

THE 7 MAIN CHAKRAS

The Energy Centers of the Body

The 7 main chakras are the energy centers of our body through which energy flows. There are many more, but these are the main ones.

Blocked energy in our 7 chakras can often lead to illness so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. Here's a quick chart to explain the chakras, where they are, and what they represent.



RED



1. **ROOT CHAKRA** – Represents our foundation and feeling of being grounded.

Location – Base of spine and tailbone area.

Emotional issues – Survival issues such as stability, security, and our basic needs such as shelter, safety, food, water, and clean air. The root chakra is comprised of whatever grounds you to stability in your life, which also includes your emotional needs of fearlessness and interconnection and lays the foundation for expansion in your life.

Stones for the Root chakra – red carnelian, red jasper, bloodstone, red tourmaline, obsidian, garnet, hematite

Essential Oils – Canadian red cedar, patchouli, cypress, frankincense, tarragon, vetiver, cinnamon, ylang ylang, nutmeg, sandalwood

ORANGE



2. **SACRAL CHAKRA** – Represents our connection and ability to accept and relate to others outside the family tribe, the creative exploration of life and relationships, sexuality, and discovering the power of choice

Location – Lower abdomen, about 2 inches below the navel and 2 inches in

Emotional issues – The sacral chakra is responsible for movement, flow and pleasure, a sense of abundance, well-being, and sexuality. This chakra is associated with the realm of emotions and is the center of our feelings and sensations. It's particularly active in sexuality and sensuality and their expression.

Stones for the Sacral chakra – orange and coral calcite, citrine, orange carnelian, orange aventurine, snowflake obsidian, amber, amethyst, quartz, orange tourmaline, moonstone

Essential Oils – neroli, orange, orange blossom, petitgrain, lemongrass, tangerine, oregano, rosemary, sandalwood, geranium, jasmine

YELLOW



3. **SOLAR PLEXUS CHAKRA** – Represents our ability to be confident and in control of our lives

Location – Upper abdomen in the stomach area

Emotional issues – Provides a source of personal power and relates to self esteem, warrior energy, self-confidence, the power of transformation and self-worth.

Stones for the Solar Plexus chakra – citrine, tiger's eye, yellow tourmaline, topaz

Essential Oils – chamomile, bergamot, lemon, jasmine, myrrh, cedarwood, rosemary, pine, ginger, juniper, grapefruit, basil

GREEN



4. **HEART CHAKRA** – Our ability to love colors our life with compassion, love, and beauty. Driven by the principles of transformation and integration, the fourth energy center is said to bridge physical and spiritual aspirations. *(higher energy frequencies can turn to **PINK**)

Location – Center of chest just above heart

Emotional issues – Deals with unconditional love, joy, inner peace and bliss.

This is the focal point or bridge that connects the first three lower chakras relating to the external world to the three higher chakras associated with intuition and spirituality. The heart is the mediator between physical body and spirit.

Stones for the Heart chakra – Pink quartz, rose quartz, clear quartz, jade, green calcite, emerald, pink and green tourmaline

Essential oils – rose, geranium, neroli, rosewood, ylang ylang, jasmine, bergamot, melissa, cedarwood, pine, eucalyptus, geranium, benzoin.

BLUE



5. **THROAT CHAKRA** – Represents our ability to communicate
Location – Throat
Emotional issues – Communication, self-expression of feelings and truth.

Stones for the Throat chakra – mazonite, lapis lazuli, turquoise, aquamarine, sodalite, celestite, blue tourmaline

Essential Oils – peppermint, geranium, eucalyptus, lavender, Roman chamomile, blue chamomile, myrtle, petitgrain, wintergreen, lavender, coriander, hyssop, clementine

INDIGO



6. **THIRD EYE CHAKRA** – Represents our ability to focus on and see the big picture

Location – Forehead between the eyes

Emotional issues – Intuition, imagination, wisdom, ability to think and make decisions.

Stones for the Third Eye chakra – amethyst, moldavite, purple fluorite, black obsidian, lapis lazuli, opal, azurite, blue tourmaline

Essential Oils – sandalwood, rosemary, frankincense, hyssop, jasmine, myrrh, patchouli, vanilla, juniper

VIOLET



7. **THIRD EYE CHAKRA** – The highest chakra represents our ability to be full connected.

Location – The very top of the head

Emotional issues – Inner and outer beauty, our connection to spirituality, pure bliss.

Stones for the Third Eye chakra – selenite, clear quartz, amethyst, diamond, purple tourmaline

Essential Oils – salime, frankincense, rose, geranium, hyssop, jasmine, lavender, myrrh, neroli, violet, ylang ylang