

Chakra	Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Yin Yang	Masculine	Feminine	Masculine	Feminine	Masculine	Feminine	Unified
Location	Base of spine	Pelvis	Core	Chest	Neck	Forehead	Crown
Speaks	I am	I feel	I do	I love	I speak	I see	I understand
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Sense	Smell	Taste	Sight	Touch	Hearing	Intuition	All
Totem	Snake	Jaguar	Humming Bird	Eagle	Guide(s)	Higher power	All
Foods	Proteins and meats	Liquids	Carbs	Vegetables	Fruits	Visual Feasts	Fasting
Stones	Garnet hematite tourmaline	Coral carnelian moonstone	Topaz Citrine Tiger's eye	Jade Emerald Rose quartz	Soladite Celestite Turquoise	Opal Azurine Lapiz	Diamond Amethyst Clear quartz
Oils	Vetiver, Patchouli, all tree blends	Jasmine, Geranium, orange	Basil Ginger Bergamont	Rose Lime Eucalyptus	Blue Tansy Jasmine Roman Chamomile	Rosemary Clary Sage Ylang Ylang	Myrrh Violet Frankincense
Focus	Physical existence	Emotions, intimacy	Power & Identity	Love & Connection	Self Expression	Clear Perspectives	Spiritual Wisdom
Right	To Have	To Feel	To Act	To Love	To Express	To Perceive	To Know
Balanced	Stability Vitality Patience Tenacity	Joy creativity pleasure adaptable sensual	Powerful Confident Humorous Clarity	Love and be loved trust Healing Surrender	Truth purpose service speak well	Vision Intuition dreams insights	Unity Wisdom Awareness Miracles Bliss
Unbalanced	Bowel, blood or bone issues Anxiety financial problems or materialism weight issues	Genital issues dehydration isolation joint issues	Digestion issues timid fatigue domination	Breathing and chest issues lonely losing money cancer	Thyroid, hearing, mouth and throat issues timid voice fear of speaking	Vision problems Nightmares Sinus issues Migraines	Alzheimer's Confusion Depression Apathy Learning disabilities
Affirmations	I am safe and secure. I am strong and able. Money supports my desires. I am healthy.	I am creative and adaptable. I enjoy life's pleasures. My sexuality is valued.	I can do anything I set my mind to. I am powerful and use my power wisely.	I am love. I am a source of healing. I trust the flow of life.	I know my truth and I share it. I am guided by my purpose. I am heard.	I am intuitive and follow my inner guidance. I see the bigger picture.	I am at one with everything. I am divine. I am the creator of my life.