



ROOT

Muladhara



Security, Safety, Survival

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



SACRAL

Svadhithana



Creativity, Sexuality, Pleasure

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



SOLAR PLEXUS

Manipura



Self-Esteem, Confidence, Inner Power

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



HEART

Anahata



Love, Compassion, Kindness

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



THROAT

Vishuddha



Expression, Communication, Truth

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



THIRD EYE

Ajna



Intuition, Imagination, Perception

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



CROWN

Sahasrara



Awareness, Divinity, Spirituality

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



Red Jasper



Carnelian



Smoky Quartz



Black Tourmaline



Black Onyx



Carnelian



Citrine



Orange Calcite



Sunstone



Tiger's Eye



Citrine



Pyrite



Yellow Jasper



Tiger's Eye



Amber



Rose Quartz



Rhodochrosite



Green Jade



Aventurine



Amazonite



Turquoise



Aquamarine



Chrysocolla



Blue Lace Agate



Angelite



Azurite



Lapis Lazuli



Sodalite



Celestite



Labradorite



Amethyst



Clear Quartz



Selenite



Howlite



Moonstone