



ROOT CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

BASE OF THE SPINE

COLOR

RED

DAY OF THE WEEK

TUESDAY

EMOTIONAL COMPONENT

FEAR

MUSICAL NOTE AND SCALE

“C” NOTE AND “DOE”

ATTRIBUTES

VITALITY, COURAGE,
SELF-CONFIDENCE

AFFIRMATION

I AM ROOTED IN LIFE AND IN MYSELF.

I AM SAFE, STABLE, AND SECURE

GEMSTONES

BLOODSTONE
GARNET
HEMATITE
OPAL
RED AGATE
RED JASPER
RED TIGER'S EYE
ROSE QUARTZ
RUBY
TOPAZ

FOOD

BEETS
EGGPLANT
RADISHES
RED CABBAGE
RED MEAT
RED ONIONS
RED PEPPERS
SALMON
SPINACH
STRAWBERRIES
WATERMELON
YAMS

ESSENTIAL OIL

CEDARWOOD
GERANIUM
JASMINE
JUNIPER
LEMONGRASS
MELISSA
MYRRH
ORANGE
PETITGRAIN
ROSE
SANDALWOOD
TANGERINE
YLANG YLANG

~DEALS WITH ISSUES IN THESE CATEGORIES~

APPROPRIATE BOUNDARIES

GROUNDING

NOURISHMENT

PROSPERITY

SHELTER

~HARMONIOUS FUNCTION WHEN IN BALANCE~

COMFORTABLE IN THE BODY

PROSPERITY

SENSE OF TRUST IN THE WORLD

VITALITY

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

DISORGANIZED

FEELING DISCONNECTED FROM THE BODY

LACK OF STAMINA

POOR FOCUS AND DISCIPLINE

~OUT OF BALANCE WITH EXCESS ENERGY~

ADDICTION TO SECURITY

HOARDING AND GREED

RIGID BOUNDARIES

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



SACRAL CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

LOWER ABDOMEN

COLOR

ORANGE

DAY OF THE WEEK

SUNDAY

EMOTIONAL COMPONENT

GUILT

MUSICAL NOTE AND SCALE

“C#” AND “D” NOTE AND “RE”

ATTRIBUTES

HAPPINESS, CONFIDENCE,
RESOURCEFULNESS

AFFIRMATION

I OPEN MYSELF TO OTHERS NATURALLY.

I HAVE THE POWER TO CREATE AND TRANSFORM.

GEMSTONES

CARNELIAN
COPPER
CORAL
GOLDSTONE
TIGER'S EYE

FOOD

APRICOTS
CARROTS
MANDARINS
MANGOES
MELONS
ORANGE PEPPERS
ORANGES
PAPAYAS
PEACHES

ESSENTIAL OIL

ANGELICA
BERGAMOT
CEDARWOOD
GERANIUM
LEMONGRASS
MELISSA
ORANGE
PETITGRAIN
TANGERINE

~DEALS WITH ISSUES IN THESE CATEGORIES~

CHANGE
DUALITY
FLOW
MOVEMENT
SENSATION
THE SHADOW

~HARMONIOUS FUNCTION WHEN IN BALANCE~

ABILITY TO CHANGE
ABILITY TO EXPERIENCE PLEASURE
ABILITY TO NURTURE SELF AND OTHERS

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

DENIAL OF PLEASURE
FEAR OF CHANGE
FRIGIDITY
POOR FOCUS AND DISCIPLINE

~OUT OF BALANCE WITH EXCESS ENERGY~

ADDICTION TO PLEASURE
OBSESSIVE ATTACHMENT
SEXUAL ACTING OUT

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



SOLAR PLEXUS CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

SOLAR PLEXUS

COLOR

YELLOW

DAY OF THE WEEK

FRIDAY

EMOTIONAL COMPONENT

SHAME

MUSICAL NOTE AND SCALE

“EB” “E” NOTE AND “ME”

ATTRIBUTES

WISDOM, CLARITY,
SELF-ESTEEM

AFFIRMATION

I ACCEPT MYSELF COMPLETELY.

