



# CHAKRAS GUIDE



Muladhara

I AM



Svadhishthana

I FEEL



Manipura

I DO



Anahata

I LOVE



Vishuddha

I SPEAK



Ajna

I SEE



Sahasrara

I KNOW

	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD-EYE	CROWN
<b>LOCATION</b>	Base of the spine	Below the navel	Above the navel	Center of chest	Throat	Between the eyes	Top of the head
<b>ELEMENT</b>	Earth	Water	Fire	Air	Ether	Light	Consciousness
<b>PLANET</b>	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
<b>MANTRA</b>	LAM	VAM	RAM	YAM	HAM	OM / AUM	OM / ANG
<b>BODY/ORGANS</b>	Reproductive and sex organs, pelvis, legs, feet	Spleen, urinary tract, kidneys, ovaries, uterus	Digestive system, liver, pancreas	Heart, thymus, lungs	Thyroid, ears, respiratory system, teeth	Pituitary and pineal gland, eyes	Head, central nervous system, cerebral cortex,
<b>EMOTIONS</b>	Safety, security	Desire, sexuality	Personal power	Balance, love	Self-expression	Intuition	Spirituality, bliss
<b>HEALING</b>	Grounded, secure, centered	Passion, creative, satisfied	Confident, joyful, optimistic	Compassionate, loving, peaceful	Trustworthy, honest, loyal	Intuitive, faithful, clarity, imaginative	Connected, universal love
<b>IMBALANCES</b>	Fear, anxiety, financial instability	Emotional instability, creative block, intimacy issues	Low self-esteem, control issues, power struggles	Lack of empathy, bitterness, relationship issues	Difficulty speaking out, dishonesty	Lack of clarity, closed-mindedness, skepticism	Disconnection from spirit, cynicism, closed-mindedness
<b>GEMSTONES</b>	Red jasper, hematite, black onyx	Citrine, orange calcite, stilbite	Citrine, tigers eye, yellow jasper	Rose quartz, jade, aventurine	Turquoise, aquamarine	Amethyst, labradorite	Clear quartz, selenite
<b>ESSENTIAL OILS</b>	Patchouli, vetiver, cedarwood	Ylang ylang, orange, sandalwood	Lemon, rosemary, ginger, bergamot	Rose, jasmine, lavender	Peppermint, basil, tea tree, cypress	Clary sage, juniper, frankincense	Frankincense, myrrh, sandalwood, lotus
<b>AFFIRMATIONS</b>	"I am grounded. I am safe."	"I embrace my passions"	"I am powerful and confident"	"I give and receive love freely"	"I speak my truth"	"I trust my intuition"	"I am one with the universe"