

# CHAKRA CHART



CHAKRA	COLOR	ELEMENT	FUNCTION	EMOTION	ANS NERVE PLEXI	ENDOCRINE GLAND & ORGAN	SPINAL LOCATION	FOOD	CRYSTAL FOR BALANCING
CROWN	WHITE		SUPER-CONSCIOUSNESS			PINEAL	ANTERIOR FONTANELLE (CRANIUM)		CLEAR QUARTZ
BROW	VIOLET		INTUITIVE VISION			PITUITARY	OCCIPITAL-ATLAS JUNCTION		AMETHYST
THROAT	BLUE	ETHER	VOICE	CREATIVITY; EXPRESSION; GRIEF	PHARANGIAL PLEXUS	THYROID THROAT; MOUTH	CERVICAL-THORACIC JUNCTION		BLUE SODALITE
HEART	GREEN	AIR	RESPIRATION & CIRCULATION	LOVE; LONGING; DESIRE	CARDIAC PLEXUS	THYMUS; HEART; CIRCULATORY SYSTEM; LUNGS	APEX OF THORACIC CURVE	FRUIT, NUTS SEEDS	GREEN AVENTURINE OR ROSE QUARTZ
NAVEL	YELLOW	FIRE	DIGESTION; VITALIZES SYMPATHETIC NERVOUS SYSTEM	POWER; WILL; ANGER	SOLAR PLEXUS	PANCREAS STOMACH; LIVER; GALLBLADDER	THORACIC-LUMBAR JUNCTION	LENTILS, BEANS, PEAS, GRAINS, LEGUMES, SUNFLOWER & SESAME SEEDS	CITRINE
SACRAL	ORANGE	WATER	GENERATIVE; ASSIMILATION OF FOOD; SEXUALITY	EMOTIONAL DRIVE; SEXUAL IDENTITY; REPRODUCTIVE URGES ATTACHMENTS	HYPogaSTRIC (SACRAL) PLEXUS	GENITALS/ GONADS BLADDER; SPLEEN	LUMBO-SACRAL JUNCTION	LEAFY GREENS, CUCUMBER, MELONS, SQUASH, MARROWS,	CARNELIAN
ROOT	RED	EARTH	ELIMINATIVE	SURVIVAL; FEAR; INSTINCTS	COCCYGEAL PLEXUS	ADRENALS COLON; BONES	SACRO-COCCYGEAL JUNCTION	ROOT VEGETABLES, TUBERS, HERB ROOTS, SQUASH, TARO, BEETS, POTATO, CARROTS, ONIONS	SMOKEY QUARTZ