

BASIC CHAKRA AND COLOR HEALING GUIDE

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Your Chakras are inner energy centers that govern your physical, mental and emotional energy. Each Chakra has a coordinating color energy that awakens the energy in the Chakra for optimal balance.

When your chakras are balanced, the quality of your life is enhanced on all levels.

ROOT CHAKRA (muladhara) Red energy

Starts below tailbone to source lower body & feet, as well as upward flow along spine including hands

*governs blood, colon, bones, suprarenal glands (adrenaline), male sex organs, prostate

In balance: grounded, centered, stable, secure, ambitious, determined, active & vibrant life force energy

Out of balance: anger, aggression, indulgent with food/alcohol/sex/\$, depressed, sluggish, constipated

SACRAL CHAKRA (swadhisthana) Orange energy

Starts below navel to source low belly (abdomen) & lower back

*governs kidneys, bladder, reproductive organs, ovaries

In balance:

creativity, sensuality, ability to “go with the flow,” patience, sociable, comfortable with feelings

Out of balance:

disconnected from emotions, impatient, anxiety about future, controlling, bladder/kidney problems

SOLAR PLEXUS CHAKRA (manipura) Yellow energy

Starts above navel to source mid-body (mid-belly to mid-back)

*governs stomach, digestive system, adrenal glands, liver, spleen, gallbladder & pancreas

In balance:

clarity, wisdom, focused, joyful, blissful, positive, self esteem & confidence, inquisitive

Out of balance:

doubtful, fearful, confused, unconfident, sad & gloomy, hoarding, lack of curiosity

HEART CHAKRA (anahata) Green energy

Starts at heart muscle to source upper body across breastbone (chest to upper back)

*governs heart, lower lungs & thymus gland (supports immune system), circulation, respiratory system

In balance:

compassion, generosity, balanced in: giving/receiving, relationships, active/inward energy

Out of balance:

sense of “not enough time,” overly concerned with others, lack of care for self, dislike of nature

PURIFICATION CHAKRA (vishuddha) Blue energy

Starts at shoulders, to source up to ears including throat, neck, jaw, mouth and nose

*governs throat, trachea, bronchial tubes, upper lungs, mouth, teeth, gums, sense of smell, taste and hearing, thyroid gland (metabolism)

In balance:

effective communication of heart’s desires and needs, calm, relaxed, peaceful communication

Out of balance:

unclear communication, poor listener, agitated, overly excited

INNER EYE CHAKRA (ajna) Royal Blue energy

Starts between eyebrows to source across forehead and travels deep into center of brain

*governs sinuses, eyes, brain, central nervous system & pineal gland (master gland)

In balance:

Ability to trust inner wisdom, intuition and inner images, connection to psychic abilities, a visionary

Out of balance:

disconnected from reality, lack of trust in intuition, dull & dreary view of life, overly-confident/trusting

CROWN CHAKRA (sahasrara) Violet energy

At top of head at center

*governs pituitary gland (synergy of all glands), brain, nervous system

In balance:

understanding higher reason/purpose, connected to spirituality/Spirit worlds/purity, detoxifying effect

Out of balance:

ungrounded, confused, disconnected, “floating in the heavens” and not grounded on the Earth plane

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