

# 7 CHAKRAS CHEAT SHEET.

Your 7 major Chakras are the gateways that connect you to the Universal Energy that's all around you. When they are balanced, they absorb this energy and send it throughout your physical and spiritual bodies to keep them healthy. When they are unbalanced, you may develop problems in your health, relationships, and life.

## UPPER CHAKRAS (Spiritual Plane)



### 7. Crown Chakra

Color: Violet

Element: Space/Spirit

Location: Above Head

Psychological Function: Spiritual Connection

Body Function: Upper Brain, Right Eye

Aura Layer: Ketheric Template

Balanced: Connection to the Universe, Clear Spiritual Path, Empathy Toward All Beings

Unbalanced: Confusion, Attachment to Material World, Chronic Exhaustion, Spinal Disease



### 6. Third Eye Chakra

Color: Indigo

Element: Light

Location: Forehead

Psychological Function: Intuition

Body Function: Lower Brain, Left Eye, Ears, Nose, Nervous System

Aura Layer: Celestial Body

Balanced: Intuition, Clear Thinking, Ease in Decision Making

Unbalanced: Overly Analytical, Distrusting, Anxious, Insomnia, Migraines, Vision Problems



### 5. Throat Chakra

Color: Blue

Element: Ether

Location: Throat/Neck

Psychological Function: Communication Center

Body Function: Lungs, Vocal Chords, Esophagus, Respiratory System

Aura Layer: Etheric Template Body

Balanced: Clearly Express Ideas, Speak Your Truth, Offer Sound Advice

Unbalanced: Lying, Gossip, Verbal Abuse, Thyroid Disorders, Chronic Neck/Shoulder Pain

## MIDDLE CHAKRA (Bridge Between Planes)



### 4. Heart Chakra

Color: Green

Element: Air

Location: Center of Chest

Psychological Function: Love & Compassion

Body Function: Heart, Blood, Circulatory System, Vagus Nerve

Aura Layer: Astral Level

Balanced: Feelings of Love, Compassion, Caring; Sense of Openness to Life

Unbalanced: Antisocialism, Manipulative Behaviors, Heart Disease, Breathing Problems

## LOWER CHAKRAS (Physical Plane)



### 3. Solar Plexus Chakra

Color: Yellow

Element: Fire

Location: Above Navel

Psychological Function: Willpower

Body Function: Stomach, Liver, Gallbladder, Nervous System

Aura Layer: Mental Body

Balanced: Motivation, Connection to Sense of Purpose, Personal Power

Unbalanced: Poor Self-Esteem, Obsession with Perfection, Judgmental, Digestive Issues



### 2. Sacral Chakra

Color: Orange

Element: Water

Location: Lower Back

Psychological Function: Sexuality & Creativity

Body Function: Reproductive System

Aura Layer: Emotional Body

Balanced: Warm & Friendly Personality, Stable Emotions, Meaningful Relationships

Unbalanced: Rollercoaster of Emotions, Depression, Sexual Dysfunction, Reproductive Issues



### 1. Root Chakra

Color: Red

Element: Earth

Location: Bottom of Tailbone

Psychological Function: Safety & Stability

Body Function: Spinal Column, Kidneys

Aura Layer: Etheric Layer

Balanced: Confidence, Control, Will to Live

Unbalanced: Irrational Fears, Unhealthy Cravings, Constipations, Obesity

