

## Chakra Quick Guide

<i>chakra</i>	<i>location</i>	<i>aspect</i>	<i>qualities</i>	<i>color &amp; shape</i>	<i>music</i>	<i>Metals/gems</i>	<i>essential oils</i>
<b>Muladhara</b> Root  <i>Live with integrity</i>	base of spine	shelter nourishment	security patience structure	red cube	rhythmic drums	ruby bloodstone hematite	cinnamon garlic sandalwood
<b>Svadhithana</b> Sacral  <i>Love your life</i>	between naval & pelvis	physical health well-being Immune system	sexuality sensuality pleasure abundance	orange pyramid	Latin	onyx Tiger's eye carnelian	jasmine orange blossom neroli
<b>Manipura</b> Solar plexus  <i>I am worthy</i>	over stomach	ego personal-identity	worthiness self-esteem confidence	yellow globe	marches	amber citrine topaz	lemon grapefruit juniper
<b>Anahata</b> Heart  <i>Give &amp; accept love</i>	middle of chest	energy vitality love	peace purity brother/sisterhood love	green crescent moon	choral	rose quartz diamond peridot	rose lily of the valley carnation
<b>Vishuddha</b> Throat  <i>Live in your truth</i>	throat	self-expression, speaking	creativity communication integrity truthfulness	turquoise inverted pyramid	opera	turquoise aqua marine blue agate	blue-chamomile gardenia ylang ylang
<b>Ajna</b> Brow  <i>Align yourself to the highest good</i>	between eyebrows	center for thinking/ideas	wisdom discernment intuition imagination knowledge	indigo 5-pointed star	classical	sapphire tanzanite lapis lazuli	camphor sweet pea heliotrope
<b>Sahasrara</b> Crown  <i>God is within</i>	top of head	spirituality	grace serenity oneness	violet round skullcap	Indian ragas	amethyst alexandrite	violet lavender lotus elemi