

CHAKRA	COLOUR	PART OF BODY	AREA OF ENERGY + FEELING(S)	HOW TO ACTIVATE IT	CRYSTAL
 ROOT CHAKRA	RED	Base of spine	Feeling of grounding, security and survival	Spending time in nature, long walks, hikes, gardening	Hematite, Black Onyx, Smokey Quartz
 SACRAL CHAKRA	ORANGE	Bellow the belly button	Your identity, creative energy, intimacy	Good food, sex and creative activities	Tiger Eye, Sunstone
 THE SOLAR PLEXUS (The Warrior Chakra)	YELLOW	Starts at belly button and goes through to breastbone	Your self-confidence, identity, "gut feeling"	Love, activities that bring you joy + make you shine	Jasper, Pyrite
 HEART CHAKRA	GREEN	Right over your heart, radiates down to breastbone	The middle of all 7 Chakras, love healing and compassion	Self-love e.g. bath, massage, meditation	Rose Quartz, Aventurine
 THROAT CHAKRA	BLUE	Between your collar bone	Your voice, speaking your truth with kindness	Speaking your truth while being kind, incl. to yourself	Aquamarine, Sodalite
 THIRD EYE	PURPLE	Between your eyebrows	Intuition, being in tune with all 5 senses	Quiet meditation, listening to your spirit	Amethyst, Fluorite, Lolite
 CROWN CHAKRA	VIOLET/WHITE	At the top of your head extending toward the universe	Pure, conscious energy connecting you to the universe	Spiritual development, connection with the universe	Clear Quartz, Amethyst, Moonstone