



# CHAKRAS

## SACRED SELF-CARE

Activate the healing power  
of chakras with  
daily activity and  
essential oils.

Building your foundation  
of knowledge



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# CHAKRAS

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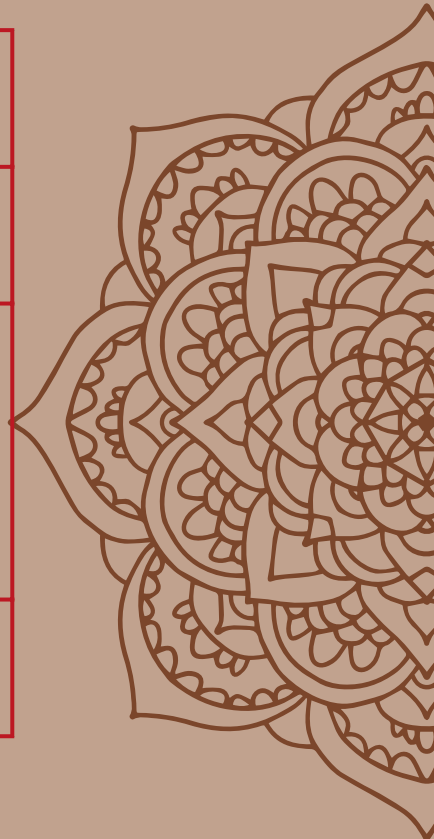
Chakras are energy centers and are also the barometers of our health. We have 7 major chakras, each a spinning vortex associated with certain glands and vital organs. They are the transfer points for our thoughts, emotions, and physical functioning of specific endocrine glands. Our mental and emotional state affects our health through the chakras. By balancing our chakras we can maintain optimum health and well being.



# ROOT

## MOOLADHAR

Color Red	Element Earth	Animal Elephant
Shape Cube	Planets Earth Saturn	Astrological Sign Capricorn
Stones Red Tiger's eye Garnet Bloodstone Hematite Smoky Quartz	Essential Oils Vetiver Lavendar Sandalwood Patchouli Frankincense	Goddess Archtype The Goddess Mother
Symbol 		



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## ROOT CHAKRA SACRED SELF-CARE

The Mooladhar or Root Chakra

Location: coccyx

Corresponding Glands: Adrenals and gonads

This chakra regulates the physical body, skin, hair, immune system, and grounding in the material world.

Imbalance or blockages in the root chakra produce physical ailments related to the skeletal system, affects regenerative power, large intestine functions, as well as the renal system.

Imbalance can create brittle bones, slow recovery from common ailments, frequency illness, accident proneness, arthiritis, constipation and fistula, fissures, etc.


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# SACRAL

## SWADHISTHAN

Color Orange	Element Water	Animal Crocodile
Shape Pyramid	Planet Jupiter	Astrological Sign Cancer    Scorpio
Stones Carnelian Onyx Orange spinel	Essential Oils Rosewood Clary Sage Ylang-Ylang Orange	Goddess Archtype The Goddess Empress
Symbol 		



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## SACRAL CHAKRA SACRED SELF-CARE

The Swadhisthan or Sacral Chakra

Location: Just below the navel

Corresponding glands: gonads

This chakra is responsible for emotional balance and sexuality.

Imbalance or blockages in the sacral chakra result in problems associated with lymphatic blockages leading to menstrual and sexual imbalances, lower back pain, leg pain or discomfort.

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# SOLAR PLEXUS

## MANIPURA

Color Yellow	Element Fire	Animal Lion
Shape Globe	Planets Mars   The Sun	Astrological Sign Leo   Aries
Stones Pyrite Citrine Yellow Agate Amber	Essential Oils Lemon Grapefruit Ginger Peppermint	Goddess Archtype The Warrior
Symbol 		



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## SOLAR PLEXUS CHAKRA SACRED SELF-CARE

Manipura or Solar Plexus Chakra

Location: just below the diaphragm

Corresponding glands: pancreas

This chakra is responsible for mental power, logical thinking, fulfillment of ambitions and drive

Imbalance or blockages in the solar plexus chakra may affect liver and digestive functions leading to raised levels of cholesterol, diabetes, imbalanced digestion, ulcers, hepatitis, rheumatoid arthritis, and bowel disfunctions.

