

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
<b>Psychological Functions</b>	Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness	Clairsentience, Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement	Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control, Curiosity, Awareness	Relationships, Love, Acceptance, Self-Control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth	Communication, Wisdom, Speech, Trust, Creative Expression, Planning, Spatial, Organization, Caution	Clairvoyance, Intuition, Invention, Psychic Abilities, Self-Realization, Perception, Release, Understanding, Memory, Fearlessness, Clear Seeing	Knowingness and Higher Spiritual Information, Wisdom, Inspiration, Charisma, Awareness, Higher Self, Meditation, Self-Sacrificing, Visionary
<b>Physical Correspondence/ Body Part</b>	Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone	Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder, Recharges Etheric Body/Aura	Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas Metabolism, Small Intestines	Lungs, Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles	Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymphs (Perspiration), Atlas, Menstrual Cycle	Eyes, Nose, Ears, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System, Heals Etheric Body/Aura	Upper brain, Cerebral Cortex, Cerebrum, Pituitary, Central Nervous System, Hair Growth, Top of Head
<b>Corresponding Issue</b>	Groundedness, Survival and sustenance concerns, such as money, shelter and basic material needs like food & clothing. Career, home, feelings of physical safety, vulnerability, ability to be still, presence in the here and now, physical identity (ability to identify with your body & needs).	Physical desires and appetites, addictions. Your body (weight, sleep, health), feeling and sexuality.	Power and control. Are you in power/control, are you NOT in power/control, are you in fear of being controlled.	Self-acceptance, Love, realization of oneness, relationships, people attachments.	Communication. Speaking your truth. Self-expression.	Clairvoyance. Fantasy (day dreaming, imagining).	Clair cognizance and Divine Guidance. Spirituality.

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
<b>Physical Dysfunction</b>	<ul style="list-style-type: none"> <li>Eating disorders/</li> <li>Malnourishment,</li> <li>Adrenal insufficiency,</li> <li>Problems with feet, legs, or coccyx,</li> <li>Rectal or colon cancer,</li> <li>Spinal problems,</li> <li>Immune-related disorders,</li> <li>Osteoporosis or other bone disorders</li> </ul> <p>-----</p> <p>Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids), Constipation, Colds, Body Temperature, Bladder Infection, Rebuilds Blood Cells &amp; Hemoglobin, Sciatic, Numbness, Leukemia</p>	<ul style="list-style-type: none"> <li>Sexual dysfunction, impotence, frigidity, or promiscuity</li> <li>In women: fibroids, endometriosis, pelvic inflammatory disease, menstrual dysfunction, ovarian cysts or cancer,</li> <li>In men: prostate problems or prostate cancer, Inflammatory bowel disease, ulcerative colitis, Crohn's disease, diverticulitis, Appendicitis, Chronic low back pain or sciatica</li> <li>Bladder or urinary problems (Uterine Problems)</li> </ul> <p>-----</p> <p>Ovaries, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)</p>	<ul style="list-style-type: none"> <li>Problems with the pancreas, including diabetes and hypoglycemia</li> <li>Digestive difficulties, such as gastric or duodenal ulcers</li> <li>Liver problems, including cirrhosis, hepatitis, liver cancer</li> <li>Hiatal hernia</li> <li>Gallstones</li> <li>Hemorrhoids, varicose veins</li> <li>Problems with the spleen</li> </ul> <p>Hepatitis, Blood Sugar Disorders, Constipation, Nervousness, Timidity, Addictions to Stimulants, Parasites &amp; Worms, Toxicity, Jaundice, Poor Memory</p>	<ul style="list-style-type: none"> <li>Congestive heart failure, heart attack/problems, mitral valve prolapse, chest pain</li> <li>Arteriosclerosis, peripheral vascular insufficiency</li> <li>Asthma, shortness of breath, allergies, Breathing Difficulties</li> <li>Lung cancer, pneumonia, bronchitis, emphysema</li> <li>Breast cancer and breast disorders, such as mastitis or cysts</li> <li>Immune system deficiencies</li> <li>Circulation