

Chakra Guide



red



orange



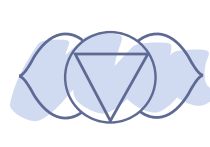
yellow



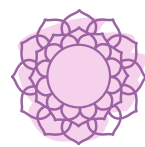
green



blue



indigo



violet

chakra	Root	Sacral	Solar Plexus	Heart	Throat	Third-Eye	Crown
location	Base of spine	Lower abdomen	Solar Plexus/ Stomach	Heart	Throat	Forehead/ Brows	Top of the Head
element	Earth	Water	Fire	Air	Ether	Light	Consciousness
sound	LAM	VAM	RAM	YAM	HAM	AUM (Om)	AH
emotion	Safety, security	Sexuality, desire, pleasure	Personal power, purpose	Balance, love	Self-expression, expansion, healing	Intuition, imagination	Bliss, spirituality
body/ organs	Spine, rectum, legs, arms, circulatory system	Reproductive organs, kidneys, bowels, immune system	Central nervous system, pancreas, liver, skin, digestive tract	Heart, thymus, lower lungs, circulatory system, immune system	Throat, respiratory system, teeth, vocal chords, thyroid	pituitary gland, pineal gland, eyes, brain, sinuses	mind
balanced behavior	Safe, secure, centered, grounded, happy to be alive	Passion, creative, healthy libido, optimistic, open	Confident, in control, optimistic, ambitious, joyful, easy-going	Generous, loving, compassionate, peaceful, open, empathetic	Expressive, good communicator, trustworthy, calm, honest	Intuitive, faithful, imaginative, integrous, clarity of mind	Connected, present, wise, universal love
blocked behavior	Fearful, anxious, insecure, self-pity, self-doubt, aggressive	Low libido, fear of intimacy, aloof, destructive, dependent	Low self-esteem, powerless, pessimistic, over analytical	Lack of empathy, bitter, hateful, trust issues, bitter, jealous,	Can't express self, secretive, quiet, shy, moody, not good listener	Poor judgement, lacks focus, poor imagination, depressed	Learning difficulties, disconnected from reality, anger, lack of faith
overactive behavior	Greedy, lust for power, aggressive, materialistic, cynical	Over emotional, fixated on sex, hedonistic, manipulative	Power hungry, domineering, perfectionist, critical	Jealous, self-sacrificing, codependent, give too much	Opinionated, loud, critical, gossipy, interrupt, harsh words	Nightmares, delusions, hallucinations, obsessive	Dogmatic, judgemental, ungrounded, spiritual addiction
healing foods	Beets, parsnips, apples, rutabagas, pomegranates, protein	Beets, parsnips, apples, rutabagas, pomegranates, protein	Yellow peppers, yellow lentils, bananas, oats, corn, squash	Spinach,, broccoli, kale, peas, other leafy greens	Blueberries, blue raspberries, kelp, figs	Purple potatoes, blackberries, plums, purple grapes	Fresh air, sunlight, nature