








# Chakra Healing Chart

Chakra Number & Symbol	Name Color & Location	Element	Primary Function & Basic Issues	Crystals & Gemstones	Deficient	Treat with	Excessive	Treat with	Balanced
7 	<b>Crown</b> White/Violet Top of Head	Thought	"To know" Enlightenment Self-knowledge Spiritual Understanding	Clear Quartz, Apophyllite, Selenite, Diamond, Sugilite, Amethyst	Indecisive, no creativeness, no joy of life, anger at Divine, melancholy, depression, brain fog.	clear, white	Judgmental, frustrated, manic depressive, spiritual addition, ungrounded, unrealized power.	red	Strong faith, universal love, alchemist, no fear of death, miracle worker, aware, open to the Divine.
6 	<b>Third Eye</b> Indigo Above/ between Eyebrows	Light	"To see" Intuition Self-reflection Clairvoyance	Amethyst Fluorite, Obsidian, Sugilite, Charoite	Meek, poor judgement, lacks focus, oversensitive, poor imagination/can't see beyond physical.	purple	Egotistical, arrogant, manipulative, dogmatic, talks down to others, nightmares, hallucinations, sees too many spirits.	orange	Imaginative, intuitive, no fear, charismatic, clear thoughts and vision, master of one self, telepathy, sees beyond physical.
5 	<b>Throat</b> Blue Center Base of Neck	Sound	"To speak" Communication Self-expression Creativity	Amazonite, Angelite, Sodalite, Turquoise, Blue Kyanite, Blue Topaz, Lapis Lazuli, Blue Calcite Azurite, Blue Lace Agate	Inconsistent, unable to express thoughts, not a good listener, unreliable, misunderstood, cowardice, manipulative.	blue	Self righteous, opinionated, talks excessively, arrogant, will force opinions on others, critical, gossipy, harsh words, loud.	red	Confident expression, clear communicator, artistic, lives in the now, easily experience divine energy, creative, diplomatic.
4 	<b>Heart</b> Green/Pink Center of Chest	Air	"To love" Love Self-acceptance Balance & Connection	Green Aventurine, Jade, Peridot, Watermelon Tourmaline, Rose Quartz, Rhodonite, Unakite, Malachite	Paranoia, indecisive, feels unloved, sorry for oneself, lack of empathy, bitter, hateful, trust issues, intolerant, afraid of letting go.	green, pink	Very critical, mood swings, possessiveness, demanding, jealous, codependent, give too much, manic depressive, tense.	green, pink	Peaceful, empathetic, emotionally balanced, loving, warm, tolerant, compassionate.
3 	<b>Solar Plexus</b> Yellow Below Sternum & above navel	Fire	"To act" Will Power Self-definition Energy & Vitality	Citrine, Ametrine, Topaz, Calcite, Amber, Tiger's Eye, Yellow Jasper, Turquoise,	Lack of energy, low self-esteem, self-conscious, confusion, insecurity, inferiority complex.	yellow	Workaholic, domineering, power hungry, resents authority, superiority/inferiority complex, too intellectual, perfectionist.	violet	Joyful, good self-esteem, strong personal power, drive, confident, relaxed, multi skilled.
2 	<b>Sacral</b> Orange Between navel & genitals	Water	"To feel" Sexuality Self-gratification Relationships & Emotions	Carnelian, Fluorite, Tiger Iron, Tiger's Eye, Amber, Citrine, Vanadinite, Rhodochrosite	Resentful, very shy, low libido, sexual guilt, buries emotions, un-trusting, isolated, no creativity.	orange	Aggressive, see others as sex objects, hedonistic, volatile emotions, self serving, manipulative.	purple	Creative, optimistic, open, friendly, attuned to feelings, intuitive, healthy libido, concern for others.
1 	<b>Root</b> Red Base of Spine	Earth	"To be here" Survival Self-preservation Grounding & Security	Black Tourmaline, Red Jasper, Garnet, Ruby, Hematite, Onyx, Pyrite, Obsidian, Bloodstone, Smoky Quartz	Fearful, anxious, unsure, financial instability, ungrounded, head in the clouds, procrastination.	red	Egotistic, greedy, selfish, materialistic, aggressive, dominating, lust for power.	blue	Grounded, master of one self, can manifest abundance, limitless energy.