problems</li> <li>Tension or pain between the shoulder blades</li> <li>Shoulder, arm, and hand issues, such as carpal tunnel</li> </ul> <p>High Blood Pressure, Passiveness, Lethargy, Cell Growth, Muscle Tension,</p>	<ul style="list-style-type: none"> <li>TMJ (temporo-mandibular joint) disorder in the jaw,</li> <li>Swollen glands in the throat, throat cancer,</li> <li>Neck problems</li> <li>Chronic childhood tonsillitis,</li> <li>Hypo- and hyperthyroidism, thyroiditis, thyroid cancer, Hashimoto's, Grave's disease</li> <li>Chronic sinus problems</li> <li>Any disorders of the throat, voice, mouth, teeth, or gums</li> </ul> <p>-----</p> <p>Thyroid, Flu, Fevers, Blisters, Infections, Herpes, Itching, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings</p>	<ul style="list-style-type: none"> <li>Headaches,</li> <li>Upper or frontal sinus condition,</li> <li>Neurological disturbances,</li> <li>Bad eyesight, glaucoma, cataracts, macular degeneration, blindness</li> <li>Stroke, hemorrhage, and brain tumor</li> </ul> <p>-----</p> <p>Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances</p>	<ul style="list-style-type: none"> <li>Anxiety and depression, bipolar disorder,</li> <li>Coma or amnesia</li> <li>Headache, migraine, stroke, brain tumor, epilepsy,</li> <li>Multiple sclerosis,</li> <li>Parkinson's disease,</li> <li>Attention Deficit Disorder (ADD) and dyslexia</li> <li>Cognitive delusions</li> <li>ALS (Lou Gehrig's disease)</li> <li>Mental illness, schizophrenia, and multiple personality disorder,</li> <li>Dementia or Alzheimer's disease</li> </ul> <p>-----</p> <p>Alienation, Neuralgia, Confusion, Senility, Veins, Blood Vessels, Lymphatic System, Bacteria, Warts, Skin Rashes, Eczema</p>
<b>Endocrine gland</b>	Adrenals	Gonads	Pancreas	Thymus	Thyroid	Pituitary	Pineal
<b>Emotions</b>	Passions	Emotions, Desires	Purpose, Sunshine	Balance, Love	Expansion, Healing	Imagination, Intuition	Bliss, Spirituality
<b>Seed Sound/Music Note/Vowel/Time</b>	LAM / C / O (oh) / 0-12 mos	VAM / D / U (rule) / 6-24mos	RAM / E / Ah (Father) / 18mos - 3yrs	YAM / F / A (play) / 4-7 years	HAM / G / E (eee) / 7-12 years	OM / A / mmmm / Adolescence	Ng (sing) / B / / Throughout life

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
<b>Arch Angel / Element</b>	Uriel or Michael / Earth	Gabriel or Jophiel / Water	Michael or Chamuel / Fire	Raphael or Gabriel / Wind	Raphael / Sound	Uriel / Light	Zadkiel / Thought-consciousness
<b>What to Do</b>	Reconnect your body to the earth by walking barefoot on grass or on a sandy beach. Walk through a park, go hiking in the wilderness, or sit with your back against a tree to get grounded.	Cultivate habit of self-nurture and self-care by immersing yourself in water on a regular basis. Or play music that duplicates the sound of the ocean—a good way to calm your body and environment. Or clear and charge this chakra by walking in the moonlight.	Spend time in the sun in early morning or before sunset. (Don't get too warm if you tend to be angry or short-tempered.) Physical movement awakens and recharges your body, especially first thing in the morning. Try t'ai chi, yoga, or Pilates (outside if possible), and gardening.	One of the best ways to open a closed heart is through giving and receiving love with a pet—a dog, cat, horse, or even a bird can help heal earlier heartbreak and teach us how to love again.	Journal & Be completely truthful.. If you're angry, be angry. Write it out uncensored. Be who you are. Maybe you looked polished and put together at a meeting but felt like a scared child inside. Write about that. Maybe you are going to see your wife's family and they make you feel stupid and inferior. Write about that. Write the truth.	Ask your own higher wisdom for guidance and signs that you are on the right path. Listen for internal messages regarding purpose and direction and to visualize positive or peaceful outcomes. This may require putting self-interest aside and instead embracing the greater good for all.	Daily invite the divine to enter your life through prayer, meditation, or communion with nature. Or, like endurance athletes, connect with the divine through physical exertion. Honor the connection you currently have and truth will open the door to greater levels of connection.
