



CHAKRAS GUIDE



Muladhara

I AM



Svadhisthana

I FEEL



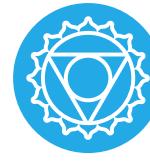
Manipura

I DO



Anahata

I LOVE



Vishuddha

I SPEAK



Ajna

I SEE



Sahasrara

I KNOW

	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD-EYE	CROWN
LOCATION	Base of the spine	Below the navel	Above the navel	Center of chest	Throat	Between the eyes	Top of the head
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Consciousness
PLANET	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
MANTRA	LAM	VAM	RAM	YAM	HAM	OM / AUM	OM / ANG
BODY/ORGANS	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,
EMOTIONS	Safety, security	Desire, sexuality	Personal power	Balance, love	Self-expression	Intuition	Spirituality, bliss
HEALING	Grounded, secure, centered	Passion, creative, satisfied	Confident, joyful, optimistic	Compassionate, loving, peaceful	Trustworthy, honest, loyal	Intuitive, faithful, clarity, imaginative	Connected, universal love
IMBALANCES	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
GEMSTONES	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
ESSENTIAL OILS	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
AFFIRMATIONS	"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"