

Chakra Chart

NAME	Root Base of spine Red	Sacral Below navel Orange	Solar Plexus Abdomen Yellow	Heart Chest Green	Throat Throat Blue	Third Eye Forehead Indigo	Crown Top of head Gold/White
CONNECTION	Survival, Safety, Stability	Sexuality Emotions	Power Energy	Love Acceptance	Communication	Intuition	Divine Interconnection
AFFIRMATION	I Do, I Am	I Feel, I Want	I Can, I Do	I Accept	I Express	I Know	I Am
GOAL	Grounding Stability Prosperity	Fluidity Pleasure Creativity	Vitality, Will Personal power Manifesting	Love Compassion Acceptance	Clear Speech Expression Communication	Perception Inspiration Vision	Harmony Liberation Enlightenment
PHYSICAL CONCERN	Skeletal issues Leg/foot issues Osteoarthritis Restlessness	Infertility, Impotence Prostate Bladder	Stomach ulcers Belly fat Allergies Diabetes	Heart disease Breath ailments HB Pressure Cancer	Sore throats Asthma Tinnitus/Vertigo Thyroid	Eye problems Headaches Hallucinations Nightmares	Delusions Migraines Epilepsy Dementia
SUBTLE CONCERN	Insecurity/Fear Unfocused Detached Financial woes	Addiction Codependence Sex. imbalance Isolation	Excess Control Manipulative Oversensitive Low esteem	Melancholia Jealousy/Fears Savior/rescuer Unforgiving	Unable to listen Stifled speech Fidgety Perfectionism	Learn. disability Lack of vision Spiritual doubt Psychic attack	Isolation Close-minded Ego/Cynacism Depression
TO OPEN	Breath, Nature Stretch, Activity Healthy foods Abundance	Yoga/Dance Awareness Self-discipline Enjoy life	Breathe Strengthen goals, courage & endurance	Acknowledge Acceptance Self-love Inner harmony	Use non-verbal +listening skills Find yr purpose Singing	Focus Relaxation Self care Spirit. practice	Visualize/Hikes Pray/Meditate Yoga/Breathe Journal, Reiki
FOR HEALING	Agate, Garnet, Hematite; Root veggies, soy, meat, egg Cedarwood, Patchouli	Coral, Moonstone; Water, Fruits, Cinnamon; Patchouli, Sandalwood	Topaz, Yellow citrine; Complex carbs (starches); Vetiver, Rose, Bergamot	Emerald, Jade, Green calcite, Rose Quartz; Vegetables; Rose, Melissa, Bergamot	Turquoise, Aquamarine; Fruits; Chamomile, Myrrh	Amethyst, Lapis lazuli, Sodalite; Rose geranium, Hyacinth	Diamond, Clear Quartz; Fasting; Frankincense, Sandalwood, Rosewood