

Chakra Chart Information

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Crown - The Seventh Chakra (Color - White violet)

Location - The top of the head · **Purpose** - The seat of the soul · **Focus** - Higher will or knowing · **Emotion** - Bliss
Balanced energy - Miracle worker, in balance with nature, total access to the unconscious and the subconscious.
Excessive energy - Constant sense of frustration, unrealized power, psychotic, depressed, manic-depressive, migraine headaches, destructive sexual expression, sometimes passionate, sometimes distant.
Deficient energy: No spark of joy, catatonic, can't make decisions.
Glands/Organs influenced - Pituitary, pineal, nervous system, brain, cerebral cortex, right eye.
Illness - Stress, worry, hysteria, right-left brain balance, headache, depression.
Gems/Minerals - Amethyst, diamond, sugilite, purple fluorite, quartz crystal.
To balance this chakra - Meditation, guided visualization, peaceful and quiet surroundings helps.

Brow -The Sixth Chakra (Color - Violet)

Location - Between the eyebrows at the center of the brow · **Purpose** - The seat of the mind, center of personality ·
Focus - Visioning, compassion, wisdom · **Emotion** - Dreaming
Balanced energy - Charismatic, can receive guidance, not attached to material things, no fear of death, master of yourself, sexual energy-you no longer need another person to complete yourself.
Excessive energy -Egomaniac, proud, manipulative, religiously dogmatic, authoritarian.
Deficient energy - Non assertive, undisciplined, oversensitive to the feelings of others, afraid of success, schizophrenic (unable to distinguish between Ego self and Higher self).
Glands/Organs influenced - Pineal, pituitary, brain, eyes, ears, nose.
Illness - Confusion, mental illness, bad eyesight, lack of clarity, psychic exhaustion.
Gems/Minerals - Lapis lazuli, azurite, sodalite, quartz crystal, sapphire.
To balance this chakra - Meditate, lay down with a crystal or a small pyramid on your forehead, visualize a indigo blue flame.

5th, 4th and 3rd Chakra

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Throat – The Fifth Chakra (Color – Blue ●)

Location – Base of the throat • **Purpose** – Will to express • **Focus** – Higher emotions • **Emotion** – Expression

Balanced energy – Contented, centered, can live in the present, sense of timing, good speaker, artistic, can meditate and experience Divine Energy. Sexual energy, can seek bliss through meditation.

Excessive energy – Arrogant, self-righteous, talk too much, dogmatic, addictive, sexual energy–macho, prefers partners who can be dominated.

Deficient energy – Scared, timid, hold back, quiet, inconsistent, unreliable, weak, devious, manipulative. Can't express your thoughts, sexual energy–can't relax, feel conflict with your religious upbringing, may be afraid of sex.

Glands/Organs – Thyroid, parathyroid, throat, mouth, teeth.

Illness/problems – Communication and/or speech problems. Knowledge used unwisely, ignorance, lack of discernment, thyroid and immune system problems.

Gems/Minerals – Turquoise, chrysocolla, blue topaz, aquamarine.

To balance this chakra – Sing, chant, hum. Listen to music that you really like. Take a walk and look at the beautiful blue sky and breathe consciously.

Heart – The Fourth Chakra (Color – Green ●)

Location – Above the center of the chest/heart • **Purpose** – Transform • **Focus** – Love, radiance • **Emotion** – Loving

Balanced energy – Compassionate, empathetic, humanitarian, see the good in everyone, desire to nurture others, friendly, outgoing, in touch with feelings, can surrender and merge in a loving relationship. Patient for right match.

Excessive energy – Demanding, overly critical, possessive, moody, melodramatic, manic–depressive, use money or sex to control people, martyr, a master of conditional love, withholder of love to get the desired behavior.

Deficient energy – Paranoia, feel sorry for yourself, indecisive, afraid to let go and be free, negative sexual energy, feel unworthy of love, can't reach out, terrified of rejection, need constant reassurance.

