

Chakra Information

Name	Crown	Brow	Throat	Heart	Solar Plexus	Spleen/Sacral	Base/Root
Position	7th	6th	5th	4th	3rd	2nd	1st
Sanskrit name	Sahasrara	Ajna	Vishuddhi	Anahata	Manipura	Svadhithana	Muladhara
Location	Top of head	Forehead	Throat	Heart area	Solar plexus	Abdomen, genitals	Base of spine
Colour	White/Violet	Indigo	Bright Blue	Pink/Green	Yellow	Orange	Red/Black
Element	Thought	Light	Sound/Ether	Air	Fire	Water	Earth
Gemstones	Clear Quartz, Azestulite, Tanzanite, Diamond	Lapis Lazuli, Fluorite, Amethyst, Charoite	Blue Quartz, Blue Lace Agate, Blue Topaz	Rose Quartz, Emerald, Pink Tourmaline, Jade	Citrine, Tiger Eye, Amber, Imperial Topaz	Carnelian, Coral, Orange Calcite	Hematite, Garnet, Red Jasper, Unakite
Seed Syllable/Sound	Silent Om	Om	Ham	Yam	Ram	Vam	Lam
Keywords	Awareness & self-knowledge	Intuition & imagination	Communication	Love & relationships	Personal power & self-worth	Emotion, desire, sexuality	Survival, grounding
Goals	Wisdom, understanding, enlightenment	Accurate perception, intuition, imagination	Creativity, communication, resonance	Unconditional love, compassion, balance	Self-esteem, strength of will, spontaneity	Balanced emotion, healthy sexuality, pleasure	Stability, trust, grounded, physical health
Over-active	Spiritual addiction, disassociation, too intellectual	Headaches, nightmares, delusions	Inability to listen, excessive talking, stuttering	Co-dependent, possessive, jealous	Aggressive, dominating, blaming	Over-emotional, no boundaries, sex addict	Materialistic, greed, obesity, sluggish
Under-active	Spiritual scepticism, limited beliefs, attachment, depression	Denial, poor memory poor eyesight	Fear of speaking out, lack of rhythm, lies	Shy, lonely, bitter, critical, lack of empathy grief	Passive, weak will, poor self-esteem, shame	Emotionally numb, guilt frigidity, fear of pleasure	Fear, undisciplined, underweight, restless