

# Chakras: Our Wheels Of Life

Chakra Location	Related Anatomy	Related Physical Health issues	Emotional/Mental Aspect	Ways to Balance	Affirmations	Crystals
<b>Crown</b>	Skull, Brain, Cerebral cortex	Autism, brain tumor, amnesia, Alzheimer's, nervous system issues, learning disabilities	Spiritual Love, peace, serenity, harmony, consciousness, higher thought, wisdom	Meditate, purple/white use through clothing, decorations, food, etc., mental exercises, Reiki	I am connected to the divine source of the universe. I am light.	Amethyst, clear quartz, diamond, fluorite, selenite, topaz
<b>Third eye</b>	Brain, nerves, forehead, eyes, nose, pituitary and pineal glands	Headaches & migraines, nasal congestion, sinus infections, strokes, head injury, depression, insomnia	Intuition, imagination, clairvoyance, visionary, psychic abilities, insight, purpose	Get a facial & neck massage, use indigo blue through clothes, food, decorations, Reiki	I trust my intuition and listen to its guidance	Lapis Lazuli, Blue Aventurine, Sodalite, azurite, Celestine, opal, titanium
<b>Throat</b>	Throat, esophagus, neck, thyroid, mouth, teeth, cervical spine	Laryngitis, sore throat, jaw pain, stiff neck, hearing loss, tinnitus, hypothyroidism	Communication, Expression, Authenticity, Openness,	Neck and shoulder massage, sing, make noises, music, use blue through clothes, food, decorations, Reiki	I speak my truth with love and authenticity as I live the life, which brings me happiness and joy.	Blue agate, lapis Lazuli, Turquoise, angelite, blue quartz, sapphire
<b>Heart</b>	Heart, lungs, shoulders, chest, thymus gland, lymph and immune system, allergy, blood pressure, circulation	Angina, heart attack, heart disease, asthma, shortness of breath, immune disorders, shoulder and arm pain	Empathy, love, sharing, trust, compassion, connection, growth, healing, forgiveness	Deep breathing, exercise, hugging, volunteer work, smiling, use green through clothes, food, decorations, nature walks, Reiki	I forgive myself. I'm ready to create my new reality with love and happiness	Green aventurine, rose quartz, tourmaline, gold, copper, jade, pink opal,
<b>Solar</b>	Stomach, upper intestines, middle back, liver, pancreas, gall bladder, muscles	Stress, addictions, muscle spasms, chronic fatigue, stomach issues	Will power, ego, empowerment, self control	Counseling, active exercise, cleaning, yoga, superhero pose, use yellow through clothes, food, decorations, Reiki	I accept myself as I am because I'm worthy	Golden quartz, citrine, amber, calcite, aragonite, gold
<b>Sacral</b>	Abdomen, reproductive organs, kidneys, bladder	Lower back pain, menstrual or menopause challenges, fertility issues, bladder infections, kidney stones	Spontaneity, passion, creativity, desire, relationships, emotional needs, staying in the flow, intimacy, abundance	Dance, swimming, creative, counseling, passionate sex, positive emotional relationships, use orange through clothes, food, decorations, Reiki	I am sexy, creative, joyful, unconditionally loved, and comfortable in my skin	Calcite (orange) carnelian, ruby, orgone, tiger's eye
<b>Root</b>	Sacrum, adrenal glands, feet, knees, hips, bones, large intestine, anus, skin	Pain in hip, knees, feet, legs, constipation, skin issues, bowel problems	Security, physical needs, grounded, safety, survival, sexuality	Barefoot on ground, massage, exercise, drumming or pounding feet, use red through clothes, food, decorations, Reiki	I'm secure and all of my needs are met as I'm connected and grounded with Mother Earth	Red Jasper, hematite, Smoky quartz, copper, obsidian

# Chakras: *Our Wheels Of Life*



## Crown Chakra- Top of Head

- +Spiritual awareness, faith, peace of mind, acceptance
- Trust issues, spiritual disconnect, lack of faith

## Third Eye Chakra- upper forehead

- +Intuitive, life's purpose, meditative practice, dreams
- Headaches, doubtful, forgetful, analytical, unfocused

## Throat Chakra: Throat, nose, ears & mouth

- +Able to express self, speak confidently, authentic
- Lies often, speaks softly, un trusting, low self expression

## Heart: Chest

- +Compassion, loving, giving, happy, trusting, forgive.
- Fear, grief, sadness, lack of love, repressed feelings

## Solar: Abdomen

- +Confident, boundaries. independence, self-esteem
- Fear, control issues, boundaries, relationship, isolate

## Sacral: Below below button-pelvis

- +Creative, sensual, sexual confidence, joy, passion.
- 4 Fs, sexual issues, body, emotional connection

## Root: Tailbone & Legs

- +Security in home, job, community, & finance.
- Fear, survival mode, abandonment, lack of security

The Chakras are our energetic wheels of life. Imbalances can lead to physical, mental, emotional, and spiritual challenges.