



THE CHAKRAS



The word “chakra” comes from the Sanskrit language and means “wheel” or “circle of light.” Chakras are energy centers within your body that influence your physical, emotional, mental, and spiritual well-being.



There are seven main chakras aligned along your spine, each associated with specific aspects of your life.



When your chakras are balanced and open, energy flows freely, supporting vitality, harmony, and inner peace.

*“When energy flows
where attention goes,
healing happens.”*



CHAKRA CHART

THE NINE ENERGY CENTERS OF HEALING & ALIGNMENT

*Including the Soul Star and Earth Star Chakras
for deeper grounding, alignment, and spiritual connection.*



● SOUL STAR CHAKRA

• Divine Connection • Soul Purpose • Unity

Located above the crown. It connects you to your higher self, divine wisdom, soul purpose, and universal oneness.



● CROWN CHAKRA

• Spirituality • Higher Consciousness • Connection

Located at the top of the head. It connects you to divine wisdom, universal energy, and your higher purpose.



● THIRD EYE CHAKRA

• Intuition • Insight • Clarity • Imagination

Located between the eyebrows. It is your center of intuition, inner vision, and spiritual awareness.



● THROAT CHAKRA

• Communication • Expression • Truth • Listening

Located in the throat. It governs how you express yourself and speak your truth with clarity and integrity.



● HEART CHAKRA

• Love • Compassion • Healing • Connection

Located in the center of the chest. It is the bridge between lower and higher chakras—opening you to love, empathy, and forgiveness.



● SOLAR PLEXUS CHAKRA

• Confidence • Power • Will • Self-Esteem

Located in the upper abdomen. It is your personal power center, supporting self-discipline, motivation, and inner strength.



● SACRAL CHAKRA

• Creativity • Passion • Pleasure • Emotions

Located below the navel. It governs your emotions, sensuality, creativity, and ability to enjoy life.



● ROOT CHAKRA

• Grounding • Stability • Safety • Survival

Located at the base of the spine. It is your foundation of security, stability, and connection to the physical world.



● EARTH STAR CHAKRA

• Grounding • Connection • Protection

Located 12–18 inches below the feet. It connects you to the Earth's core energy for deep grounding, protection and ancestral support.



Know Your Chakra's

<https://www.reiki-essencehealing.com>

CHAKRA COLOR / LOCATION	GLAND & & PURPOSE	ORGANS	BALANCED	OVERACTIVE	UNDERACTIVE
Crown Chakra (7th) Violet Top of Head	Gland: Pineal Purpose: Cognition, Connection to Spirituality, Life Purpose	Central Nervous, Head, cerebral cortex, Upper Spine, Hair	Love, Joy, connected to "Source", compassionate, thoughtful, aware, sense of oneness.	Spiritual addiction, overly concerned with humanity, craving attention, confusion, disassociation from body.	Sense of separation/isolation, lack of belief in higher power, learning difficulties, misunderstood.
Third Eye (6th) Indigo Middle Of Forehead, above eyebrows	Gland: Pituitary Purpose: Intuition, Imagination, Wisdom, Ability to Think & make Decisions	Autonomic Nervous System, Eyes	Intuitive/psychic, optimistic, perceptive, imaginative, aware, wise, calm mind, charismatic	Obsessed with psychic vision, paranoia, spaced worrying, seen as living in fantasy world, nightmares	narrow minded, easily influenced, doubt oneself, lack of imagination, confused about purpose
Throat Chakra (5th) Sky Blue Base of Throat	Gland: Thyroid Purpose: Communication/ Self-expression, Speaking Truth, Holding secrets	Parathyroid, ears, sinus, Respiratory	Speaks Truth, creative, expresses self freely, communicates easily/clearly, good listener, creative.	Excessive talking, inability to listen, gossiping, loud or dominating voice, seen as criticizing, tendency to interrupt.	suppressed feelings, fear of expression, fear of offending others, shyness/timid, weak voice, dependent
Heart Chakra (4th) Green Heart Center, Center of Chest	Gland: Thymus Purpose: Love, Joy, Inner Peace	Lymph & Immunity System, Blood Pressure, Circulation	Loving of Self and others, Empathetic, inner peace, Compassionate, understanding, strong immune system.	Overly empathetic and concerned, jealousy, blaming others, poor boundaries, tendency to stay in abusive relationships, overly sacrificing	Shy, fear of getting hurt, unloved, lonely, fear of rejection, neediness, suspicious, possessive, antisocial
Solar Plexus (3rd) Yellow Slightly above navel	Gland: Pancreas Purpose: Personal Power, Identity, Self-Worth, Self Confidence	Digestive System, Stomach, Liver, Gall Bladder, Small Intestine	Responsible and reliable, respect of self and others, confident, playfulness, sense of humor, integrity, warmth in personality.	Overly aggressive, need to be right, bossy, judgmental, stubborn, critical, unable to take responsibility.	Low self-esteem, victim mentality, unable to take responsibility, procrastinating, weak will, poor digestion
Sacral Chakra (2nd) Orange Slightly below the navel	Gland: Gonads Purpose: Creation, Sexuality, relationships, creative cauldron of desires	Abdomen, Spleen, Urinary, Kidneys, Ovaries, Uterus	Healthy creative expression, sexually fulfilled, playful, nurturing to self, healthy boundaries, good mood.	Excessive sex drive, overly emotional, compulsive behaviors, manipulative	Unemotional, guarded, sexual repression, afraid to interact, lack of desire/passion, overly concerned about what others think.
Root Chakra (1st) Red - Tailbone, base of Spine	Gland: Adrenals Purpose: Survival, Security, Stability. Your connection to Earth	Reproductive organs, legs, Feet and Tailbone	Abundant health and energy, grounded, comfortable with own body. Independent, alive, happiness in job/career.	Craving unhealthy foods, paranoia, aggression, nervousness, bossy	Fear of change, feelings of not belonging, lost, depression, poor discipline/boundaries, unloved.