

Chakra Properties

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1st Chakra: Root Element: Earth **Color:** Red

Governing Issues: safety, survival, nourishment

Body Areas: legs, feet, bones, adrenals, coccyx, back, large intestine, hips

Gems/Stones: ruby, garnet, onyx **Oils:** cedar, bergamot, benzoin, black pepper

Beneficial Activities: walking outside, hiking, gardening, **Food:** Proteins

2nd Chakra: Sacral Element: Water **Color:** Orange

Governing Issues: pleasure, intimacy, sensuality, creativity, change, movement, identity

Body Areas: lower back, hips, reproductive/sexual organs, bladder, kidney, bodily fluids, circulatory system

Gems/Stones: moonstone, carnelian, pearl **Oils:** ginger, sweet orange, ylang-ylang

Beneficial Activities: long baths, massages, pampering yourself **Food:** Liquids

3rd Chakra: Solar Plexus Element: Fire **Color:** Yellow

Governing Issues: power, will, decisions, control, discipline, insight

Body Areas: digestive system, stomach, liver, spleen, gall bladder, pancreas, muscles

Gems/Stones: citrine, rutilated quartz, amber **Oils:** cinnamon, dragon's blood, lemon, vetiver

Beneficial Activities: strength training, aerobics, walking **Food:** Starches, Whole Grains

4th Chakra: Heart Element: Air **Color:** Green (sometimes Pink)

Governing Issues: compassion, kindness, love, forgiveness, self-acceptance

Body Areas: heart, lungs, thymus, arms, hands, circulatory system

Gems/Stones: emerald, jade, rose quartz **Oils:** rose, lavender, eucalyptus, pine

Beneficial Activities: volunteering, poetry, hugging, sharing/giving **Food:** Vegetables

5th Chakra: Throat Element: Ether, Sound **Color:** Blue

Governing Issues: communication, expression, assimilation, manifestation

Body Areas: throat, neck, mouth, teeth, gums, ears, shoulder, thyroid

Gems/Stones: aquamarine, turquoise, carnelian **Oils:** chamomile, sage, rosemary, frankincense

Beneficial Activities: singing, chanting, journaling **Food:** Fruits

6th Chakra: 3rd Eye Element: Light **Color:** Indigo (Violet also)

Governing Issues: intuition, reasoning, sight, dreams, imagination

Body Areas: eyes, brain, pituitary and pineal glands, endocrine system,

Gems/Stones: amethyst, lapis, quartz **Oils:** mugwort, lavender, sage, heliotrope, chamomile

Beneficial Activities: awareness of dreams, following intuitions **Food:** Entheogens

7th Chakra: Crown Element: Energy, Thought **Color:** Violet (White also)

Governing Issues: wisdom, divine connection

Body Areas: central nervous system, brain

Gems/Stones: diamond, quartz, amethyst, sunstone **Oils:** sandalwood, myrrh, birch

Beneficial Activities: Meditation **Food:** None/Fasting