

Chakra Centers

Each CHAKRA is associated with special aspects of human awareness. Blocks on the Mental-Spiritual-Emotional-Physical levels can cause problems.

Cleanse Chakras by using the healing properties on any of the energy planes, senses and subjects to bring balance.

Number	CHAKRA Sanskrit Name Color - Location	Prime Function Main Issue	Divine Principle Goal	Physical Property Sense	Anatomical Connections Gland	Emotional Connections Sign	Planet	Element	Aromatherapy	Metal	Sound	Food	Angel	Fragrance	Incense	Gemstones
7	Crown <i>Sahasrara</i> VIOLET TOP OF HEAD	ENLIGHTENMENT & TRANSCENDENCE SPIRITUAL Understanding, Cosmic Consciousness	DIVINITY and HIGHER VALUES WISDOM, Inspiration, Higher Reason and Awareness	METABOLISM, RNA-DNA, Spiritual Connections. Thinking	CROWN: CENTRAL NERVOUS SYSTEM, Head, Cerebral Cortex, Upper Spine, Pineal Hair.	SPIRITUAL LOVE and COMPASSION: Peace, Harmony, Loving, Thoughtful, Focused, CONSCIOUSNESS, COSMIC LOVE.	Uranus	Jasmine	Gold	Mm	Fasting	Shiva	Lotus	Peony	Tourmaline	Clear Quartz
6	Third Eye <i>Ajna INDIGO</i> THIRD EYE	INTUITION and UNDERSTANDING CLAIRVOYANCE & IMAGINATION, Seeing Beyond the Five body senses, The Psychic sense Intuitively	SIXTH SENSE and CLAIRVOYANCE IMAGINATION, Knowing and Seeing Intuitively	ENDOCRINE and NERVOUS SYSTEM, Awareness, Meditation. Intuition	BROW: AUTONOMIC NERVOUS SYSTEM, Hypothalamus, Eyes.	PSYCHIC Awareness and INTUITION: Big Picture, Service, Imagination, Focuses on the Good; ✨ CLAIRVOYANCE.	Jupiter	Lavender	Silver	Mm	Pure Air	Shiva	Star Anise	Galangal	Lapis Lazuli	Amethyst
5	Throat <i>Visuddha</i> BLUE NECK - THROAT	COMMUNICATION and HEALING CREATIVITY, Seeing the whole individual, Seeing the One Will	SPEECH and EXPRESSION SPEECH, Articulation and Creative Communication	PARATHYROID, Balance of YIN and YANG, and the Male-Female. Hear	THROAT and NECK: Parathyroid, Ears, Sinus, Respiratory System. Thyroid	FEELINGS and OPENNESS: Ideas, Healing Nature, Life Force, Creativity: COMMUNICATION.	Mercury	Ether	Mercury	Fe	Fruit	Shiva	Frankincense	Sandalwood	Turquoise	Azurite
4	Heart <i>Anahata</i> GREEN HEART	BALANCE, LOVE and CONNECTION LOVE and Compassion, EGO, Hope, Positive Attitude	WARMTH, ESTEEM and FORGIVENESS MOTION, Sharing and Relating, Respecting Self and others	CENTER of LOVE for Self, others, God, Emotional Balance. Touch	HEART: LUNG, Lymph and Immune System, Allergy, Blood Pressure, Circulation. Thymsus	SHARING and TRUST: Flexibility, Growth, New Ideas, Coping Skills, Balance; LOVE.	Venus	Air	Copper	A	Vegetable	Shiva	Chamomile	Rose	Green Tour	Kunzite
3	Navel <i>Manipura</i> YELLOW SOLAR PLEXUS	ENERGY and VITALITY WILL POWER, Desire and Power, Personal Authority	INNER STRENGTH SELF CONTROL PURPOSE, Metabolism and Motion, Energize Emotions	VITAL ENERGY, The Body's Battery, Gut Instinct, Low Intuition. Sight	SOLAR PLEXUS: DIGESTIVE SYSTEM, Stomach, Liver, Gall Bladder, Bile, Small Intestine. Pancreas	SELF CONTROL: Efficiency, Purpose, Strive for Perfection, Details, Mental and WILL POWER; ANGER.	Mars	Fire	Iron	Ah	Grain	Shiva	Blueberry	Cedar	Amber	Citrine
2	Sacral <i>Svadhisthana</i> ORANGE BELOW NAVEL	RELATIONSHIPS and EMOTIONS SEXUALITY and Intimacy, Expressing Needs: Emotional, Sexual	SENSITIVITY and SENSUALITY SENSUAL DESIRE, Reproduction, Responding, Giving-Receiving	COLDS, Life Force, Aliveness, Energy, Sex, Creativity. Taste	SACRAL: ABDOMEN, Spleen, Urinary Tract and Kidneys, Ovaries, Uterus, Blood Sugar. Gonads	INTIMACY and LETTING GO: Taste, Emotional Needs: Emotional Cleansing, Warmth; DESIRE.	Moon	Water	Dragons Bid	Co	Liquid	Shiva	Rose	Saffron	Coral	Carnelian
1	Root <i>Muladhara</i> RED BASE OF SPINE	GROUNDING and SECURITY SURVIVAL, Primal Energy, Taking care of self and others	SIMPLICITY and BASICS STABILITY, Self Preservation, Awakening Primal Instincts	ANXIETY, Dystexia, Grounding in Physical Plane. Smell	REPRODUCTIVE SYSTEM, SEX: Testes, Vagina, Pelvis, Legs, Feet and Tailbone. Adrenals	PHYSICAL NEEDS: Base Needs of Safety and Security, Being Grounded, Behaviors; SEXUALITY, FEAR.	Saturn	Earth	Cinnamon	Lead	Protein	Shiva	Cedar	Myrrh	Hematite	Bloodstone