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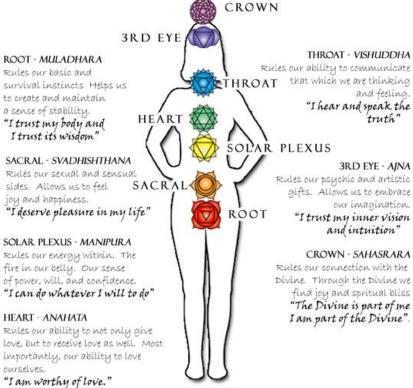
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THE CHAKRAS

"CHAKRA" COMES FROM THE SANSKRIT WORD "CAKRA" WHICH MEANS "WHEEL" OR "DISK" AND HAS BEEN DESCRIBED BY MANY AS SPINNING WHEELS OF LIGHT.



CHAKRAS THAT ARE HEALTHY AND WELL BALANCED ALLOWS THE INDIVIDUAL TO LIVE A HAPPIER AND MORE PRODUCTIVE LIFE.

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Root Chakra



Sanskrit: Muladhara (*mula* means "root" and *adhara* means "to support")

 ${\rm Health}/{\rm Healing:}$ Spinal column, adrenals, colon, legs and bones

Focus: Survival and physical security

Location: Base of the spine

Element: Earth

Color: Red - symbolizes life, vitality, strength and the physical nature of man

Gemstones: Garnet, Red Tiger's Eye, and Bloodstone

Oils and Incense: Lavender, Cedar, Patchouli

Not Enough	Balanced	Too Much
Unbalanced	Inner Stillness	Immovable
Excessive Self-	Secure	Overconfidence
doubt		
Unreliable	Stable	Pedantic
Codependent	Independent	Antisocial
Money problems	Stable Finances	Miserly
Easily manipulated	Self-protective	Control freak
Flighty G rounded		Immutable
Fantasist Clear thinker Over		Overly Simplistic
Lethargic	Energized	Spastic
Wishy-washy	Decisive	Judgmental

Sacral Chakra



Sanskrit: Svadhistana (*svad* means "that which belongs to itself" and *dhisthana* means "its actual place")

Health/Healing: $\ensuremath{\mathsf{Ovaries}}$, testicles, prostate, genitals, womb and bladder

Focus: Sexuality, procreation, emotions

Location: Few inches below the naval

Element: Water

Color: Orange - symbolizes energy. It is a combination of red (for personality) and yellow (for wisdom)

Gemstones: Carnelian, Orange Calcite, and Fluorite

Oils and Incense: Rosemary and Amber

Not Enough	Balanced	Too Much
Hysterical	Emotionally stable	Frigid
Prudish	Sensual/Sexual	Nymphomania
Unimaginative	Creative	Flighty/Off in
		Space
Immovable	Mutable	Easily manipulated
Stagnant	Evolving	Trendy/Shallow
		phases
Pessimistic	Optimistic	Unrealistic
Antisocial	Communicative	Over sharing
Self centered	Receptive	Passive
Emotionally frigid	Passionate	Hysterical
Overly pragmatic	Spiritual	Out of touch

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Solar Plexus Chakra



Sanskrit: Manipura (manipura means "city of jewels")

Health/Healing: Adrenals, stomach, liver, muscles and the nervous system

Focus: Will, purpose, power, self-empowerment, self-honor

Location: Between the chest and the naval

Element: Fire

Color: Yellow - color of the mind, intellect, high intelligence and wisdom

Gemstones: Amber, Citrine, and Yellow Calcite

Oils and Incense: Rose and Ylang ylang

Not Enough	Balanced	Too Much
Lethargic	Energetic	Manic
Passive	Assertive	Argumentative
Complacent	Driven	Willful
Codependent	Independent	Antisocial
Overly self-critical	Confident	Megalomaniac
Scattered	Focused	Tunnel Vi s ion
Sedentary	Dynamic	Drama Queen
Bored	Enthusiastic	Hysterical
Withdrawn	Social	Dominating
Easily Manipulated	Self Governing	Controlling

