

CHAKRA CHART

	Root/Base	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Location	Between anus and genitals	The pelvis area, below the navel	Above navel, below sternum	Center of chest below collar bone	Base of the neck/throat	Forehead, between the eyes	On top of the head
Color	Red	Orange	Yellow	Green/Pink	Blue	Indigo	White/Violet
Main Issue	Survival, Connection to body/earth, Physical needs	Emotions, Pleasure, Desire, Sexuality	Self esteem, Personal power, Principles, Boundaries, Will	Love, Relationships, Compassion	Communication, Creativity, Self-Expression	Intuition, Wisdom	Spirituality, Enlightenment, Awareness
Glands	Adrenal	Ovaries, Testes	Pancreas	Thymus	Thyroid	Pituitary	Pineal
Body Parts	Teeth, Bones, Skeleton	Sex organs, Bladder	Digestive system, Muscles	Heart, Circulation, Chest, Lungs	Mouth, Ears, Throat	Eyes, Base of Skull	Upper Skull, Skin, Brain
Identity	Self preservation	Self gratification	Self definition	Self acceptance	Self expression	Self reflection	Self knowledge
Physical Dysfunction	Feet, Legs, Hips, Skeletal, Weight	Impotence, Kidneys, Lymph, Lower Back	Digestive disorders, diabetes, liver, allergies	Heart, Blood vessels, respiratory & immune system	Neck/shoulders, sore throats, asthma, thyroid	Nightmares, insomnia, headache, vision	Exhaustion, epilepsy, Alzheimers
Emotional Dysfunction	Restless, disconnected, materialistic	Addictions, mood swings, insensitive, bored	Dominating, competitive, arrogant, passive, low self-esteem	Co-dependent, jealousy, lonely, critical	Gossips, loud, fear of speaking, shy, secretive, lack of creativity	Obsessions, excessive fantasizing, insensitive, skeptical	Confusion, Cynicism, no focus on body, lack of emotion
Shadow	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
Too Open	Heavy, sluggish, obese, materialistic	Overly emotional, additions, poor boundaries, manipulative	Dominating, blaming, aggressive, busy, angry	Co-dependent, possessive, jealous	Talks too much, doesn't listen, stuttering	Highly logical, dogmatic, authoritative	Overly intellectual, denies body, depressed
Blocked	Fearful, restless, underweight, spacey	Frigid, fear of pleasure, emotionally numb	Weak will, poor self-esteem, passive	Shy, lonely, isolated, critical, fears rejection, self-pity	Fear of speaking, too quiet, non-expressive	Undisciplined, poor memory, denial, low goals	No sense of belonging, exhausted, limited beliefs
Balanced Function Element	Stable, grounded, healthy, trusting	Expressive, balanced, in-tune with emotions	Respects self & others, spontaneous, purpose and self-esteem	Compassion, self-accepted, loves unconditionally	Clear communication, creative	Intuitive, non-materialistic, psychic perception	Wisdom, knowledge, consciousness, oneness with all
Archetype	Earth	Water	Fire	Air	Sound	Light	Thought
Astrological	Mother/Victim	Emperor/Martyr	Warrior/Servant	Lover/Actor	Communicator/Silent Child	Intuitive/ Intellectual	Guru/Egotist
	Capricorn	Cancer/Scorpio	Aries/Leo	Libra/Taurus	Gemini/Virgo	Sagittarius/ Pisces	Aquarius
Crystals	Hematite, Bloodstone, Ruby, Garnet	Citrine, Carnelian, Amber	Sunstone, Amber, Topaz	Rose Quartz, Aventurine	Lapis Lazuli, Blue Lace Agate, Aquamarine	Amethyst, Sodalite	Clear Quartz, Amethyst
Oils	Lavender, Sandalwood, Patchouli	Rosemary, Jasmie, Myrrh	Ylang Ylang, Lemongrass, Peppermint	Rose, Pine, Lavender	Lavender, Chamomile, Myrrh	Geranium, Lavender, Juniper	Lavender, Frankincense, Rosewood

CHAKRA ANALYSIS

TOO OPEN

	Overeating/Overweight
	Resists change
	Materialistic
	Workaholic
	Excessive Spending

	Sexual addictions
	Obsessive attachments
	Addiction to Stimulation
	Over sensitive/emotional
	Excessive mood swings

	Dominating/Controlling
	Competitive
	Arrogant
	Stubborn
	Attracted to sedatives

	Codependent
	Poor boundaries with others
	Jealousy
	Being a martyr
	Being a pleaser

	Talks too much
	Gossips
	Stutters
	Excessively loud
	Can't keep secrets

	Hallucinations/delusions
	Obsessions
	Nightmares
	Can't concentrate

	No focus on body
	Spiritual addictions
	Confusion
	Living "in your head"
	Excessive attachments

BLOCKED

ROOT

	Underweight or Loss of Appetite
	Resists structure
	Feeling disconnected with your body
	Restless
	Spaciness/Flightiness

SACRAL

	Emotional numbness/insensitive
	Fear of change
	Lack of desire, passion and/or excitement
	Avoidance of pleasure and/or fear of sex
	Boredom

SOLAR PLEXUS

	Passive
	Lack of energy
	Poor digestion
	Tendency to be cold
	Low self-esteem and/or use of stimulants

HEART

	Withdrawn/anti-social
	Critical/intolerant
	Lonely/isolated
	Lack of empathy
	Fear of intimacy

THROAT

	Difficulty expressing self
	Fear of speaking
	Small, weak voice
	Secretive
	Excessively shy

THIRD EYE

	Lack of imagination
	Insensitive
	Excessive skepticism
	Denial

CROWN

	Spiritual cynicism (negativity)
	Closed mind
	Difficulty learning
	Rigid beliefs
	Lack of emotion or feeling