

CHAKRA	FUNCTION	COLOR	SELF CARE
Chakra 1 BASE	Quantity physical energy; will to live. Spine, kidney, adrenal, immune system	RED	Deep relaxation Walking meditation Exercise
Chakra 2 SACRAL	Creativity, sexuality; giving and receiving pleasure; emotions. Gonads, bladder, lower spine	ORANGE	Meditative sense of wellbeing Meditation drawing, writing Dancing sensually
Chakra 3 SOLAR PLEXUS	Sense of place in Universe; Sense of belonging; One's intention towards one's health. Pancreas, digestive organs, nervous system, kidney	YELLOW	Mindfulness mediation Pleasurable dining Self care, all forms
Chakra 4 HEART	Giving and receiving love Ego will towards outer world Heart, blood, circulation, lungs	GREEN	Meditate on rose light Love a flower, animal, person, the earth
Chakra 5 THROAT	Bringing in nourishment for oneself; sense of self in society and profession Thyroid, mouth, throat	BLUE	Chanting, singing Listening to nature sounds
Chakra 6 HEAD	Clear understanding of concepts, practical ways to carry out your ideas. Lower brain, ears, nervous system, pituitary	INDIGO	Become one with spiritual wisdom here on earth. Focus on unconditional love. Do anything that feeds your soul.
Chakra 7 CROWN	Integrating personality and spirituality to access direct knowing. Pineal gland, r. eye, upper brain, muscular, skeletal, skin	WHITE/GOLD	Meditate: Be still and know that I am God. Alignment with purpose in life