Heart Chakra



Sanskrit: Anahata (anshata means "unbeaten")

Health/Healing: Heart, circulatory system, arms and lungs

Focus: Love, compassion, forgiveness

Location: Center of the chest

Element: Water

Color: Green, symbolizes harmony, creativity, health, abundance and nature. It is the combining of yellow (soul) and blue (spirit)

Gemstones: Aventurine, Malachite, Jade, and Rose Quartz

Oils and Incense: Rose, Lavender, and Jasmine

Not Enough	Balanced	Too Much
Self-involved	Understanding	Overly Sensitive
Callous	Compassionate	Easily manipulated
Inner Turmoil	Inner Peace	Passivity
Shallow	Introspective	Self-Centered
Flighty	Steady	Stagnant
Needy	Free	Disconnected
Unsupportive	Nurturing	Controlling
Tense	Relaxed	Lethargic
Rough	Gentle	Weak
Emotionally frigid	Loving	Smothering

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Throat Chakra



Sanskrit: Visuddha (visuddha means "pure")

Health/Healing: Thyroid, throat and mouth

Focus: Communication, sound, vibration

Location: Throat

Element: Ether

Color: Blue - color of inspiration, devotion, infinity, and religious goals. It produces calm and peace.

Gemstones: Sodalite, Turquoise, and Lapis Lazuli

Oils and Incense: Lavender and Hyacinth

Not Enough	Balanced	Too Much	
Antisocial	Communicative	Over sharing	
Unimaginative	Creative	Flighty/Off in	
		Space	
Blank	Expre ss ive	Hysterical	
Withdrawn	Social	Dominating	
Pedantic	Inspired	Distracted	
Self-involved	Intuitive	Overly sensitive	
Self centered	Social Self defeating		
	Consciousness		
Sedentary	A rtistic	Unrealistic	
Immovable	Flexible	Passive	
Needy	Free Disconnected		

Third Eye Chakra



Sanskrit: Ajna (*ajna* means "command")

Health/Healing: Pituitary gland, nose, ears and left eye

Focus: Seeing, visualization, clairvoyance, light, psychic perception, intuition, imagination

Location: Above and between the eyes

Element: Radium

Color: Indigo or Light Purple-color of spiritual attainment, self-mastery and wisdom. It aids in the opening of the third eye (inner and outer vision) and opens the doors to the subconscious.

Gemstones: Amethyst, Sugilite

Oils and Incense: Violet, Rose, and Geranium

Not Enough	Balanced	Too Much
Self-involved	Intuitive	Overly sensitive
Mundane	Imaginative	Flighty
Self involved	Perceptive	Overly analytical
Blank	Skilled at	Unrealistic
	visualization	
Withdrawn	Ps ychic	Unprotected
Fantasist	Clear thinker	Overly Simplistic
Flighty	Grounded	Immutable
Shallow	Introspective	Self-Centered
Scattered	Focused	Tunnel Vision
Self centered	Receptive Passive	

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Crown Chakra

Sanskrit: Sahasrara (*sahasrara* means "thousand-petaled lotus")

Health/Healing: Cerebral cortex, central nervous system and right eye

Focus: Bliss, understanding, oneness with the Divine, peace, expanded, consciousness, Communication with the Divine

Location: Top of the head

Element: Magentum

Color: White or deep purple – color of spiritual mastery and transformation

Gemstones: Clear Quartz, Amethyst, Labradorite

Oils and Incense: Amber and Sandalwood

Not Enough	Balanced	Too Much
Shallow	Introspective	Self-Centered
Bored	Enthusiastic	Hysterical
Self-involved	Intuitive	Overly sensitive
Distractible	Quick Learner	Hyper focused
Mundane	Connected	Too Etheric
Scattered	Focused	Tunnel Vision
Unbalanced	Inner Stillness	Immovable
Pedantic	Inspired	Distracted
Self centered	Receptive	Passive
Fantasist	Clear thinker Overly Simplistic	