MY PERSONAL POWER IS GROWING STRONGER.

GEMSTONES

AMBER
CITRINE
EMERALD
GOLD
SUNSTONE
TIGER’S EYE
TOPAZ

FOOD

BANANAS
BUTTER
CORN
EGGS
GRAPEFRUIT
LEMONS
MELONS
OLIVE OIL

ESSENTIAL OIL

BERGAMOT
FENNEL
GRAPEFRUIT
LEMON
LEMONGRASS
MARIGOLD
PETITGRAIN
ROSEMARY

~DEALS WITH ISSUES IN THESE CATEGORIES~

ACTIVITY
AUTONOMY
INDIVIDUATION
PRO-ACTIVITY
SHAME

~HARMONIOUS FUNCTION WHEN IN BALANCE~

ABILITY TO MEET CHALLENGES
FEELING OF PEACE, BALANCE, AND INNER HARMONY
SPONTANEITY, PLAYFULNESS AND A SENSE OF HUMOR

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

POOR DISCIPLINE AND FOLLOW THROUGH
VICTIM MENTALITY
BLAMING OTHERS

~OUT OF BALANCE WITH EXCESS ENERGY~

COMPETITIVE DRIVE AND AMBITION
NEED TO BE RIGHT AND HAVE THE LAST WORD
TEMPER TANTRUMS AND VIOLENT OUTBURSTS

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



HEART CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

HEART

COLOR

GREEN

DAY OF THE WEEK

MONDAY

EMOTIONAL COMPONENT

GRIEF

MUSICAL NOTE AND SCALE

“F” “F#” NOTE AND “FA”

ATTRIBUTES

BALANCE, LOVE,
SELF CONTROL

AFFIRMATION

I AM AN OPEN CHANNEL FOR DIVINE LOVE.
I OPEN MY HEART AND SHARE IT WITH OTHERS

GEMSTONES

AMETHYST
AVENTURINE
AZURITE
EMERALD
GREEN AGATE
GREEN CALCITE
JADE
MALACHITE
MOONSTONE
PERIDOT
ROSE QUARTZ
TOURMALINE
TURQUOISE

FOOD

AVOCADOS
BEANS
BROCCOLI
CUCUMBER
GREEN SALADS
PEAS

ESSENTIAL OIL

ANGELICA
CEDARWOOD
EUCALYPTUS
FIR
GERANIUM
MELISSA
PEPPERMINT
PINE
ROSE
ROSEWOOD

~DEALS WITH ISSUES IN THESE CATEGORIES~

BALANCE
INTIMACY
REACHING OUT AND TAKING IN
SELF LOVE

~HARMONIOUS FUNCTION WHEN IN BALANCE~

COMPASSION AND WILLINGNESS TO HELP
PEACEFUL AND BALANCED
STRONG CONNECTION TO ALL OF LIFE

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

ANTI-SOCIAL AND WITHDRAWN
FEAR OF REJECTION
LACK OF EMPATHY

~OUT OF BALANCE WITH EXCESS ENERGY~

CLINGING
DEMANDING
OVER-SACRIFICING

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



THROAT CHAKRA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

THROAT

COLOR

BLUE

DAY OF THE WEEK

THURSDAY

EMOTIONAL COMPONENT

LIES

MUSICAL NOTE AND SCALE

“G” “G#” AND “SO”

ATTRIBUTES

KNOWLEDGE, HEALTH,
COMMUNICATION

AFFIRMATION

I EXPRESS MYSELF FREELY AND EASILY.

