










## THE CHAKRAS AND THEIR PROPERTIES

							
Chakra	Root Muladhara	Sacral Svadhithana	Solar Plexus Manipura	Heart Anahata	Throat Vishudda	Third Eye Ajna	Crown Sahasara
Location	Base of the spine	Lower abdomen, sacral vertebrae	Navel center	Center of the chest near the heart	Throat	Forehead between the eyes	Top of the head
Color	Red	Orange	Yellow	Green	Blue	Indigo	Clear or purple
Life Principle	Survival Safety	Creativity Sexuality	Identity Personal power	Love	Communication Words Truth	Insight Intuition	Understanding Enlightenment
Organs/system	Elimination	Reproductive Kidneys Bladder	Digestive Adrenal Gland	Heart Thymus Gland	Throat Vocal Chords Thyroid Gland	Pituitary Gland Brain Eye, Nose	Pineal gland
Correct balance	Stability Vibrant energy Health	Happiness Joy Sensuality Creativity	Strength Courage Willpower Self-esteem	Easy gives and receives love Peace Acceptance	Smooth communications	Intuition Creativity Dream recall Visualization	Peace Wisdom
Excessive	Sluggish Constipation	Obsessive attachments, Oversensitivity	Controlling Competitive Power-hungry	Codependency Jealousy Lack empathy	Gossip, Criticism Excessive talking Loud talking Hyperthyroidism	Headaches Nightmares Lack of focus	Day dreamy, Feel superior to others
Depleted	Fear Anxiety Diarrhea	Fear Guilt Insecurity	Powerlessness Poor digestion Chronic fatigue	Shyness Loneliness Bitterness Intolerance	Inability to express one's self, Quiet speaking, Hypothyroidism	Inability to imagine or visualize	Skepticism Difficulty thinking
*Crystal	Red Jasper, Smokey Quartz, Hematite	Carnelian, Orange Aventurine	Citrine, Tiger Eye, Honey Calcite	Rose Quartz, Green Aventurine	Lapis Lazuli, Blue Lace Agate, Sodalite	Amethyst	Clear Quartz
*Yoga pose	Easy pose with Mula Banda	Cobbler Butterfly	Exalted Warrior	Sphinx Puppy	Plow	Fish	Headstand Wheel

\*There are many; a few examples are listed here.