<b>Affirmation</b>	<i>I am secure and safe. My needs are met. I have an abundance of strength and energy. I express my individuality in a Divine Perfect Way.</i>	<i>I only desire &amp; crave what is best for me spiritually &amp; physically. I feel balanced sexuality &amp; self-confidence</i>	<i>My higher self helps me understand &amp; use my intuition. I have the power and will to achieve my goals.</i>	<i>I am love. I am loving and beloved. I invoke the light of the DIVINE within. My higher self is in charge and makes all the decisions. I ignore my ego &amp; fear based mind.</i>	<i>I communicate effectively and truthfully. I speak from Divine guidance.</i>	<i>My higher self helps me seek my own enlightenment for the sake of all beings. I see and perceive all things clearly. Intuition is my God speaking directly to me.</i>	<i>I am connected to all beings. I am in service of others (vessel for spirit). I know the wisdom and understanding I seek always comes into my consciousness upon my request.</i>
<b>Reason It Works</b>	Presence—being here now—is essential for health. Many of us "split" from our bodies when we were very young. Disassociation made sense when it was the only way we could survive. We want to break this pattern of leaving our bodies when we are frightened or distracted because, in reality, we can only protect ourselves if we stay.	Water can help heal the shame associated with the sexual chakra. You can imagine all your guilt and shame dissolving in the bath water (with sea salt & baking soda) and being washed away as you say: "I speak the truth and reclaim my true nature. I am pure. I am clean." Water is healing.	Slowing down and becoming acquainted with who you are and what you really feel is key to 3rd chakra health. Being in the sun supports an increase in energy, vitality, and connection to self. When we are fit and healthy, we feel able to take action. Our intentions are clearly focused. We can claim our power and stand in it, with no need to take power from someone else.	The heart is the central organ in the body, the life giver. A heart that is closed to minimize pain can become the catalyst for illness. Unconditional love, forgiveness, and surrender—the ability to "let go and let God"—are the hallmarks of a heart chakra in perfect balance. Pets love us unconditionally and make it safe for us to learn to love again.	The point is to be authentic. When you can trust yourself to be truthful on the pages of your journal, you can trust yourself to be truthful in the world. Just watch how your whole body relaxes as you express your truth. You've given yourself permission to be you—to speak your mind, to give voice to the truth of who you are.	Expressing the truth about who we are and what we really want is the key to peace and healthy living. Listening to ourselves and acknowledging what we really feel allows us to change what is not working and to live in a more meaningful, purposeful way.	Fear, anxiety, and anger shut down our connection to the divine. This is one reason we pray or use techniques that allow us to release emotions that otherwise block the light coming down through the crown chakra.