I COMMUNICATE MY THOUGHTS CLEARLY

GEMSTONES

AQUAMARINE
BLUE LACE AGATE
KYANITE
LAPIS LAZULI
SAPPHIRE
SODALITE
TURQUOISE

FOOD

ASPARAGUS
BLACKBERRIES
BLUEBERRIES
FISH
PLUMS
POTATOES

ESSENTIAL OIL

CYPRUS
GERANIUM
LEMON
MINT
PEPPER
SWEET BIRCH

~DEALS WITH ISSUES IN THESE CATEGORIES~

COMMUNICATION
FINDING ONE'S OWN VOICE
RESONANCE

~HARMONIOUS FUNCTION WHEN IN BALANCE~

COLORFUL AND CLEAR SPEECH IMAGINATIVE
OPENLY ABLE TO EXPRESS FEELINGS AND THOUGHTS
TRUSTING YOUR INNER GUIDANCE

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

DIFFICULTY PUTTING FEELINGS INTO WORDS
NOT TRUSTING INTUITIVE POWERS
SHY, QUIET, AND WITHDRAWN

~OUT OF BALANCE WITH EXCESS ENERGY~

APPEAR STRONG AT ALL COST
INABILITY TO LISTEN
TALKING AS A DEFENSE

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



BROW CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

FOREHEAD

COLOR

INDIGO

DAY OF THE WEEK

SATURDAY

EMOTIONAL COMPONENT

ILLUSION

MUSICAL NOTE AND SCALE

“A” “B” NOTE AND “LA”

ATTRIBUTES

INTUITION, MYSTICISM,
UNDERSTANDING

AFFIRMATION

I AM PERFECTLY ATTUNED TO MY VISION.
I MOVE TOWARDS MY VISION WITH CLARITY.

GEMSTONES

AZURITE
DIAMOND
LAPIS LAZULI
MOONSTONE
QUARTZ CRYSTAL
SILVER

FOOD

BROCCOLI
EGGPLANT
GRAPES

ESSENTIAL OIL

CLOVE
LAVENDER
MAGNOLIA
MYRRH
PATCHOULI
SAGE
TEA TREE
YLANG YLANG

~DEALS WITH ISSUES IN THESE CATEGORIES~

DREAMS
IMAGINATION
VISION
WISDOM

~HARMONIOUS FUNCTION WHEN IN BALANCE~

ADVANCED INTELLECTUAL SKILLS
INSIGHT ABOUT THE WORLD WE LIVE IN
INTUITIVE AND PERCEPTIVE

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

DIFFICULTY IN SEEING THE FUTURE
LACK OF IMAGINATION

~OUT OF BALANCE WITH EXCESS ENERGY~

DELUSIONS
HALLUCINATIONS
OBSESSED

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD



CROWN CHARKA



~BASIC PRINCIPLE~

~SELECTED CORRESPONDENCES~

LOCATION

CEREBRAL CORTEX

COLOR

VIOLET

DAY OF THE WEEK

WEDNESDAY

EMOTIONAL COMPONENT

ATTACHMENT

MUSICAL NOTE AND SCALE

“B” NOTE AND “TI”

ATTRIBUTES

BEAUTY, CREATIVITY,
INSPIRATION

AFFIRMATION

I AM ONE WITH ALL CREATION.

I AM CONSCIOUSLY LIVING MY DIVINE PURPOSE.

GEMSTONES

AMETHYST
DIAMOND
RUBY

FOOD

BROCCOLI
EGGPLANT
GRAPES
KALE
PLUMS

ESSENTIAL OIL

BIRCH
FRANKINCENSE
GARDENIA
LAVENDER

~DEALS WITH ISSUES IN THESE CATEGORIES~

BELIEF SYSTEMS
HIGHER POWER
TRANSCENDENCE

~HARMONIOUS FUNCTION WHEN IN BALANCE~

ABILITY TO PERCEIVE AND ANALYZE
INTELLIGENT, THOUGHTFUL AND AWARE
OPEN MINDED

~OUT OF BALANCE WITH INSUFFICIENT ENERGY~

FEAR OF DEATH
LEARNING DIFFICULTIES
UNCERTAINTY AND LACK OF PURPOSE

~OUT OF BALANCE WITH EXCESS ENERGY~

CONFUSION
OVER INTELLECTUALISM

~MAIN SENSE AND HEALING METHOD~

SENSE

HEALING METHOD