Chakra Balancing Chart

Mind Body TRIBE

Chakra	Location	Body parts	Emotions		How to balance
			Balance	Unbalanced	
7th Crown Violet	Top of the head	Pineal, skull, head, nervous system, cerebrum	Grace, serenity, divinity, understanding, gratitude, calm, peace	Ego, separate, arrogance, inflexibility,	**Oil:** lavender, sandalwood, frankincense, vetiver **Stones:** amethyst, clear quartz **Affirmation:** I am peaceful **Actions**: meditation, nature, yoga, stillness **Element:** ether/ thought
6th Third Eye Indigo	Between the eyebrows	Pituitary, eyes, nose, sinuses, head, face	Inner wisdom, intuition, mindfulness, knowledge, faith, trust in higher source	Judgemental, confused, stubborn, ridged	**Oil:** clary sage, vetiver, helichrysum, **Stones:** lapis lazuli, sapphire, sodalite **Affirmations:** I am calm **Actions**: mediation, sunshine, yoga, to chi **Element**: ether/ light/ sound
5th Throat Blue	Throat	Thyroid, throat, mouth, jaw, neck, ears, arms, shoulder,	Communicator, creativity, self expression, truth, clear boundaries	Shy, fear of judgement, holding back on saying something	**Oil:** tea tree, peppermint, bergamot **Stones:** turquoise, blue gate, quartz **Affirmation**: I am expressive **Actions:** singing, deep breathing, yoga, creativity Element: Ether
4th Heart Green	Centre of the chest	Thymus, heart, lungs, arms, shoulder, breast, blood vessels & circulation	Love, unity, warmth, healer, compassion, forgiveness, giving, unconditional love	Holding back from love, expect recognition, closed	**Oil**: neroli, geranium, lemon, whisper, orange **Stones**: rose quartz, pink topaz, green jade, **Affirmation**: I am love **Actions**: yoga, meditation, contemplation, **Element**: Air
3rd Solar Plexus Yellow	Just below the base of sternum	Pancreas, stomach, liver, gallbladder, small intestines, spleen	Self worth, personal power, inner strength, confidence, purpose	Seeking approval, over pleasing, needy, restlessness	**Oil:** lemon, lemongrass, grapefruit, juniper berry, ginger, **Stones**: amber, tigers eye, **Affirmation**: I am abundant **Actions:** qigong, hiking, yoga **Element**: Fire
2nd Sacral Orange	Below navel	Reproductive organs, kidneys, large intestine, lower back, adrenals	Physical wellbeing, sexuality, pleasure, abundance, joy, intimacy	Critical, self deprivation, sexual desire (low or excess)	**Oil**: sandalwood, ylang ylang, orange **Stones:** orange topaz, carnelian, moonstone **Affirmation**: I am joyful **Actions:** deep massage, yoga, dancing **Element:** Water
1st Base Red	Sacral-coccyx joint	Adrenals, blood, skeleton, feet, legs, hips, rectum, spine,	Stability, security, patience, self sufficiency, courage, service, grounded	Anger, lack, dependent, addictive, ungrounded	**Oil:** patchouli, cedarwood, cypress, vetiver, myrrh **Stones:** garnet, ruby, blood stone **Affirmation:** I am safe **Actions**: massage, walk in nature, drumming **Element:** Earth