

CHAKRAS

REIKI GUIDE



ROOT



SACRAL



SOLAR PLEXUS



HEART



THROAT



THIRD EYE



CROWN

SANSKRIT NAME	<i>Muladhara</i>	<i>Swadhisthana</i>	<i>Manipura</i>	<i>Anahata</i>	<i>Vishuddha</i>	<i>Ajna</i>	<i>Sahasrara</i>
LOCATION	Base of spine	Below navel	Solar Plexus	Heart	Throat	Forehead	Crown of head
COLOR	Red	Orange	Yellow	Green	Blue	Indigo	Violet
INCENSE	Cedar	Sandalwood	Frankincense	Rose	Sage	Lavender	Myrrh
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Thought
SEED SOUND	LAM	VAM	RAM	YAM	HAM	OM	Silence
PLANET	Saturn	Moon	Sun	Venus	Mercury	Jupiter	Uranus
EMOTIONS	Safety	Well-being	Power	Love	Expression	Intuition	Unity
MEANING	Root/Support	One's own abode	Lustrous gem	Unstruck	Especially pure	Command	Thousand petaled
BALANCED	Grounding, stability, safety	Creativity, sexuality, passion	Personal power, will	Love, compassion, forgiveness	Communication, expression	Intuition, wisdom	Spiritual connection, enlightenment
UNBALANCED	Fear, anxiety, instability	Emotional imbalance, addiction	Anger, control issues	Grief, hatred	Lies, silence	Delusion, depression	Disconnection, spiritual crisis
PHYSICAL	Legs, feet, bones, large intestine	Reproductive system, kidneys, bladder	Digestive system, liver, pancreas	Heart, lungs, thymus	Throat, thyroid, ears	Eyes, brain, pineal gland	Brain, nervous system
CRYSTALS	Red jasper, smoky quartz, hematite	Carnelian, tiger's eye, citrine	Citrine, amber, tiger eye	Rose quartz, green aventurine, rhodonite	Aquamarine, sodalite, lapis lazuli	Lapis lazuli, amethyst, labradorite	Clear quartz, selenite, amethyst
ESSENTIAL OILS	Patchouli, vetiver, myrrh	Ylang-ylang, sandalwood, clary sage	Lemon, ginger, peppermint	Rose, geranium, neroli	Eucalyptus, chamomile, rosemary	Lavender, rosemary, clary sage	Frankincense, lavender, sandalwood
AFFIRMATION	<i>"I am grounded"</i>	<i>"I am creative."</i>	<i>"I am powerful"</i>	<i>"I am love."</i>	<i>"I am expressive"</i>	<i>"I am intuitive"</i>	<i>"I am divine."</i>

