

CHAKRA CHART ©	Root Muladhara Rootstone	Sacral Svadhithana Dwelling Place	Solar Plexus Manipura Jeweled City	Heart Anahata Unstruck Sound	Throat Visuddha Noble Purity	Third Eye Ajna To Know	Crown Sahasara Thousandfold
Location	Base of spine Legs, Bones Immune System	Pelvis, Low back Abdomen Ovaries, Prostate	Solar Plexus Pancreas Adrenals	Heart, Lungs & Arms Thymus	Throat, Mouth, Ears, Hands Thyroid	Brow, Between Eyebrows Pituitary, Pineal	Top of head
Element	Earth	Water	Fire	Air	Ether / Sound	Mind / Light	Beyond elements
Crystals	Garnet Red Jasper	Moonstone Carnelian	Citrine Tiger's Eye	Rose Quartz Aventurine	Blue Lace Agate Angelite	Sodalite Lapis	Clear Quartz Amethyst
Goddess Archetypes	Kali Durga, Shakti Artemis	Bhavana Aphrodite	Lakshmi Ariadne	Sia, Tara Hera	Saraswati Athena	Gayatri Hecete	Radha Iris
Emanating Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet/White
Balancing Color	Green	Blue	Violet	Red	Orange	Yellow (deep)	Yellow (light)
Identity	Physical	Emotional	Ego	Social	Creative	Archetypal	Universal
Lesson	Self- Preservation	Self- Gratification	Self- Definition	Self- Acceptance	Self- Expression	Self- Reflection	Self- Knowledge
Rights and Responsibilities	To have. To be here.	To feel. To want, To create.	To act.	To love & Be loved.	To create. To speak & be heard.	To see. To witness.	To know.
Balanced Chakra Energy	Feels safe and secure. Physically healthy. Good body image. Right livelihood. Prosperous. Lives in here & now. Able to be still.	Emotional intelligence. Can change. Can nurture self & others. Healthy boundaries. Can feel pain & pleasure. Sensual satisfaction.	Self-confident. Good self esteem. Right action. Healthy boundaries. Takes responsibility. Disciplined. Creative. Sense of belonging.	Loving. Caring. Shows compassion. Accepting. Loving to self & others. Peaceful. Content. Centered. Trusting. Non-judgment.	Voice that is full, resonant Communicates clearly with others. Good self-expression. Good listener. Truthful. Creative expression.	Keen intuition. Insightful. Imaginative. Good memory. Good dream recall. Has guiding vision for life. Able to watch and "witness." Can see the big picture.	Spiritually connected. Wisdom & mastery. Intelligence. Presence. Able to question. Able to assimilate & analyze info. Open Mind.
Challenges	Fear	Guilt	Shame	Grief	Deceit	Illusion	Attachment
Excessive Chakra Energy	Sluggish. Heaviness. Monotony. Hoarding. Materialistic. Greedy. Workaholic.	Too sensitive. Obsessive. Poor boundaries. Emotional dependency. Emotional instability. Sensual/sexual addictions.	Domineering. Blaming. Aggressive. Flighty. Hyperactive. Competitive.	Codependent (too much focus on others) Poor boundaries. Jealousy. Being a martyr. Being a pleaser.	Excessive talking. Poor listener. Over extended. Gossiping. Too loud. Unable to keep secrets. Forced creative expression.	Trouble concentrating. Headaches. Intrusive memories. Excessive fantasizing. Nightmares. Obsessions. Delusions.	Too intellectual Spiritual/Religious addiction. Confusion. Detachment from spirit Disassociation from body. Living "in your head."
Deficient Chakra Energy	Fear, Anxiety. Lacks discipline. Restless. Spacey. Difficulty manifesting. Resists structure.	Emotional numbness. Fear of pleasure. Fear of change. Apathetic. Bored. Frigidity. Impotence.	Weak will. Poor self-esteem. Submissive. Sluggish. Fearful. Lacking energy.	Antisocial. Withdrawn. Critical. Intolerant. Lonely. Isolated. Lacking empathy.	Fear of speaking. Poor rhythm. Weak voice. Excessive shyness. Denial of creative expression.	Unimaginative. Insensitive. Poor memory. Poor vision. Cannot see patterns. Denial. Inflexible thinking.	Trouble learning. Spiritual uncertainty. Limited beliefs. Materialism. Apathetic. Closed mind.
Musical Note	C Drum	D Brass	E Sax	F Violin	G Flute	A Crystal bowl	B Voice
Bija Mantra (Increase & Attract)	Lam As in "Lum"	Vam As in "Vum."	Ram "Rum" with rolling R.	Yam As in "Yum"	Ham As in "Hum"	Om	Beyond sound
Vowel sounds (Distribute)	O As in "toe"	OO As in "two"	Ah As in "awe"	A As in "play"	EE As in "speak"	Mmm m	Silence or ING As in "wing"
Breathing Practices	Dirgha breath (Complete breath)	Dirgha breath (Complete breath)	Kapalabhati (Breath of fire)	Nadi Shodhana (Alternate nostril)	Ujjayi breath (Ocean Breath)	Kapalabhati Nadi Shodhana	Nadi Shodhana (Alternate nostril)
Yoga Postures	Foot & leg stretches. Seated/lying & standing poses. Core lift. Forward fold. Locust Child. Lie face down.	Cobra. Cat stretches. Seated hip openers Core lift. Bound angle. Standing hip circles & stretches. Eagle or cow legs. Bathe, Swim Improve	Core lift. Abdominal exercises. Sun salute Warrior I Twists. Boat / Cobra Restorative backbends. Spinal twist. Forward fold. Get moving. Take risks	Chest & shoulder openers. Backbends to increase energy Forward bends to decrease. Fish. Cobra. Bridge	Neck and shoulder stretches. Bridge. Shoulder sand. Half shoulderstand. Fish (supported) Fish Camel.	Eye exercises. Gazing. Close eyes. Spinal twist. Yoga Mudra.	Inversions. Headstand. Yoga Mudra. Meditate, Pray. Learn & create.
Other Healing Activities	Walking. Hiking. Play. Garden. Right eating & sleeping Work with hands.	flexibility. Dance. Enjoy your senses. Experience emotions.	Release anger & attachments. Nurture self. Laugh. Balance w/ light or dark.	practice self-acceptance of self & others. Forgiveness. Gratitude. Love.	Chanting. Singing. Being silent. Listen to or create music. Be creative. Journal Eat fruits.	Meditate. Enjoy and create beauty. Journal. Create visual art. Visual stimulation.	Experience beauty. Use your brainpower. Define beliefs & values.