

CHAKRA CORRESPONDENCES

The Chakras are spinning Wheels of energy that lie in the pranic energy body

ROOT CHAKRA (Muladhara)

Endocrine correspondence: gonads

Physical organs: reproductive organs

Function: survival issues, seat of Kundalini, abundance issues

Element: earth

Color: Red

Sound: La

Stones: garnet, obsidian, smoky quartz

Patterns of balance: centered, grounded, lots of vital energy, manifests abundance

Patterns of imbalance: egotistic, greedy, obsessed with material possessions, OR no trust in life, unable to meet goals

Suggested affirmation: "The Universe looks after my needs. I trust life."

NAVEL CHAKRA (Svadhithana)

Endocrine correspondence: spleen

Physical organs: kidneys and spleen

Function: emotions, sexual energy

Element: water

Color: Orange

Sound: Ba

Stones: tiger eye, carnelian

Patterns of balance: friendly, outgoing, concerned for others, loves a belly-laugh

Patterns of imbalance: emotionally explosive, overindulgent and self-serving, OR overly sensitive and self-negating

Suggested affirmation: "My emotions are great teachers; I listen to their lessons and respond to them in loving ways."

SOLAR PLEXUS CHAKRA (Manipura)

Endocrine correspondence: Adrenals

Physical organs: stomach, liver, gall bladder, spine

Function: Power and Creativity

Element: fire

Color: Yellow

Sound: Ra

Stones: citrine, rutile, malachite, topaz

Patterns of balance: sense of personal worth, respects boundaries, expressive, likes to take on challenges, intelligent

Patterns of imbalance: judgemental, workaholic, perfectionist, lacking confidence, and victimised

Suggested affirmation: "I claim my personal power and accept responsibility for all areas of my life."

HEART CHAKRA (Anahata)

Endocrine correspondence: Thymus

Physical organs: heart, lungs

Function: Love, compassion

Element: air

Colors: Green/Pink

Sound: Ym

Stones: rose quartz, kunzite, rhodochrosite, green jade

Patterns of balance: balanced, compassionate, empathic, friendly and outgoing.

Patterns of imbalance: possessive, moody, and melodramatic, OR paranoid, indecisive, afraid of intimacy.

Suggested affirmation: "I am open to give and receive love, freely and effortlessly, releasing the pains of my past."

THROAT CHAKRA (Vishudda)

Endocrine correspondence: Thyroid

Physical organs: throat, lungs

Function: communication, self-expression.

Element: ether

Color: Blue

Sound: Ha

Stones: azurite, sodalight, crysocola

Patterns of balance: content, centered, creative and expressive, lives in present

Patterns of imbalance: arrogant and self-righteous OR scared, quiet and inconsistent

Suggested affirmation: "I express my deepest truth gracefully, respectfully, and confidently."

THIRD EYE CHAKRA (Ajna)

Endocrine correspondence: Pituitary gland

Physical organs: hypothalamus, autonomic nervous system

Function: intuition

Element: telepathic energy

Color: Indigo

Sound: Ah

Stones: lapis lazuli, sugilite, fluorite

Patterns of balance: access to guidance, intuition, past lives, astral travel, charisma

Patterns of imbalance: dogmatic, egotistic, and manipulative, or unassertive, undisciplined.

Suggested affirmation: "I always receive and perceive the guidance I need."

CROWN CHAKRA (Sahasrara)

Endocrine correspondence: Pineal gland

Physical organs: upper brain, right eye

Function: connects us to our higher self and to God

Element: cosmic energy

Color: Violet

Sound: Om

Stones: amethyst, clear quartz

Patterns of balance: Open to Divine, access to conscious and unconscious, able to see the patterns in existence

Patterns of imbalance: fear of spirituality, little joy, fearful of the things we can't understand with our physical senses, migraines, schizophrenia

Suggested affirmation: "I acknowledge and rejoice in my spirituality."