Chakra Chart

	Chakra	Location	Anatomy	Spiritual	Emotional	Color	Note
1	**ROOT or BASE** Base of Spine	Extends from base of spine down to earth. Paired with crown	Spine, Adrenal Gland Kidneys	Our sense of survival and having our needs met.	Physical safety & security, provide for self, stand up for self, law & order	Red	C
2	**SACRAL** Gonads	Extends out through area approx. five inches below navel	Sexual and reproductive organs	Our sexuality, relationships, and personal power.	Blame and guilt, money and sex, power and control, creativity, ethics in relationships	Orange	D
3	**SOLAR PLEXIS** Pancreas	Extends out through area approx. two inches above navel	Pancreas, liver, spleen, stomach & gall bladder	Our place in the universe and storage of emotions.	Trust, fear, personal honor, self-esteem, self-confidence, care for self & others, decision ability	Yellow	E
4	**HEART** Thymus	Extends out from middle of chest	Heart, circulation, immune & endocrine systems	Our center for receiving and giving love. Emotions.	Love and hatred, grief and anger, self-centeredness, forgiveness & compassion, hope & trust, loneliness	Green (pink as secondary)	F
5	**THROAT** Thyroid	Extends out from middle of throat	Metabolism, thyroid, lungs, bronchi, voice & speech	Our center for expression, truth and communication.	Choice & strength of will, personal expression, judgment & criticism, faith & knowledge, addiction	Blue	G
6	**THIRD EYE** Pituitary	Extends out approx. one inch above middle of brows	Nervous system, ears, nose, left eye, and lower brain	Our center for spirituality and psychic awareness.	Self-evaluation, truth, intellectual abilities, feelings of adequacy, open to ideas, ability to learn	Indigo	A
7	**CROWN** Pineal	Extends from crown of head upwards. Paired with base.	Upper brain and right eye	Our access to and connection with God.	Ability to trust life, values, ethics, courage, selflessness, faith & inspiration, spirituality & devotion	Violet & White	B
	Hand or Palm	Extends out from middle of palms	Hands	Our ability to act.		Various	
	Foot or Earth	Extends out from soles of feet	Feet	Our life path and movement.		Brown	