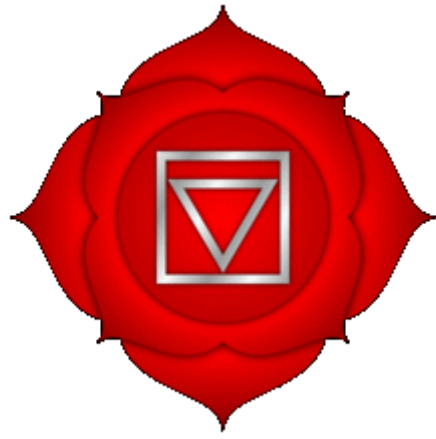


# Your Quick Reference Chakra Guide

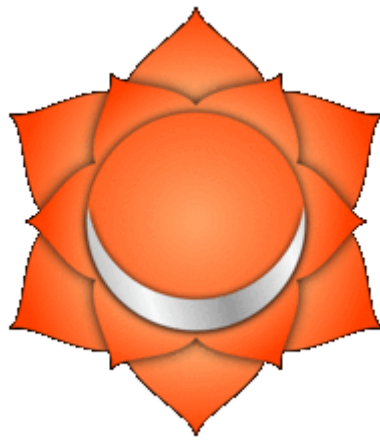


The seven chakras are spiritual parts of the body that allow energy to flow through. When energy becomes blocked this is often when we become ill and so it is good to keep the energy flowing through them at all times.

The chakras themselves align with the spine and the following guide will teach you everything you need to know for each chakra



<b>Chakra</b>	Root
<b>Colour</b>	Red
<b>Position</b>	Base of Spine
<b>Meaning and Energy</b>	Feeling of being grounded, basic survival instincts and reproduction
<b>Crystals</b>	<u><a href="#">Black Obsidian</a>, <u><a href="#">Hematite</a>, <u><a href="#">Red Jasper</a>, <u><a href="#">Black Tourmaline</a></u></u></u></u>
<b>Essential Oil</b>	<u><a href="#">Patchouli</a>, <u><a href="#">Sandalwood</a></u></u>
<b>Sanskrit Name</b>	Muladhara
<b>Symptoms when imbalanced</b>	Lower Back Pain, Constipation, Anxious, Insecurity



**Chakra**

Sacral

**Colour**

Orange

**Position**

Lower Abdomen

**Meaning and Energy**

Our connection and ability to accept others, well-being

**Crystals**

Carnelian, Sunstone, Goldstone, Orange Selenite

**Essential Oil**

Ylang Ylang, Clary Sage

**Sanskrit Name**

Svadisthana

**Symptoms when imbalanced**

Kidney and Urinary problems, Eating Disorders, Addictions



<b>Chakra</b>	Solar Plexus
<b>Colour</b>	Yellow
<b>Position</b>	Upper Abdomen
<b>Meaning and Energy</b>	Confidence and control, self-worth and self-esteem
<b>Crystals</b>	<u>Citrine, Gold Tiger's Eye, Yellow Jasper, Yellow Calcite</u>
<b>Essential Oil</b>	<u>Cedarwood, Grapefruit</u>
<b>Sanskrit Name</b>	Manipura
<b>Symptoms when imbalanced</b>	Lack of Concentration, Indigestion, Skin Conditions



<b>Chakra</b>	Heart
<b>Colour</b>	Green/ Pink
<b>Position</b>	Heart
<b>Meaning and Energy</b>	Our ability to love
<b>Crystals</b>	<u>Rose Quartz, Green Aventurine, Unakite, Malachite</u>
<b>Essential Oil</b>	<u>Rose, Bergamot</u>
<b>Sanskrit Name</b>	Anahata
<b>Symptoms when imbalanced</b>	Unforgiving, Distrustful, respiratory problems, Shoulder pain



**Chakra**

Throat

**Colour**

Blue

**Position**

Throat

**Meaning and Energy**

Our ability to communicate and express ourselves

**Crystals**

[Angelite, Blue](#)  
[Quartz, Amazonite, Blue](#)  
[Calcite](#)

**Essential Oil**

[Eucalyptus, Cypress](#)

**Sanskrit Name**

Vishuddha

**Symptoms when imbalanced**

Nervousness & Isolation,  
Thyroid imbalances, Mouth  
problems, Colds & Flu, Mood  
Swings



<b>Chakra</b>	Third Eye
<b>Colour</b>	Indigo
<b>Position</b>	Between the eyes
<b>Meaning and Energy</b>	Focus, decision-making, the ability to think and use our intuition
<b>Crystals</b>	<a href="#">Lapis Lazuli</a> , <a href="#">Dumortierite</a> , <a href="#">Lepidolite</a> , <a href="#">Sodalite</a>
<b>Essential Oil</b>	<a href="#">Lavender</a> , <a href="#">Rosemary</a>
<b>Sanskrit Name</b>	Ajna
<b>Symptoms when imbalanced</b>	Sleep disorders, Eye and Ear problems, Nightmares



<b>Chakra</b>	Crown
<b>Colour</b>	Violet/White
<b>Position</b>	Top of the head
<b>Meaning and Energy</b>	Our spiritual connection, completeness and beauty
<b>Crystals</b>	<u><a href="#">Clear Quartz</a>, <u><a href="#">Selenite</a>, <u><a href="#">Labradorite</a>, <u><a href="#">Amethyst</a></u></u></u></u>
<b>Essential Oil</b>	<u><a href="#">Frankincense</a>, <u><a href="#">Jasmine</a></u></u>
<b>Sanskrit Name</b>	Sahasrara
<b>Symptoms When Imbalanced</b>	Headaches, Migraines, Light sensitivity, Neurological problems, Dementia, Confusion