

# Chakra Chart

The seven major chakras are energy centers that are located along our spine, starting at the tailbone at the base of the spine and ending at the top of the head. Each chakra is associated with specific physical, mental/emotional and spiritual aspects of our life.

When we gain a better understanding of the chakras and what they each represent, we can work on balancing and strengthening the flow of energy so that we experience more trust in ourselves and the universe. We can attract and manifest more of what we want into our lives and connect with our own inner essence, our intuition and Divine Guidance. This helps us to live a life that is more aligned with our heart's desires and our soul's purpose.

Below you will find a breakdown of each chakra and some tips on how to align and balance each one.



## 7th Chakra, Crown (Sanskrit: Sahasrara)

- Location: Top of the head. - Color: Violet. - Element: Cosmic Energy. - Sense: Thought - Note/Sound: B / ee
- Aspects: Union, connection with spirit, expanded consciousness, infinity.
- Crystals: Amethyst, Clear (and Milky) Quartz
- Essential oils: Frankincense, Lavender, Rosemary, Juniper
- Balancing Activities: Open to inspiration, meditation, practicing affirmations, wear white, headstand.



## 6th Chakra, Third Eye (Sanskrit: Ajna)

- Location: Middle of the forehead. - Color: Indigo. - Element: Light. - Sense: Sight - Note/Sound: A / mm
- Aspects: Intuition, divine wisdom, psychic power, clairvoyance.
- Crystals: Sugilite, Amethyst, Lapis Lazuli, Lepidolite
- Essential oils: Rosemary, Juniper, Lavender, Frankincense
- Balancing Activities: Meditation, visualization, spiritual journeys, dream interpretation, positive thinking.



## 5th Chakra, Throat (Sanskrit: Vishuddha)

- Location: Base of the throat. - Color: Blue. - Element: Ether. - Sense: Hearing - Note/Sound: G / u (as in blue)
- Aspects: Communication, truth, creative expression, purification, speech, hearing.
- Crystals: Sodalite, Azurite (and Azurite-Malachite), Kyanite, Lapis Lazuli
- Essential oils: Blue (German) Chamomile, Eucalyptus
- Balancing Activities: Singing, chanting, speaking, listening, neck rolls, bridge pose, shoulder stand.



## 4th Chakra, Heart (Sanskrit: Anahata)

- Location: Sternum, center of the chest. - Color: Green. - Element: Air. - Sense: Touch - Note/Sound: F / ah
- Aspects: Love, self-love, unconditional love, healing, compassion, forgiveness.
- Crystals: Rose Quartz, Rhodochrosite, Kunzite, Morganite, Jade, Fuchsite, Chinese Rainbow Fluorite, Aventurine
- Essential oils: Ylang Ylang, Rose, Eucalyptus
- Balancing Activities: Forgiveness, letting go of past hurts, acceptance, camel pose, lotus mudra, breathwork.



## 3rd Chakra, Solar Plexus (Sanskrit: Manipura)

- Location: At or just above the navel. - Color: Yellow. - Element: Fire. - Sense: Sight - Note/Sound: E / Aom
- Aspects: Power center, inner sun, energy, digestion, will-power, self-discipline, manifestation, action, joy.
- Crystals: Citrine, Iron Pyrite, Amber, Honey Calcite, Turquoise, Chrysocolla, Yellow Apatite
- Essential oils: Peppermint, Lemon, Roman Chamomile, Ginger
- Balancing Activities: Getting regular sunlight, vigorous sports & activity, core exercises, breath of fire.



## 2nd Chakra, Sacral (Sanskrit: Svadisthana)

- Location: Below the navel. - Color: Orange. - Element: Water. - Sense: Taste. - Note/Sound: D / oh
- Aspects: Pleasure, attraction, creativity, feelings, sensations, sexual energy.
- Crystals: Carnelian, Carnelianized Agate, Tiger Eye, Tiger Ore/Iron, Fire Opal
- Essential oils: Sandalwood, Sweet Orange, Jasmine, Neroli
- Balancing Activities: Dancing, flowing hip movements, massage, sex, locust pose, cat-cow & child's pose.



## 1st Chakra, Root (Sanskrit: Muladhara)

- Location: Tailbone, base of the spine. - Color: Red. - Element: Earth. - Sense: Smell - Note/Sound: C / eh
- Aspects: Basic needs, grounding, survival instinct, feeling safe.
- Crystals: Red Garnet, Obsidian (Black, Snowflake and Mahogany), Smoky Quartz, Hematite
- Essential oils: Patchouli, Vetiver, Rose Geranium
- Balancing Activities: Gardening, walking, physical activity, standing yoga poses, crow & chair pose.