

Location	Root Base of Spine Legs Bones Immune System	Sacral Pelvis Low Back Abdomen Ovaries & Prostate	Solar Plexus Pancreas & Adrenals	Heart Heart, Lungs, Arms, Thymus	Throat Throat, Mouth, Ears, Hands, Thyroid	Third Eye Brow Between Eyebrows, Pineal, Pituitary	Crown Top of Head
Element	Earth	Water	Fire	Air	Ether/Sound	Mind/Light	
Crystal	Garnet Red Jasper	Moonstone Carnelian	Citrine Tigers Eye	Rose Quartz Aventurine	Blue Lace Agate	Sodalite Lapis	Clear Quartz Amethyst
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet/White
Balance Color	Green	Blue	Violet	Red	Orange	Yellow (deep)	Yellow (light)
Lesson	Self-Preservation	Self-Gratification	Self- Definition	Self-Acceptance	Self-Expression	Self-Reflection	Self-Knowledge
Rights & Respons- ibility	To have To be here I AM.	To feel To want To create I AM Feeling.	To act I AM Feeling & Thinking.	To love To be loved I AM Feeling & Thinking Lovingly.	To create To speak To be heard I AM Feeling, Thinking, & Lovingly Expressing.	To see To witness I AM Feeling, Thinking, & Lovingly Expressing My Vision.	To know I AM Feeling, Thinking, & Lovingly Expressing My Vision of Divine Purpose.
Balanced Chakra Energy	I feel safe & secure. I am physically healthy. I am prosperous. I live in the here and now. I am able to be still. I Am.	Emotional intelligence. Nurtures self & others. Healthy Boundaries. Feels pain & pleasure. Embraces balance. Sensual. Sexual.	Self-Confident, good self- esteem, right action, healthy boundaries, responsible, disciplined, creative	Loving, Caring, Compassionate, Accepting. Peaceful, Content, Centered, Trusting, Discernment	Voice that is full, resonant, communicates clearly. Good Self-expression. Good Listener. Truthful, creative expression.	Keen Intuition, Insightful. Imaginative. Memory and Dream recall. Guiding Vision for life. Sees the big picture.	Spiritually Connected. Wisdom and Mastery. Intelligence. Presence. Able to question, assimilate, & analyze info. Open Mind.
Musical Note	C Drum	D Brass	E Sax	F Violin	G Flute	A Crystal Bowl	B Voice
Mantra	Lam	Vam	Ram	Yam	Ham	Om	'Ing' or 'Eee'
Healing Activities	Walking, Hiking Gardening, working w/hands, Doing	Water activities, Flexibility, Dance, Enjoy, Move	All Movement, Spiral & Release Anger, Laugh, Balance	Breathe, Complete self-acceptance of self & others, Forgive, Gratitude, Love	Chanting, Singing, Being silent. Listen or Create Music, Journal	Meditate, Enjoy, Create Beauty Visual stimulation Journal	Meditate, pray, learn, create, Experience beauty, Define own beliefs & values.

