



ROOT

Muladhara



Security, Safety, Survival

- **Location:** Base of Spine
- **Color:** Red
- **Element:** Earth
- **Seed Sound:** LAM
- **Gland:** Adrenals

I am

Affirmations:

*I am safe and secure
I love my body
I am protected*

Balanced:

Grounded, Safe, Secure, Centered

Unbalanced:

Insecure, Anxious, Depressed, Fearful

Crystals & Stones:

Red Jasper, Smoky Quartz, Black Tourmaline, Hematite, Carnelian, Black Onyx

Essential Oils:

Ginger, Cedarwood, Sandalwood, Vetiver, Eucalyptus



SACRAL

Svadhithana



Creativity, Sexuality, Pleasure

- **Location:** Below Navel
- **Color:** Orange
- **Element:** Water
- **Seed Sound:** VAM
- **Gland:** Gonads

I feel

Affirmations:

*I am creative
I honor my desires
I embrace my sexuality*

Balanced:

Creative, Passionate, Energetic

Unbalanced:

Feeling Guilty, Overly Sensitive, Lacking Creativity

Crystals & Stones:

Carnelian, Orange Calcite, Citrine, Tiger's Eye, Sunstone, Dalmatian Jasper

Essential Oils:

Cardamom, Sweet Orange, Ylang-Ylang, Tangerine, Neroli



SOLAR PLEXUS

Manipura



Self-Esteem, Confidence, Inner Power

- **Location:** Upper Abdomen
- **Color:** Yellow
- **Element:** Fire
- **Seed Sound:** RAM
- **Gland:** Pancreas

I do

Affirmations:

*I am powerful
I am courageous
I am enough*

Balanced:

Empowered, Confident, Courageous

Unbalanced:

Doubtful, Insecure, Seeking Continuous Approval

Crystals & Stones:

Citrine, Tiger's Eye, Pyrite, Moonstone, Yellow Topaz, Amber, Yellow Jasper

Essential Oils:

Lavender, Sandalwood, Rosemary, Lemon, Chamomile



HEART

Anahata



Love, Compassion, Kindness

- **Location:** Chest (Center)
- **Color:** Green
- **Element:** Air
- **Seed Sound:** YAM
- **Gland:** Thymus

I love

Affirmations:

*I love myself
I radiate love
I am worthy of love*

Balanced:

Loving, Kind, Compassionate

Unbalanced:

Jealous, Lonely, Bitter, Needy

Crystals & Stones:

Rose Quartz, Green Jade, Rhodochrosite, Moss Agate, Amazonite, Aventurine,

Essential Oils:

Rose, Orange, Lavender, Yarrow, Jasmine, Palmarosa



THROAT

Vishuddha



Expression, Communication, Truth

- **Location:** Throat Area
- **Color:** Light Blue
- **Element:** Ether / Space
- **Seed Sound:** HAM
- **Gland:** Thyroid

I speak

Affirmations:

*I speak my inner truth
I have integrity
My voice matters*

Balanced:

Truthful, Outspoken, Authentic, Assertive

Unbalanced:

Shy, Dishonest, Critical, Unauthentic

Crystals & Stones:

Aquamarine, Turquoise, Chrysocolla, Blue Apatite, Angelite, Sodalite

Essential Oils:

Frankincense, Spruce, Sage, Peppermint, Vanilla, Cypress



THIRD EYE

Ajna



Intuition, Imagination, Perception

- **Location:** Forehead
- **Color:** Indigo
- **Element:** Light
- **Seed Sound:** OM
- **Gland:** Pineal

I see

Affirmations:

*I am intuitive
I have a brilliant mind
I see the deeper truth*

Balanced:

Intuitive, Open To Changes, Imaginative

Unbalanced:

Fearful, Uncertain, Indecisive, Having Memory Problems

Crystals & Stones:

Azurite, Lapis Lazuli, Sodalite, Amethyst, Celestite, Labradorite, Blue Calcite

Essential Oils:

Almond, Bay Laurel, Clary Sage, Sweet Marjoram, Rosemary



CROWN

Sahasrara



Awareness, Divinity, Spirituality

- **Location:** Top of Head
- **Color:** Violet
- **Element:** Thought
- **Seed Sound:** AH
- **Gland:** Pituitary

I know

Affirmations:

*I am infinite
I am divine
I am at peace*

Balanced:

Trusting The Divine, Feeling Of Oneness

Unbalanced:

Feeling Lost, Feeling Lack Of Purpose

Crystals & Stones:

Amethyst, Clear Quartz, Selenite, Howlite, Labradorite, Lepidolite

Essential Oils:

Spikenard, Palo Santo, Camphor, Frankincense, Lotus