreation, freedom	Carnelian *** Jasmine	Gonads and Ovaries Womb kidneys, urinary tract, spleen, gallbladder	"I flow with the rhythm of life; I am in harmony" *** <i>Impotence, uterine problems, gout, eating disorders, discomfort with gender roles</i>
	1st Chakra Base <i>Muladhara</i> Base of Spine	Red *** Earth Element	Survival, security, sexuality, lust, obsession, stability, sensuality, reproduction, and support	Hematite *** Patchouli	Adrenals Legs, bones, feet, large intestines, coccygeal nerve plexus, prostate	"I am safe and secure, balanced and centered" *** <i>Inability to care for oneself, not wanting to be here, constipation, ungrounded</i>

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Peace and love,

Kathy