

Character	1st Chakra (masculine)	2nd Chakra (feminine)	3rd Chakra (masculine)	4th Chakra (feminine)	5th Chakra (masculine)	6th Chakra (feminine)	7th Chakra (unified)
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Sanskrit Name	Muladhara	Svadhithana	Manipura	Anahata	Vissudha	Ajna	Sahasrara
Meaning	Root Support	One's Own Place	Lustrous Gem	Unstruck	Purity	Command	Thousand-spoked
Location	Perineum Base of Tailbone	Pelvis Sacrum	Solar Plexus	Heart Center	Throat	Brow Center	Crown
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Sense	Smell	Taste	Sight	Touch	Hearing	Intuition/ESP "6th Sense"	None (Beyond Senses)
Seed Sound	Lam	Vam	Ram	Yam	Ham	Om	Silence
Food Type	Proteins, Meats	Liquids	Carbohydrates	Vegetables	Fruit	Beauty (visual feast)	Fasting
Stones	Garnet Hematite Tourmaline	Coral Carnelian Moonstone	Topaz Citrine Tiger's Eye	Jade Emerald Rose Quartz	Soladite Celestite Turquoise	Opal Azurite Lapiz Lazuli	Diamond Amethyst Clear Quartz
Essential Oils	Vetiver Patchouli Sandalwood	Jasmine Geranium Orange Blossom	Basil Ginger Bergamont	Rose Benzoin Eucalyptus	Hyssop Clementine Blue Chamomile	Rosemary Clary Sage Ylang Ylang	Myrrh Violet Frankincense
Main Focus	Physical Existence	Emotions & Intimacy	Power & Identity	Love & Connection	Self Expression & Life Purpose	Clear Perspective & Psychic Abilities	Connection to Spirit & Wisdom
Right	To Have	To Feel	To Act	To Love	To Express	To Perceive	To Know
Positive Qualities	Stability Vitality Loyalty Prosperity Patience Tenacity Career Success	Joy Creativity Adaptability Sensuality Fertility Pleasure Sexuality	Power Confidence Charisma Strong Will Humor Leadership Mental Clarity	Love Trust Healing Equanimity Compassion Connection Surrender	Truth Purpose Expression Artistry Service Synchronicity Communication	Vision Intuition Dreams Insight Perception Equanimity Clairvoyance	Unity Wisdom Awareness Intelligence Understanding Miracles Bliss
Malfunction (Deficient or Excessive)	Bowel, blood or bone disorders, obesity, anorexia, anxiety, spaciness, financial problems, chronic fear, materialism, instability	Genital issues, sexual or fertility problems, rigidity, isolation, hip or sacro-iliac joint problems, de-hydration	Digestion issues, kidney or liver problems, timidity, rage, diabetes, ulcers, domination, chronic fatigue, low self-esteem	Asthma, apnea, heart or lung problems, breast cancer, allergies, immune disorders, lonely, anti-social, thymus issues	Thyroid or hearing problems, teeth or gum issues, lying, tonsilitis, stiff neck or shoulders,TMJ, lack of purpose, fear of speaking	Vision problems, migraines, night-mares, bi-polar, sleep disorders, sinus issues, hallucinations, lack of intuition	Alzheimer's, confusion, spaciness, mental illness, over intellectual-ism, depression, apathy, learning disabilities
Affirmations	I am grounded, safe, and secure. I make a good living doing what I love. I am stable, strong, and healthy.	I am creative, and adaptable.. I am a sensual and sexual being. I am able to enjoy the pleasures of life.	I can do anything I set my mind to. I am powerful and use power wisely. I have a good sense of humor and laugh often.	I am loving and lovable. I am deeply com- passionate. I am a source of healing in the world.	I know my truth and I share it. I am guided by my deepest purpose. My life is guided by divine syn- chronicity.	I am intuitive and follow my inner guidance. I always see the big picture. I avidly follow my dreams.	I am intelligent and aware. I am one with everything. I have endless, great ideas.