

# CHAKRA GUIDE

(The Body's Seven Main Energy Centers)

## 7- CROWN CHAKRA

*Color Violet*  
(Top of the Head)

**Gems/Minerals:** Amethyst, Sugilite, Alexandrite, Purple Fluorite, Quartz Crystal, Selenite, Diamond

**Element:** Thought/Will

Qualities/Lessons: Unification of the Higher Self with the human personality. Oneness with the Infinite. Idealism, selfless service. Spiritual will, inspiration, unity, divine wisdom & understanding. Perception beyond space & time. Continuity of consciousness.

## 5 -THROAT CHAKRA

*Color Sky Blue*  
(Throat Area)

**Gems/Minerals:** Turquoise, Chrysocolla, Celestite, Blue Topaz, Sodalite, Kyanite, Lapis Lazuli, Aquamarine, Azurite

**Element:** Akasha/ether

QUALITIES/LESSONS: Power of the Spoken Word. Creative expression in speech, writing, & the arts. Integration, peace, truth, wisdom, loyalty, honesty, reliability, gentleness, kindness

## 3 - SOLAR PLEXUS Chakra

*Color Yellow*  
(Above the Navel)

**Gems/Minerals:** Gold Topaz, Citrine, Amber, Tiger eye, Gold Calcite, Gold

**Element:** Fire

Qualities/Lessons: Will, personal power, authority, energy, mastery of desire, self-control. Radiance, warmth, awakening, transformation, humor, laughter, immortality

## 1 - ROOT OR BASE CHAKRA

*Color - Red (Secondary color Black)*  
(base of the spine - Coccyx)

**GEMS/MINERALS:** Ruby, Garnet, Red Jasper, Bloodstone, black Tourmaline, Obsidian, Smoky Quartz

**Element:** Earth

Qualities/Lessons: Matters relating to the Material world, success. the physical body, mastery of the body. Grounding, individuality, stability, security, stillness, health, courage, patience.

## 6 - BROW CHAKRA (Third eye)

*Color Indigo (dark blue)*  
(Center of forehead, between the eyebrows)

**Gems/Minerals:** Lapis Lazuli, Azurite Sodalite, Quartz Crystal, Sapphire, Indiolite tourmaline

**Element:** Light

QUALITIES/LESSONS: Soul Realization, Insight, imagination, intuition, Wisdom, Clairvoyance, concentration, devotion, perception beyond duality, peace of mind

## 4 - HEART CHAKRA

*Color Green*  
Secondary Color is Pink  
(Center of the Chest)

**Gems/Minerals:** Emerald, Green Jade, Green & Pink Tourmaline, Green Aventurine, Chrysophase, Kunzite, Rose Quartz, Ruby

**Element:** Air

Qualities/Lessons: Divine/Unconditional love. Forgiveness, compassion, understanding, balance, group consciousness, oneness with life. Acceptance, peace, openness, harmony, contentment.

## 2 - NAVEL CHAKRA

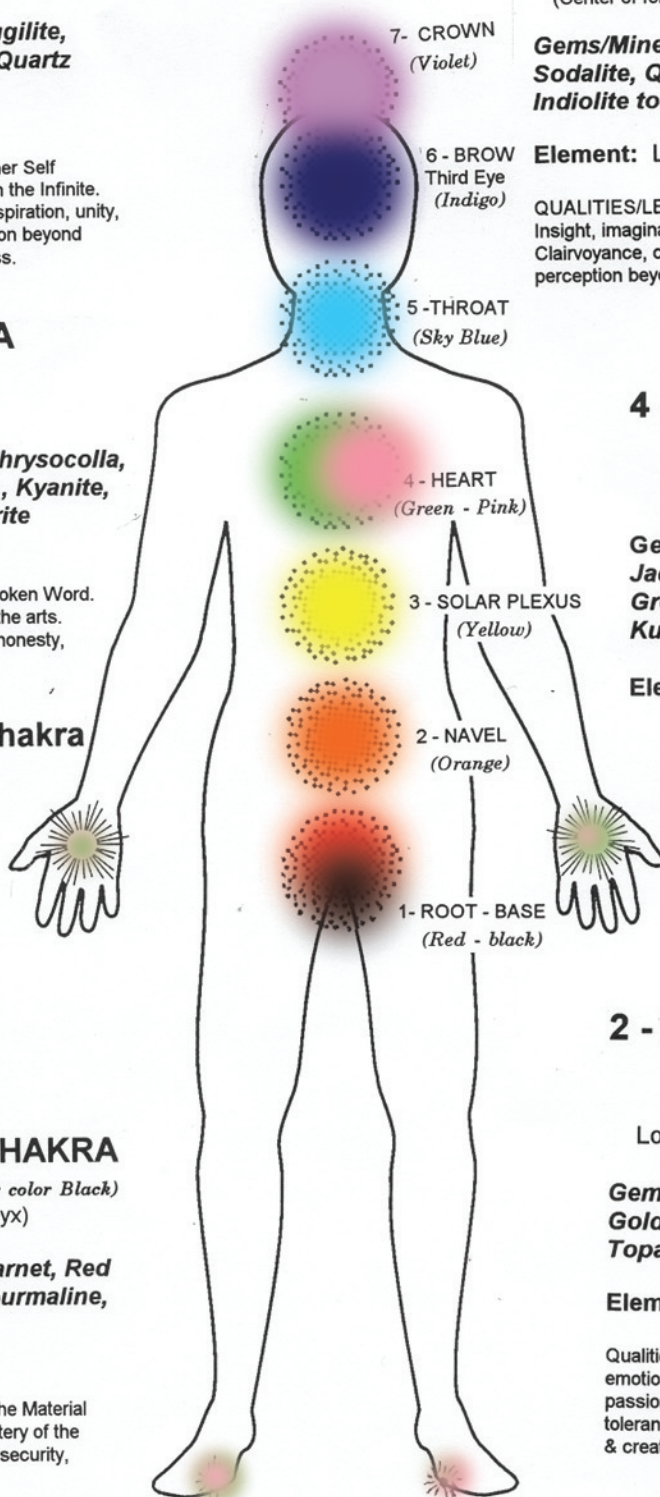
(Sacral Plexus)  
*Color - Orange*

Lower Adomen to navel area

**Gems/Minerals:** Carnelian, Coral, Gold Calcite, Amber, Citrine, Gold Topaz, Peach Aventurine

**Element:** Water

Qualities/Lessons: Giving & Receiving, emotions, desire, pleasure, change, sexual/passionate love, movement. Health, family, tolerance, surrender. Working Harmoniously & creatively with others.



\* There are also powerful energy centers in the palm of each hand and on the sole of each foot.