

**Chakra Summary Chart**

Chakra	1 <sup>st</sup> - Root	2 <sup>nd</sup> - Sacral	3 <sup>rd</sup> - Solar Plexus	4 <sup>th</sup> - Heart	5 <sup>th</sup> - Throat	6 <sup>th</sup> - Brow	7 <sup>th</sup> - Crown
Location	Tailbone	Pelvis	Abdomen	Chest	Throat	Forehead	Top of Head
Focus	Physical Existence Birth/Death Safety/Danger	Emotions Intimacy Family Relationships	Power Self-Identity Purpose	Love Compassion Connection	Self Expression Communication	Clear Perspective Psychic Abilities	Spirituality Wisdom
Positive Qualities (Balanced Energy)	Stability Vitality Loyalty Patience Tenacity Career Success	Joy Creativity Adaptability Fertility Pleasure Sexuality	Power Confidence Charisma Determination Humor Leadership	Love Trust Healing Compassion Connection Forgiveness	Truth Integrity Expression Artistry Service Communication	Vision Intuition Dreams Insight Perception Clairvoyance	Unity Wisdom Awareness Intelligence Understanding Bliss Miracles
Negative Qualities (Deficient or Excessive Energy)	Bowel, blood or bone disorders; obesity; anorexia; financial problems; anxiety; chronic fear; materialism	Sexual, fertility, or urinary problems; hip/sacro-iliac joint problems; dehydration; overly emotional	Digestion issues; kidney or liver problems; diabetes; ulcers; domination; chronic fatigue; timidity; low self-esteem; lack of purpose	Heart, lung, or thymus problems; breast cancer; allergies; asthma; immune disorders; loneliness; trust issues; anti-social behavior	Thyroid imbalance; teeth or gum issues; TMJ pain; tonsillitis; tense neck or shoulders; speech problems; lying; fear of speaking	Vision, sinus, or hearing problems; migraines; nightmares; bi-polar disorders; hallucinations; lack of intuition	Alzheimer's; confusion; brain fog; mental illness; over intellectualizing; depression; apathy; learning disabilities; sensory overload
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Sense	Smell	Taste	Sight	Touch	Hearing	Intuition	Universal Consciousness
Crystals/Stones	Garnet Hematite Tourmaline	Coral Carnelian Moonstone	Topaz Citrine Tiger's Eye	Jade Emerald Rose Quartz	Sodalite Celestite Turquoise	Opal Azurite Lapiz Lazuli	Diamond Amethyst Clear Quartz
Essential Oils	Vetiver Patchouli Sandalwood	Jasmine Geranium Orange Blossom	Basil Ginger Bergamot	Rose Benzoin Eucalyptus	Hyssop Clementine Blue Chamomile	Rosemary Clary Sage Ylang Ylang	Myrrh Violet Frankincense
Food Type	Protein/Meat	Liquids	Carbohydrates	Vegetables	Fruit	Nuts/Seeds	Water
Music Notes Instruments	C Drums	D Saxophone/Marimba	E Guitar/Piano	F Violin/Harp	G Flute/Woodwinds	B Bells/Chimes	A Silence
Seed Sound	Lam	Vam	Ram	Yam	Ham	Om	Silence
Affirmations	I am grounded, safe, and secure.  I make a good living doing what I love.  I am stable, healthy, and strong.	I am creative and adaptable.  I am a sensual and sexual being.  I enjoy life's pleasures.	I can do anything I set my mind to.  I am powerful and use power wisely.  I have a good sense of humor and laugh often.	I am loving and lovable.  I am deeply compassionate with myself and others.  I am trusting and trustworthy.	I am comfortable speaking my truth.  I am guided by honesty and integrity.  I consistently express my creativity.	I am intuitive and follow my inner guidance.  I am perceptive and always see the big picture.  I avidly follow my dreams.	I am intelligent and aware.  I am one with everything.  I have an abundance of great ideas.