



Chakra #	Name	Sanskrit Name	Location	Color	Musical Note	Stone/ Crystal	Essential Oil	Balanced Attribute	Emotion	Gland	Associated Body Parts	Dysfunction	Nature Therapy
7th Chakra	Crown	Sahasrara Chakra	Top of Head	Violet	B - Si	Amethyst Ametrine	Frankincense Oil	Knowingness, Wisdom, Inspiration, Charisma, Awareness, Higher Self, Meditation, Self Sacrificing, Visionary, Divine Connection	Bliss, Spirituality or Cynicism	Pineal	Upper brain, Cerebral Cortex, Cerebrum, Pituitary, Central Nervous System, Hair Growth, Top of Head	Depression, Alienation, Mental Illness, Neuralgia, Confusion, Senility, Veins, Blood Vessels, Lymphatic System, Bacteria, Warts, Skin Rashes, Eczema	Meditation Looking to the Heavens Cloud Watching Star Gazing
6th Chakra	Brow - Third Eye	Ajna Chakra	Forehead	Indigo	A - La	Azurite, Lapis Lazuli	Sandalwood Oil	Intuition, Invention, Psychic Abilities, Self Realization, Perception, Release, Understanding, Memory, Fearlessness	Imagination, Intuition or Lack of Direction	Pituitary	Eyes, Nose, Ears, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System, Heals Etheric Body/Aura	Blindness, Vision, Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances	Dreaming of Possibilities Releasing Preconceived Notions
5th Chakra	Throat	Vishuddha Chakra	Throat	Blue	G - Sol	Sodalite	Peppermint	Communication, Wisdom, Speech, Trust, Creative Expression, Planning, Spatial, Organization, Caution	Expansion, Healing or Shy and Withdrawn	Thyroid	Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymph (Perspiration), Atlas, Menstrual Cycle, Lungs Sinuses Thyroid	Thyroid, Flu, Fevers, Blisters, Infections, Herpes, Itching, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, TMJ, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings	Singing Chanting Toning and Meaningful Discussions
4th Chakra	Heart	Anahata Chakra	Centre of Chest	Green	F - Fa	Malachite, Rose Quartz	Chamomile Oil	Relationships, Love, Acceptance, Self-Control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth, Self-Love	Balance, Love or Depression	Thymus	Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles, Circulatory System	High Blood Pressure, Passiveness, Lethargy, Asthma, Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems, Chest Pain	Self-Time and Pampering Yourself
3rd Chakra	Solar Plexus	Manipura Chakra	Solar Plexus, Stomach	Yellow	E - Mi	Tigers Eye, Yellow Calcite	Neroli Oil	Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control, Curiosity, Awareness, Self-Esteem	Purpose, Sunshine or Low Self Esteem	Pancreas	Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas Metabolism, Small Intestines	Ulcers, Diabetes, Hepatitis, Hypoglycemia, Blood Sugar Disorders, Constipation, Nervousness, Timidity, Addictions to Stimulants, Parasites & Worms, Toxicity, Jaundice, Poor Memory	Sunshine Sunbathing and Practicing Healthy Boundaries
2nd Chakra	Spleen - Sacral	Svadhishthana Chakra	Lower Abdomen - Below the Navel	Orange	D - Re	Garnet, Ruby	Ylang Ylang Oil	Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement, Sexuality	Emotions, Desires or Sexual Dysfunction	Gonads	Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder, Recharges Etheric Body/Aura	Impotence, Frigidity, Ovaries, Uterine Problems, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)	Sexual Expression and Creative Expression
1st Chakra	Root	Muldhara Chakra	Coccyx, Perineum - Base of Spine	Red	C - Do	Obsidian, Jet Hematite	Patchouli Oil	Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness, Stability	Passion or Scattered Energies	Adrenals	Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone	Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids), Constipation, Colds, Body Temperature, Bladder Infection, Rebuilds Blood Cells & Haemoglobin, Sciatic, Numbness, Leukemia	Gardening Hiking and Earth Sitting