



CHAKRA CHART

Chakra #	1	2	3	4	5	6	7
Chakra Name	Root Chakra	Sacral Chakra	Solar Plexus Chakra	Heart Chakra	Throat Chakra	Third Eye Chakra	Crown Chakra
Location	Base of torso	Below the navel	Above the navel	Center of chest	Throat	Between the eyes	Top of head
Color	Red	Orange	Yellow	Green/pink	Blue	Indigo	Purple/violet
Mental	foundations, inability to let go, grounded, lack of abundance	creation, interaction relationships, sexual relationships	intention, ambition, will, independence, action, confidence	self-love, isolation nurture self/others renewal, growth	self-expression, communication, will, innovation, emotions	wisdom, insight intuition, intellect mind empowerment	perception, wisdom divine connection, inspiration, vision
Physical	back, legs, intestines, teeth, bones, vitality, immune system	low back, bladder, sexual organ, fluid functions	stomach, gall bladder pancreas, digestive system, adrenals	lungs, heart, arms Thymus gland, respiratory function	throat, vocal chords, thyroid, neck, jaw, lungs, breathing	eyes, sinuses, nose brain, ears, pineal & pituitary gland	skull, skin, upper brain, nervous system, pineal gland
Emotional	protection, security, trust, survival foundation, scattered	passion, sexuality, desire, attraction, creativity, isolation	power, spontaneity, anger, frustration, joy, fun, child-like	love, trust, grief, forgiveness, empathy, compassion	sharing, expressing power of choice planning, creativity	intuition, inspiration, truthfulness, dreams, perceptiveness	clarity, peace, divine acceptance, nervous system
Imbalances	fearful, anxious, poor boundaries, reckless, hoarding, poor focus	emotional instability, fertility, pride, selfish urinary infections	victim mode, diabetes chronic fatigue, liver, digestion issues	asthma, circulation, blood pressure, heart, lungs, immune system	sore throat, TMJ voice issues, neck, ears, thyroid, PMS	headaches, insomnia, dizziness, anxiety, vision, nervousness	mental illness, confusion, alienation, depression, lymphatic
Essential Oils to support restoring balance	frankincense, myrrh, white fir, vetiver clove, cedarwood	wild orange, clary sage bergamot, patchouli, ylang-ylang, cinnamon	ylang-ylang, lemon, basil, grapefruit, clove, ginger	ylang-ylang, cypress, geranium, eucalyptus, jasmine, peppermint	lavender, chamomile sandalwood, basil, marjoram, ylang-ylang	sandalwood, clary sage chamomile, patchouli, rosemary, myrrh	frankincense, rose, sandalwood, melissa, lavender, helichrysum