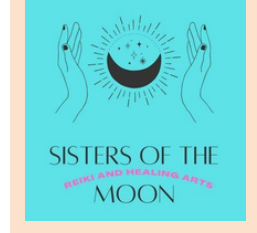


Chakra Guide



	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD-EYE	CROWN
Sanskrit	Muladhara	Svadhishthana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Location	Base of Spine	Just Below Navel	Naval	Chest	Base of Throat	Middle of Forehead	Top of Head
Affirmation	I am	I feel	I do	I love	I speak	I see	I understand
Element	Earth	Water	Fire	Air	Ether	Light	Consciousness
Planet	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
Body/Organs	Spine, Bladder, Blood, Kidneys, Male Reproductive Organs, Feet	Lymphatic & Circulatory Systems, Kidneys, Adrenals, Skin, Female Reproductive Organs	Nervous System, Stomach, Gall Bladder, Large Intestine, Liver, Pancreas	Circulatory & Respiratory System, Arms, Hands, Shoulders, Ribs, Breasts, Diaphragm, Thymus	Thyroid, Larynx, Trachea, Ears, Nose, Teeth, Mouth, Throat	Pituitary Gland, Eyes, Nose, Ears, Skeletal System	Brain, Nervous System, Pineal Gland
Emotion	Safety, Security	Desire, Sexuality	Personal Power, Purpose	Balance, Love	Self-Expression, Healing	Intuition, Imagination	Spirituality, Bliss
Balanced Behaviors	Grounded, Sense of Belonging, Trust, Independent	Friendly, Passionate, Fulfilled Sexually, Playful	Respect for Self and Others, Confident, Calm, Problem Solver	Loved, Loving, Empathetic, Brings These Qualities Out in Others	Expresses Self and Truth, Creative	Intuitive, Charismatic, Wise, Understands Purpose	Connected to Source, Wise, Joyful
Overactive Behaviors	Bossy, Domineering, Egoic, Greedy, Violent	Craves Power, Manipulative	Judgemental, Stubborn, Critical, Bully	Entitlement, Jealousy, Blaming Others, Giving Too Much	Speaking Too Much, Boring Others, Criticizing, Stubborn	Spaced Out, Lost, Worrying, Seen as Living in Fantasy World	Addicted to Spirituality, Craving Attention, Needing to be Popular
Underactive Behaviors	Unloved, Sexually Inadequate, Frustrated, Fearful	Shy, Guilty, Concerned With What Others Think	Low Self-Esteem, Procrastinates, Apathetic, Feels Taken Advantage Of	Fear of Rejection, Unloved, Self-Pity, Neediness	Difficulty Expressing Personal Truth, Afraid to Speak in Public, Timid	Cannot See Big Picture, Easily Influenced, Confused About Purpose, Doubts Self	Misunderstood, Unable to Have Fun, Unaware of Spiritual Connection
Essential Oils	Vetiver, Cedarwood	Orange, Neroli, Jasmine	Bergamot, Lemon	Geranium, Ylang Ylang	Eucalyptus, Peppermint	Clary Sage, Frankincense, Sandalwood	Melissa, Jasmine, Frankincense
Gemstones	Black Onyx, Red Agate, Carnelian	Citrine, Orange Calcite, Stilbite	Citrine, Tigers Eye, Moonstone	Rose Quartz, Aventurine, Jade	Turquoise, Aquamarine	Lapis Lazuli, Amethyst, Celestite	Clear Quartz, Moonstone, Selenite