








The 7 Major Chakras Kerri Bailey, Herbal Elements 2009

What are Chakras? *Chakra* is an ancient Sanskrit word for “turning wheel”. Chakras are revolving energy centers in the body that influence our physical, emotional & spiritual health & well being. They are like mini suns spinning and radiating vibration energy.

Why work with Chakras? When we awaken our chakras we activate a level of awareness helping to loosen blockages and eventually loosing our problems. Working with our individual chakras aids in promoting spiritual development & revealing our true potential.

CHAKRA	COLOR	POSITION ON BODY	CRYSTAL/ GEM STONE	ESSENTAIL OIL	HERBS	FLOWER ESSENCE
7. CROWN 	Violet White	Top of Head	Quartz, Amethyst Alexandrite, Fluorite	Incense Rosewood	Violet Lavender	Rose Chestnut
6. BROW 	Indigo Dark Blue	Brow Forehead	Sapphire, Amethyst Lapis Lazuli, Azurite	Lemon Grass	Bay Laurel Spruce	Vine, Crab Apple
5. THROAT 	Blue	Larynx	Turquoise Aquamarine, Topaz Sodalite, Blue Agate	Eucalyptus Mint, Sage	 Pepper- Mint	Agrimony Cerato Mimulus
4. HEART 	Green/ Pink	Center of Chest	Aventurine Emerald, Peridot Rose Quartz, Jade	Rose, Jasmine	Thyme Carnation	Willow Chicory
3. SOLAR PLEXUS 	Yellow	Above Naval	Tiger's Eye, Topaz Amber, Citrine Yellow Jasper	Anise Lemon Lavender	Juniper Chamomile Fennel	Impatiens Hornbeam
2. SACRAL 	Orange	Below Naval	Tiger's Eye Carnelian, Gold Topaz Agate, Coral, Opal	 Orange Myrrh	Yarrow Parsley Pepper	Oak Olive Pine
1. ROOT 	Red	Tail Bone	Blood Stone, Ruby Garnet, Hematite Red Jasper	Cloves Cedar Rosemary	 Sage Ginger	Clematis Rock- rose



BODY FUNCTION MENTAL / PHYSICAL POSITIVE / NEGATIVE

7.CROWN	Brain, Pineal gland Entire body Enlightenment	Nervous, Sleep, & Immune Depression Confusion	Cancer, Chronic Illness Ears Eyes	Spirituality Divine/Grace Connection "The Guru" Self Realization Serenity	Superstition Illusions Apathy "The Egotist"
6. BROW	Hormones Nervous System Pituitary Gland Ears, Eyes, Nose Wisdom	Mental Illness Anxiety Poor Concentration Learning Disabilities	Headaches Sinusitis Colds Ears Eyes	Intuition Healing Energy Imagination Wise Self- Confidence	Power Hungry Irresponsibility "The Intellectual" Over- Confidence
5.THROAT	Throat, Neck Thyroid Shoulders Truth	Lack of Expression Shyness Nervousness Indifference	Thyroid Speech Defects Throat Dental & Periodontal Neck & Shoulder Pain	Musically Talented Strong Voice Inspiration Creativity	Gossip Manipulative Needy Attention/ Admiration Seeking Intolerance
4. HEART	Heart, Lungs, Blood Arms, Hands Immune System Love	Lack of feeling Indifference Hi/Lo Blood Press./Cholesterol Heart/Lung Diseases Poor Boundaries Relationship Problems	Colds Allergies Heart/Lung Diseases Skin	Love Kindness Peace Empathy Humanity Remembering the Good	Narcissism Bitterness Arrogance Actor/Actress Conditional/Judge
3. SOLAR PLEXUS	Stomach, Digestion Small Intestine Liver, Pancreas Sense of Self	Aggression Insecurity Sleep Disorders Nightmares	Diabetes Obesity/Anorexia Ulcers Backache Stomach / Digestive	Focus of Goals Will Power Sensitivity Spontaneity Empowered Emotionally Balanced(Warrior)	Jealousy Self Pity Sentimental "The Servant" Seeks Confirmation Emotionally Balanced(Warrior)
2.SACRAL	Sexual Organs, ANS Kidneys, Bladder Blood Circulation Creativity	Addiction Lack of Sex Drive Mental Weakness Severe Mood Swings Reproductive Issues Hormone Imbalance	Decreased Immune Impotence Kidney Hormone Imbalance	Zest for Life Vitality Creativity Develop One's Potential Self Love/Respect	Compulsiveness Lack of Focus / Drive "the Martyr" Self Punishing Guilt
1. ROOT	Pelvis, Colon Nails, Teeth, Bones Suprarenal Glands Basic Trust	Lack of Trust Disorientation Basic Fear Unstable	Varicose Veins Constipation Back Pain Hemorrhoids Anemia Bone Disease	Endurance Will to Live "The Mother" Connection with Nature Security	Egoism Invalidated "the Victim" Lack of Self Control