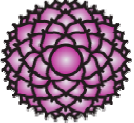








Element Sense	Color	Location	Musical Keynote	Vowel Sound	Associated Glands	Gem Stones	Aromas	Element	Qualities/Functions	Sample Affirmations	Verbs	Foods	Symbol
7 Sahasrara	Violet	Crown	B	Ohm	PINEAL Cerebrum, right brain, central nervous system right eye	Alexandrite Amethyst Clear Quartz Diamond Selenite	Lotus Olibanum Rose Spruce	Space / Thought	Perfection, integration/unity with the omnipresent being, divine wisdom and purpose, universal consciousness, bliss, understanding, enlightenment	<ul style="list-style-type: none"> I am consciously living my divine purpose I am in total harmony, physically, mentally, & spiritually I am one with God & all creation 	I Know	Beet tops, blackberries, eggplant, purple broccoli, purple grapes	
6 Ajna	Indigo	Third Eye	A	Ee	PITUITARY endocrine, left brain, left eye, nose, ears, sinuses & parts of nervous system	Azurite Calcite Lapis Lazuli Sodalite Quartz	Jasmine Mint Mugwort Star anise	Time / Light	Inner vision, intuition, insight, clairvoyance, imagination, extra-sensory perception, idealism, concentration, peace of mind, projection of will, manifestation	<ul style="list-style-type: none"> I am perfectly attuned to my vision I use my imagination for positive, creative purposes I move towards my vision with clarity and purpose 	I see	Both blue and violet foods	
5 Vishuddha	Blue	Throat	G	Eh	THYROID jaw, neck, throat, voice, airways, upper lungs, nape of neck arms	Aquamarine Blue Sapphire Chalcedony Turquoise	Benoin Eucalyptus Frankincense Sage	Life / Sound	Free/creative self-expression, communication, inspiration, confidence, integrity, wisdom, truth, freedom, independence, access to subtler levels of being	<ul style="list-style-type: none"> I freely express my thoughts and feelings I always communicate clearly and effectively I express myself freely and easily 	I Speak	Asparagus, bilberries, blueberries, plums, potatoes	
4 Anahata	Green	Heart	F	Ah	THYMUS heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back hands	Emerald Green Jade Kunzite Rose Quartz Tourmaline	Marjoram Orris root Rose oil Yarrow	Air	Unconditional/divine love and harmony, forgiveness, healing, compassion, understanding, transformation, warmth, sharing, sincerity, devotion, selflessness	<ul style="list-style-type: none"> I am an open channel for divine love I put my heart into everything I do I love opening my heart and sharing it with others 	I Love	Avacado, beans, broccoli, cucumber, green peppers, lettuce, okra, olives, peas, spinach, zucchini	
3 Manipura	Yellow	Solar Plexus	E	O (top)	PANCREAS liver, digestive, stomach, spleen, gall bladder, autonomic nervous system, lower back muscles	Amber Citrine Tiger's Eye Topaz Yellow Sapphire	Bergamot Carnation Lavender Rosemary	Fire	Personal power, social identity, influence, authority, self-control, energy, will, peace, radiance, joy, inner harmony, acceptance of self, strength, action vitality	<ul style="list-style-type: none"> I accept myself completely I am full of radiant light and energy My personal power is growing stronger every day 	I Can	Bananas, corn, eggs, grapefruit, lemons, marrow, parsnips, pinapples, yams, yellow peppers	
2 Swadhisthana	Orange	Sacral	D	O (home)	REPRODUCTIVE ORGANS pelvic area, sex organs, potency, fluid functions, kidneys, bladder	Carnelian Coral Gold calcite Moonstone	Damiana Gardenia Sandalwood Ylang-Ylang	Water	Primal feelings, sexuality, desire, sensuality, procreation, pleasure, awe, enthusiasm, relationships, union with nature, openness to others, personal creativity	<ul style="list-style-type: none"> I feel my creativity streaming through my body, soul and mind My creative / sexual energy has the power to create and transform I open myself to others naturally 	I Feel	Apricots, carrots, mangoes, oranges, peaches, persimmons, pumpkins, tangerines	
1 Muladhara	Red	Root	C	U (ooh)	ADRENAL controls all solid parts - spinal column, bones, teeth, nails. Anus, rectum, colon, prostate, blood & building of cells	Agate Bloodstone Hematite Red Coral Red Garnet Ruby	Cedar Clove Pepper Vetiver	Earth	Full acceptance of life on earth, survival, power to achieve goals, vitality, grounding, satisfaction, material security, stability, primal trust, stillness, courage	<ul style="list-style-type: none"> I am stable, safe, and secure I have unshakable trust. It sustains me. I am rooted in life, and in myself 	I Have	Beets, cherries, red cabbage, red currants, red peppers, red plums, strawberries, tomatoes, wataercress, watermelon	

Meditation focused on balancing and clearing each Chakra Energy Center is beneficial, enlightening, and helpful in creating a healthy and harmonious life.