

Chakra Chart

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CHAKRA	LOCATION	COLOR	ORGANS/GLANDS	ISSUE	BALANCED	OVERACTIVE	UNDERACTIVE	MALFUNCTIONS
1								
Root	Tailbone, base of spin	Red	Spine, bladder,blood, kidneys, male reproductive, organs, vagina, legs, feet	Survival needs, tribal mores & family beliefs, the right to have	Foundation of everything else when working on higher levels, solid, grounded in physical world, underlies all success in physical world trusting, centered	Bossy, domineering, big ego, greedy, violent, cunning	Unloved, sexually inadequate, frustrated fearful, shy, unsure	Obesity, hemoroids, frequent illness, frequent fears, inability to focus, inability to be still, knee troubles
2								
Sacral	Abdomen, Low back, hips	Orange	Lymphatic & circulatory sys, reproductive organs	Sexuality, emotions, the right to feel	Friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty, cleansing power, especially in imbalanced emotional personality	Need power, manipulative, craving	Shy, guilty, afraid to interact, lost, overly concerned about what others think	Stiffness, sexual problems, isolation, emotional instability
3								
Solar Plexas	Between the sternum and the navel	Yellow	Nervouse system, stomach, liver, large inestine, gall bladder, pancreas, adrenal glands,	Power, energy, right to act	Respect for self & others, confident, outgoing, problem solving, calm, integrity, fire in the belly, joy, anger, solar energy in us to create, merge higher & lower chakras for full transformation	Judgmental, stubborn, critical, bully	Low self esteem, apathetic, procrastinate, taken advantage of, not knowing what to do	Ulcers, timitidty, fatigue, digestive troubles

Chakra Chart

4								
Heart	Center of chest	Green	Circulatory system, arms, hands, respiratory system, shoulders, ribs, thymus gland, breasts, diaphragm, immune system,	Love, right to love	Loved, loving, empathetic contagiously good vibe, guiding light for every thing, balance above and below chakras, center pt of primary emotional energy of universe	Entitlement, jealousy, blaming others, giving too much	Unloved, self pity, fear of rejection, neediness, clinginess, uncertainty	Loneliness, codependence
5								
Throat	Base of the throat	Blue	Thyroid gland, larynx, ears, trachea, nose, teeth, mouth, throat, carotid arteries, parathyroid, nervous system, metabolism & muscle control	Communication, right to speak & hear	Can express self, speaks truth, creative, main vehicle awakening for empowering all other chakras, talking, dreams & imagination, bridges feelings & thinking	Speaking too much, boring others, seen as criticizing, stubborn	Can't express self, afraid to speak in public, cannot	Sore throats, stiff neck, colds, poor communication
6								
3rd Eye	Brow, center of forehead	Indigo Blue	Pineal gland, eyes, nose, ears, skeletal system, entire function of body & mind at higher levels	Intuition, true wisdom, right to see	Intuitive, charismatic, can meditate, knows one's purpose, seen as wise, heals emotional disorders, balance nervous system,	Spaced out, lost, worrying, seen as living in a fantasy world	Can't see the bigger picture, can be easily influenced, confused about one's purpose, doubting oneself	Headaches, nightmares, vision problems
7								
Crown	Top of the head	Violet	Brain, nervous system, pituitary gland	Understanding, insight, right to know	Grounded, centered, belonging to this world, trusting, independent, alive, poised, connection to spirit	Bossy, domineering,, big ego, greedy, violent, cunning	Unloved, sexually inadequate, frustrated, fearful, shy, unsure	Apathy, overly intellectual,, confusion