

CHAKRA INFORMATION

Chakra	Location	Colour	Psychological Functions	Glands	Associated Body Parts	Physical Disfunction
Crown	Top of the head	Pure white light or Violet	Awareness, Wisdom and Inspiration	Pineal	Hair Growth, Top of Head, Cerebral Cortex, Cerebrum, Pituitary,	Mental illness, depression, Skin Rashes, Eczema and Blood Vessels
3rd Eye	Forehead	Indigo	Intuition and psychic abilities	Pituitary	Eyes, Nose, Ears, Sinuses and Autonomic Nervous System	Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Depression, Anxiety, Schizophrenia, Paranoia,
Throat	Throat	Blue	Creative Expression and Communication	Thyroid	Tongue, Neck, Shoulders, Mouth, Jaw and Vocal System	PMS, Mood Swings, Tonsillitis, Toothaches, OCD and Flu
Heart	Chest	Green	Love, Forgiveness and acceptance	Thymus	Respiratory, Hypertension, Lungs and Heart	High Blood Pressure, Asthma, Immune System, Breathing Difficulties and Heart Problems
Solar plexus	Stomach	Yellow	Self Control and Mental Clarity	Pancreas	Small Intestines Nervous System and Digestion	Diabetes, Poor Memory, Constipation and Nervousness
Sacral	Lower abdomen	Orange	Sensuality, Emotions and Freedom	Gonads	Skin, Spleen, Gallbladder, Ovaries, Testes, Womb and sexual organs	Depression, Alcoholism, Eating Disorders and Gout
Root	Coccyx Perineum	Red	Survival, Vitality and Sexuality	Adrenals	Large Intestines, Prostate, Bladder, Blood, Circulation, Bones, Teeth, Legs and Feet	Numbness, Leukemia Constipation, Colds, Anemia, Fatigue and Obesity,

Seventh/Crown



Crown Chakra - located at the top of the head, Its function is understanding. Its inner state is: bliss. Its colour is Violet and its planet is Uranus. Its stone is Amethyst. Its meditation is: I understand. Balancing this chakra is said to give vitality to the cerebrum and affects the development of psychic abilities. Energies: Air, Meditative, Intuition, Promotes thought.

Sixth/Third Eye



Third Eye Chakra - located in the centre of the forehead above the eyebrows. Its function is seeing, intuiting. Its inner state is: I know. Its colour is Indigo and its planet is Jupiter. Its stone is: Iolite. Its meditation is: I see. Balancing this chakra helps psychic perception and balances the pineal gland. Energies: Air, Meditative, Intuition, Promotes thought.

Fifth/Throat



Throat Chakra - located in the throat its function is communication, creativity. Its inner state is synthesis of ideas into symbols. Its colour is Bright Blue and its planets are Mercury and Neptune. Its stones are: Sodalite, Blue Lace Agate, Lapis Lazuli. Meditation on: I speak. Balancing this chakra is important for speech and communication areas of the brain. Energies: Water, Calming, Soothes, Relaxes.

Fourth/Heart



Heart Chakra - located in the centre of the chest. Its function is love, its inner state is compassion, love, its colour is Green and its planet is Venus. Its stones are: Green / Pink Stones - Peridot, Rose Quartz, Malachite. Meditation on: I love. Balancing this chakra is important for the circulatory system, heart and thymus. It also affects spiritual love, compassion and universal oneness. Energies: Water, Calming, Soothes, Relaxes.

Third/Solar Plexus



Solar Plexus Chakra - located in the area above the navel. Its function is will, power, its inner state is laughter, joy, anger, its colour is Yellow and its planets are Mars and the Sun. Its stones are: Amber, Topaz and Citrine. Meditation on: I do. Balancing this chakra is associated with calming emotions and frustration, easing tension and helping to better utilize intuition. Energies: Fire, Energizing, Charging, Lends Energy.

Second/Sacral



Naval / Sacral Chakra - located in the lower abdomen, genitals, womb, its function is desire, sexuality, pleasure, procreation. Its inner state is tears, its colour is Orange and its celestial body is the Moon. Its stones are: Coral and Carnelian. Meditation on: I feel. Balancing this chakra is associated with sexual vitality, physical power and fertility. Energies: Fire, Energizing, Charging.

First/Root Chakra



Root / Support Chakra - located at the base of the spine. Its function is survival and grounding, its inner state is stillness and stability, its colour is Red and its planets are Earth and Saturn. Its stones are: Garnet, Ruby, Onyx, Obsidian. Meditation on: I am. Balancing this Chakra gives energy to the physical body, controls fear, increases overall health and helps grounding. Energies: Earth, Grounding, Focusing, Centering.