CHAKRA QUICK REFERENCE GUIDE						
Chakra	Location	Color and Element	Represents	Gemstone Essential Oil	Gland Body Parts	Positive Affirmation Negative Aspects
	7 <sup>th</sup> Chakra Crown Sahasrara	White/Golden Violet *** None	Attaining enlightenment; ultra- consciousness; awareness of self; connection to Source	Clear Quartz *** Frankincense	Pineal Skull, cerebral cortex, central nervous system	"I am connected to Source; All is well" *** Depression, alienation, mental illness, confusion
	6 <sup>th</sup> Chakra Brow <i>Ajna</i> Third eye	Indigo *** Light	Knowingness, the brain opens; Intuition, psychic abilities, understanding, dreams, visions, memories	Amethyst *** Lavender	Pituitary Eyes, ears, nose, sinuses, autonomic nervous system	"I am courageous and following my own path and guidance" *** Blindness, poor vision, migraines, nightmares, sleep disorders, Bi-polar disorders
	5 <sup>th</sup> Chakra Throat <i>Vishuddha</i>	Blue/Gold *** Ether	Living and speaking one's truth Communication, speech wisdom, trust, creative expression, organization	Sodalite *** Geranium	Thyroid and parathyroid Vocal system, jaw, mouth, tongue, neck, shoulders, lymph system	"I speak my truth with courage and remain steadfast in Love" *** Thyroid problems, flu, blisters, fevers, infections, tonsillitis, toothaches
	4 <sup>th</sup> Chakra Heart <i>Anahata</i> Chest area	Green *** Air	Unconditional love, Compassion, Altruism, devotion, acceptance of divine guidance and grace, renewal and growth	Rose Quartz *** Ylang Ylang	Thymus Lungs, heart, arms, hands, respiration, hypertension, muscles, bronchia	"My heart is fully open to both give and receive Love" *** High blood pressure, emphysema, heart issues, chest pain, guild, alienation
	3 <sup>rd</sup> Chakra Solar Plexus <i>Manipura</i>	Yellow *** Fire	Power, control, victimization, tyranny Personal power, will, opinion, self-control, authority	Citrine *** Peppermint	Pancreas Digestive tract, liver, stomach, diaphragm, nervous system, metabolism	"I stand courageous and fully in my own power" *** Diabetes, ulcers, hepatitis, hypoglycemia, constipation, parasites, toxicity, jaundice
	2 <sup>nd</sup> Chakra Sacral Svadhisthana Lower abdomen	Orange *** Water	Pain, suffering, water element, social consciousness, intimacy, feelings, sexuality, procreation, freedom	Carnelian *** Jasmine	Gonads and Ovaries Womb kidneys, urinary tract, spleen, gallbladder	"I flow with the rhythm of life; I am in harmony" *** Impotence, uterine problems, gout, eating disorders, discomfort with gender roles
	1 <sup>st</sup> Chakra Base <i>Muladhara</i> Base of Spine	Red *** Earth Element	Surival, security, sexuality, lust, obsession, stability, sensuality, reproduction, and support	Hematite *** Patchouli	Adrenals Legs, bones, feet, large intestines, coccygeal nerve plexus, prostate	"I am safe and secure, balanced and centered" *** Inability to care for oneself, not wanting to be here, constipation, ungrounded

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Peace and love,

Kathy