Chakra	Root	Spleen	Solar Plexus	Heart	Throat	Brow	Crown
<b>Meditation with color healing for chakras</b> <a href="http://healing.about.com/od/chakras/akrameditate/chakrabath.htm">http://healing.about.com/od/chakras/akrameditate/chakrabath.htm</a>	<p>Begin by sitting comfortably. Take a deep breath in through your nose, and exhale out through your mouth. Do this three times. Now begin by picturing the white light of God and of Universal love swirling around you in a counter-clockwise motion, starting at your feet, and moving up towards your head. Picture this motion of white light going around you three times, each time starting at the bottom of your feet and moving upwards.</p> <p>(1) Crown chakra - which brings in spirit: Start a little bit above your head, picture a purple light swirling around, try counter-clockwise, if that doesn't quite feel right, trying move the purple light in a clockwise motion. How does it feel? Does it move easily, or does it feel hard to move the purple light around? If it feels "stuck" keep picturing this purple light moving in the direction you have chosen clockwise or counter-clockwise. Now take that purple light and picture it swirling around your body, swirling down toward your feet and back up again going in a clockwise or counter-clockwise motion. Once you have done this, you can move on, the purple light may be moving with ease, or feel heavy and stuck. The heavy or stuck feeling just means that the chakra is unbalanced, but the more you work at this on a daily basis, the more it will open up and balance and begin to move with ease.</p> <p><i>Moving the different color lights in a clockwise motion brings in energy to that chakra, moving the different color lights in a counter-clockwise motion repel incoming energy or protect that chakra. You can move the light up and down your body, once you feel you have finished with that particular chakra and are ready to move on.</i></p> <p><b><i>Repeat for other chakras (always going from chakra, swirling it around your body down to feet, and back up to the head): Same as above until it moves with ease.</i></b></p>						
<b>Related Herb</b> <a href="http://www.mysticfamily.com/library/chakras.htm">http://www.mysticfamily.com/library/chakras.htm</a>	<b>Ashwagandha</b> (Withania Somnifera, Physalis Flexuosa) and <b>Haritaki</b> <b>Myrobalan</b> (Terminalia Chebula, Terminalia Reticulata)	<b>Coriander</b> (Coriandrum Sativum) and <b>Fennel</b> (Foeniculum Vulgare)	<b>Goldenseal</b> (Hydrastis Canadensis) and <b>Lemon balm</b> (Melissa Officinalis)	<b>Saffron</b> (Crocus Sativus, Crocus Saffron) and <b>Rue</b> (Ruta Graveolens).	<b>Cloves</b> (Caryophyllus Aromaticus, Syzygium Aromaticum, Eugenia Caryophyllate) and <b>Vervain</b> (Verbena Officinalis)	<b>Sandalwood</b> (Santalum Album) and <b>Elecampane</b> (Inula Helenium)	<b>Gotu Kola</b> (Centella Asiatica) and <b>Nutmeg</b> (Myristica Fragrans).
<b>Related Incense</b>	<b>Cedar</b>	Orris Root, <b>Gardenia</b> , Damiana	Carnation, <b>Cinnamon</b> and Marigold	<b>Lavender</b> , <b>Jasmine</b> , Orris Root, Yarrow, Marjoram and Meadowsweet	<b>Frankincense</b> and Benzoin	<b>Mugwort</b> , Star Anise, <b>Saffron</b> and Acacia <b>Aromatherapy</b> - Gardenia, Lavender, Rosemary <b>Foods/ Plants</b> - Echinacea, eggplant, ginseng	Lotus and Gotu Kola <b>Aromatherapy</b> - Cinnamon, Clove and Peppermint. <b>Foods/Plants</b> - Blackberry, Dark Blue Grapes, garlic.
<b>Some Crystals for each Chakra</b>	Red garnet , smoky quartz, black obsidian	Carnelian, coral, gold, calcite, amber, citrine, gold topaz, moonstone	Citrine, gold topaz, amber, tiger eye, gold calcite and gold	Emerald, green and pink tourmaline, malachite, green jade, green aventurine, kunzite, rose quartz, ruby, fluorite and moldavite	Turquoise, chrysocolla, chalcedony, blue sapphire, celestite, blue topaz, sodalite, lapis lazuli, aquamarine, azurite and kyanite	Lapis lazuli, blue fluorite, sugilite , clear quartz	Amethyst, Oregon opal, clear quartz
<b>Symbol</b>							