

Chakra	Colour	Location	Energetic Issues	Area of Body	Emotional Issues	Truth
7.Crown	Indigo or White	Top of Head	<ul style="list-style-type: none"> • Connection to the Divine • Spirituality 	<ul style="list-style-type: none"> • Muscular System • Skeletal System • Skin 	<ul style="list-style-type: none"> • Flow with Life • Selflessness • Values, Ethics & Courage • Dark Night 	Live in the Present Moment
6.Brow	Purple	Third Eye	<ul style="list-style-type: none"> • Intuition • Insight • Wisdom • Relationship to spirituality 	<ul style="list-style-type: none"> • Brain • Nervous system • Ears Nose & Eyes • Pineal & Pituitary Glands 	<ul style="list-style-type: none"> • Openness to New Ideas • Learn From Experience • Emotional Intelligence • Truth • Foggy and Depression 	Seek Only the Truth
5.Throat	Blue	Throat	<ul style="list-style-type: none"> • Surrender • Communication • Will • Self expression 	<ul style="list-style-type: none"> • Mouth, Throat • Thyroid • Neck • Teeth & Gums 	<ul style="list-style-type: none"> • Addiction • Judgement & Criticism • Decision Making • Following One's Dream • Gratitude 	Surrender Personal Will to Divine Will
4.Heart	Green	Heart (Mediator)	<ul style="list-style-type: none"> • Releasing (Forgiveness) • Loving Oneself • Compassion 	<ul style="list-style-type: none"> • Heart & Circulatory System • Lungs & Diaphragm • Shoulders & Arms • Ribs & Breasts 	<ul style="list-style-type: none"> • Love/Hate • Forgiveness Compassion • Self Centeredness • Grief, Loneliness • Jealousy 	Love is Divine Power
3.Solar Plexus	Yellow	Above Navel	<ul style="list-style-type: none"> • Personal Power • Self-Esteem • Intuition • Entitlement 	<ul style="list-style-type: none"> • Stomach • Intestines • Middle Spine 	<ul style="list-style-type: none"> • Anger/passion • Self-esteem & Respect • Personal Honour 	Honour Thy Self
2.Sexual Sacral	Orange	Lower Abdomen	<ul style="list-style-type: none"> • Interpersonal relationships • Choice • Sexual Energy • Aborted Dreams 	<ul style="list-style-type: none"> • Reproductive Organs • Lower Back & Hip • Colon & Bladder 	<ul style="list-style-type: none"> • Grief/joy • pain, sadness • Guilt & Blame • Control • Ethics & Honour in Reln 	Honour One Another
1.Root	Red	Base of spine	<ul style="list-style-type: none"> • Tribal Associations • Material World • Survival • Law 	<ul style="list-style-type: none"> • Legs & Feet • Rectum • Base of Spine 	<ul style="list-style-type: none"> • Fear/excitement. • abandonment • Physical Safety, Security • Ability to Stand up for Self • Eye-For-Eye 	All is One