Glands/Organs influenced – Heart, lungs, immune system, thymes gland, lymph glands.

Illness – Heart pain, heart attack, high blood pressure, negativity, fatigue, difficulty breathing, tension, insomnia, anger, paranoia, cancer.

Gems/Minerals – Emerald, green and pink tourmaline, malachite, green jade, green aventurine, rose quartz.

To balance this chakra – Give freely your services, watch tender movies, listen to romantic music, play with baby animals, hold a baby in your arms, give someone a hug, love and forgive yourself.

Solar Plexus – The Third Chakra (Color – Yellow ●)

Location – Center below rib cage • **Purpose** – Seat of the ego • **Focus** – Will to think • **Emotion** – Laughter, anger

Balanced energy – Outgoing, cheerful, self-respect, respect others, strong sense of personal power, skillful, intelligent, relaxed, spontaneous, expressive, take on new challenges, enjoy physical activities and good food.

Excessive energy – Judgmental, workaholic, perfectionist, overly intellectual, may need drugs to relax, sexually inhibited, can't show emotional warmth.

Deficient energy – Depressed, lack of confidence, worry about what others may think, confused, poor digestion, afraid of being alone, insecure (sexually), need constant reassurance, jealous, distrustful.

Glands/Organs influenced – The diaphragm, the breath, adrenals, skin, digestive organs, stomach, duodenum, pancreas, gall bladder, liver.

Illness – Digestive difficulties, gas, food allergies, liver problems, diabetes, over-sexed, gall stones, muscle cramps, spasm, depression, difficulty breathing.

Gems/Minerals – Citrine, gold topaz, amber, tiger eye, gold calcite, and gold.

To balance this chakra – Rub your belly, visualize sunshine radiating out from your solar plexus, breathe using your diaphragm.

2nd, and 1st Chakra

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Sacral or Spleen – The Second Chakra (Color – Orange ●)

Location – Just below navel · **Purpose** – Desire, pleasure, reproduction · **Focus** – Will to feel, to be emotional · **Emotion** – Tears

Balanced energy – Friendly, concerned for others, sense of belonging, intuitive, clairsentient, good sense of humor, radiate warmth and compassionate.

Excessive energy – Emotionally explosive, overly ambitious, manipulative, caught up in illusions, overindulgent, sexual energy see people as sex objects.

Deficient energy – Shy, timid, immobilized by fear, overly sensitive, self negating, burdened by guilt, clinging in relationships, guilty about having sex, abused, frigid or impotent.

Glands/Organs influenced – Skin, kidney, mammary glands, ovaries, testicles, prostate, spleen.

Illness – Weak Kidneys, constipation, muscular cramps, lack of energy, allergies, repression, inhibition, unexplained weight loss.

Gems/Minerals – Carnelian, coral, amber.

To balance this chakra – Express your creativity, dance, move your hips, laugh and have some fun.

Root – The First Chakra (Color – Red ●)

Location – At the base of the spine · **Purpose** – Survival or will to live · **Focus** – Grounding · **Emotion** – Stillness

Balanced energy – Centered, grounded, healthy, fully alive, unlimited physical energy, can manifest abundance.

Excessive energy – Egoistic, domineering, greedy, sadistic, sexual energy entirely genital.

Deficient energy – Lack of confidence weak, can't achieve goals, suicidal, feel unlovable, little interest in sex, masochistic.

Illness – Drug addictions, anemia, cancer, arthritis, heart disease, gynecological problems, Aids, herpes, candida.

Glands/Organs influenced – Adrenals, kidneys, spinal column, colon, legs, bones.

Gems/Minerals – Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, smoky quartz.

To balance this chakra – Dance (helps with grounding), go barefoot outside, clean the house, cook, hug a tree, take care of your plants.

This Chakra Chart Information was compiled from various websites. There is, for sure, much more information that can be found on the subject. Many books, classes and websites have been dedicated to the Chakra and meridian system. This is meant to give general information for the purpose of Reiki Training and Practice work.

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