

Chakra Wisdom Chart

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Chakra	Location	Balanced	Unbalanced	Body Parts	How to Balance
7th Crown violet	top of head	a guru, grace, beauty, serenity, oneness with all, divinity, selfless, understanding, enlightenment, bliss, gratitude, silence, acknowledging divine intervention, calm	too egotistical, separate from all, arrogance, inflexibility, aloof, lack of calmness	pineal gland, skull, head, nervous system, cerebrum	Music: silence, note of B Oils: lavender, violet Stones: amethyst, clear quartz, rock crystal Activities: meditation, nature, yoga, stillness Colour: violet & white Element: ether/thought
6th Third Eye indigo	between eyebrows	a wise person, wisdom, discernment, imagination, intuition, knowledge, psychic perception, clairvoyance, trust in a higher source, faith, mindfulness	too intellectual, judgemental, ridged viewpoint, rejects spirit, confused	pituitary, eyes, nose, sinuses, head, face	Music: classical and new age, note of A Oils: camphor, mint, jasmine Stones: lapis lazuli, sapphire, sodalite Activities: meditation, sunshine, yoga, tai chi Colour: indigo Element: ether/light
5th Throat blue	throat	a communicator, willpower, expressive, truthfulness, creates boundaries, creativity, expression of highest truth without fear, can say no when needed, self-expression: e.g. laughter, talking, singing, sighing, crying	too silent, too shy, suppresses expressions, says yes but means no, fears judgement, too introverted/extroverted	thyroid, throat, mouth, teeth, jaw, neck, ears, arms, shoulders, tongue, bronchial tubes	Music: meditative and new age, note of G Oils: eucalyptus, peppermint, camphor Stones: turquoise, blue agate, topaz, quartz Activities: singing, chanting, creative outlets, deep breathing, laughing, yoga, sighing Colour: sky blue Element: ether/sound
4th Heart green	middle of chest	a lover, sisterhood/brotherhood, unity, love, peace, purity, innocence, radiates warmth & sincerity, healer, generosity, compassion, acceptance, forgiveness, giving & providing unconditionally out of love	conditional &/or imitation love, expects recognition, challenge accepting love - even from self, indifference	thymus, heart, lungs, arms, hands, shoulders, breasts, upper back, blood vessels, circulation	Music: classical and new age, note of F Oils: rose, carnation, neroli Stones: rose quartz, pink topaz, tourmaline, green jade, green aventurine Activities: yoga, meditation, contemplation Colour: green Element: air
3rd Solar Plexus yellow	just below base of sternum	a warrior, self-worth, self-esteem, confidence, personal power, freedom of choice, inner harmony, sense of identity, know who they are, inner strength, confident, purposeful	seeking and/or needing approval, over-pleasing others, too needy, inner restlessness, subservient	pancreas, stomach, liver, gallbladder, small intestines, spleen	Music: orchestral with attitude – stimulating, note of E Oils: lemon, grapefruit, juniper Stones: Amber, tiger eye, yellow jasper. Activities: Qigong, hiking, yoga Colour: yellow Element: fire
2nd Sacral orange	6 cm below navel	encourages physical wellbeing, sexuality, sensuality, pleasure, abundance, joy, luxury, knowing that they deserve to feel good, a mentor not at rescuer, gives back to self, allows intimacy with self and others	self-sacrificing, deprivation, punish themselves, critical, sexuality - rejects or excess, sexual coldness, martyrdom, a rescuer	ovaries, testicles, bladder, kidneys, prostate, pelvis, body fluids, large intestine, lower back, adrenals	Music: Flowing with beat & bounce, note of D Oils: sandalwood, ylang-ylang, orange blossom Stones: orange topaz, carnelian, moonstone Activities: deep massage, yoga, dancing Colour: orange Element: water
1st Base red	perineum sacral - coccyx joint	stability, security, patience, self-sufficiency, instinct, courage, survival skills, nurturing, strength, stamina, responsibility for self, service orientated, connected to nature, grounded, healthy lifestyle	a victim, angry, lacking energy, fears, life is a burden, dependent on others, ungrounded, addictive	blood, skeleton, base of spine, feet, legs, knees, hips, teeth, nails, rectum, spine, adrenals	Music: strong rhythmic beat, tribal, note of C Oils: patchouli, cedarwood Stones: garnet, ruby, red jasper, bloodstone Activities: Iyengar yoga, tribal dancing, drumming, massage, nature, bushwalking Colour: red Element: earth