

'Chakra' is a Sanskrit word meaning wheel, they are the vortices where universal energy can enter our personal energy systems. Each of the seven major Chakras affect a particular part of the body and a particular endocrine system. Keeping your Chakra system in balance is the path to keeping your physical, mental, emotional and spiritual being in balance. This chart is an introduction to Chakra system. When using crystals to balance your system, choose at least one for each Chakra, lay somewhere comfortable and relaxing, lay each crystal above the relevant Chakra and relax for about 15 minutes. Remove the crystals, and ideally relax for a further 15 - 20 minutes to absorb the energy.

Although you can work on individual chakras for a particular problem, remember that we are 'whole' beings, and you should regularly work on the 'whole' system

	<b>Root</b>	<b>Sacral</b>	<b>Solar plexus</b>	<b>Heart</b>	<b>Throat</b>	<b>Third eye</b>	<b>Crown</b>
<b>location</b>	Base of the spine	Just below the navel	Below the breastbone	Centre of the chest area	Just above collar bone	Between and just above the eyes	Just above the top of the skull
<b>colour</b>	Red or black	orange	yellow	Green or pink	blue	indigo	Clear or violet
<b>gland</b>	Adrenal	Ovaries/ testes	Pancreas	Thymus	Thyroid/ parathyroid	Pituitary	Pineal
<b>crystals</b>	Jasper, red tiger eye, ruby, garnet, hematite, pietersite, smokey quartz	Carnelian, orange calcite, aragonite, amber	Citrine, yellow sapphire, gold tiger eye, yellow jasper	Aventurine, malachite, jade, peridot, emerald, rose quartz, kunzite, rhodocrosite, unakite	Lapis lazuli, aquamarine, blue lace agate, sodalite, sapphire, turquoise, chrysocola	Amethyst, sugilite, fluorite, lepidolite, iolite, charoite	Quartz crystal, diamond, selenite danburite, amethyst
<b>Area of effect</b>	Ability to be grounded, physical energy and health, survival, vitality. Bones, legs, feet, spinal column, sciatic nerve large intestine	Sexual energy, attraction, emotions, desire, fertility, reproductive system, bladder, fluid systems of the body	Ambition, anger and joy intellectual activity. stomach, digestive system Gall bladder liver & spleen	Compassion, love and spirituality, self acceptance. The heart, blood pressure respiratory system, upper back and arms	Self expression, creativity voice, speech and writing. The throat, vocal chords ears, lungs, neck, mouth and nose	Intuition, psychic ability, energies of the spirit, wisdom Eyes, base of skull, sinus, mental and emotional balance	Enlightenment Spirituality energy and wisdom, mental clarity, magnetic personality Brain, skull, skin
<b>In balance</b>	A sense of security and stability, a feeling of being at home with yourself and your past. A trust in the natural order of things	Vitality and good self esteem, a sense of direction, emotional stability and a healthy relationship to pleasure and intimacy	A strong sense of identity, acceptance of others without the need to dominate. Spontaneity and positive will power	Sense of internal balance, a healthy connection to others and to relationships. Balance of the material and spiritual, compassion	Good communicator and listener can express ideas and dreams A good imagination trusts intuition	Clear vision, highly intuitive, able to interpret experiences, good memory, emotional balance, mental organisation	A connection to the spiritual, a magnetic personality, a sense of belonging, knowledge and energy
<b>Out of balance</b>	Low energy, chronic fatigue, problems with food, insecurity, osteoarthritis, problems with the feet and legs or bones	Emotional immaturity, jealousy or guilt. Kidney, uterine and prostate problems, IBS, lower or middle back pain, impotence, infertility	Lack of confidence, oversensitive to criticism, addictive personality or weak will power. Digestive problems, ulcers, diabetes, allergies	Indecisive, paranoia, fear of betrayal, shyness, bitterness, Heart disease, asthma, circulatory problems, lung disease problems with shoulders arms and hands	A desire to hold back, an inability to express emotions or to listen to others. Colds, infections, sore throats, tinnitus, hearing and thyroid problems	A fear of success, non assertive or egotistical. Nightmares, hallucinations poor memory or inability to concentrate. Headaches, eye problems neurological disturbances	A constant sense of frustration, confusion, obsession, depression, materialism. Sensitivity to pollutants, epilepsy, chronic exhaustion, Alzheimer's