

Chakra Balancing Chart

Chakra	Location	Body parts	Emotions		How to balance
			Balance	Unbalanced	
7 th 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
6 th 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
5 th 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
4 th 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
3 rd 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
2 nd 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
1 st 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