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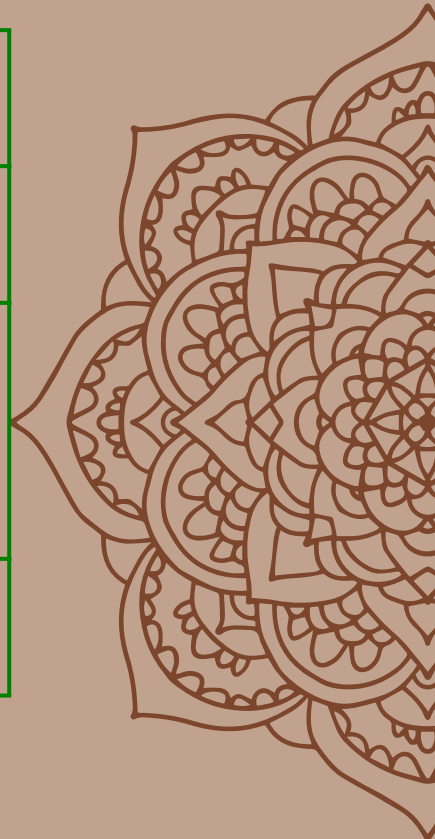




# HEART

## ANAHATA

Color Green	Element Air	Animal Dove
Shape Crescent Moon	Planet Venus	Astrological Sign Libra Taurus
Stones Rose Quartz Chrysoprase Emerald Morganite	Essential Oils Rose Neroli Jasmine Lavender	Goddess Archtype The Lover
Symbol 		



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## HEART CHAKRA SACRED SELF-CARE

Anahata or Heart Chakra

Location: center of chest at sternum

Corresponding glands: thymus

This chakra is responsible for representing universal/self love and plays an important role in our relationships.

Imbalance or blockages in the heart chakra lead to feelings of pain, anguish, and trauma; may cause problems in heart, breasts, upper neck/shoulders, and axillary nodes in armpits.

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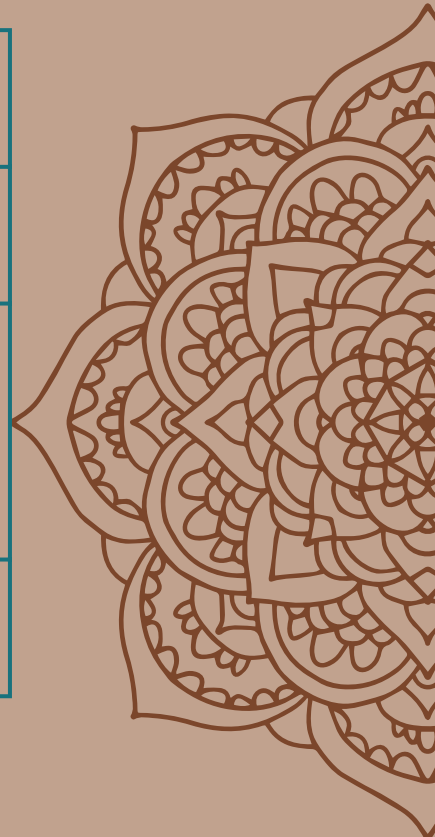




# THROAT

## VISHUDDHA

Color Turquoise	Element Ether	Animal Elephant
Shape Inverted pyramid	Planet Mercury	Astrological Sign Gemini Virgo
Stones Lapis lazuli Aquamarine Blue agate Turquoise	Essential Oils Eucalyptus Clove Tea tree Peppermint	Goddess Archtype The Communicator
Symbol 		



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## THROAT SACRED SELF-CARE

Vishuddha or Throat Chakra

Location: hollow of the throat

Corresponding glands: Thyroid

This chakra governs communication powers of all types, verbal and body. It can be impacted by all other chakras.

Imbalance or blockages in the throat chakra may result in loss of voice or hoarseness and may also affect the thyroid and parathyroid. It may also affect growth and development of the physical body as well problems of the throat (goiter, sore throat, and temporary loss of voice).


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# BROW

## AJNA

Color Indigo	Element Light	Animal Hawk
Shape 5 pointed star	Planets Jupiter Saturn	Astrological Sign Sagittarius Capricorn
Stones Sapphire Celestite Labradorite Azurite	Essential Oils Sandalwood Bergmot Patchouli Vetiver	Goddess Archtype The Wise Woman
Symbol 		

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## BROW CHAKRA SACRED SELF-CARE

Ajna or Brow Chakra

Location: between the brows

Corresponding glands: pituitary

This chakra connects us to universal intelligence or our guiding principle. This is an essential chakra for the developing intuition, clairvoyance, and abstract thinking.

Imbalance or blockages in the brow chakra can result in indecisiveness, sluggish mental activity, lack of creativity.

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# CROWN

## SAHASRARA

Color Violet	Element The Cosmos	Animal Eagle
Shape Circular, half-moon	Planets The Universe	Astrological Sign None Transcends the zodiac
Stones Selenite Clear quartz Amethyst Diamond	Essential Oils Lavendar Frankincense Myrrh Spikenard	Goddess Archtype The Guru
Symbol 		

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## CROWN CHAKRA SACRED SELF-CARE

Sahasrara or Crown Chakra

Location: crown of head

Corresponding glands: pineal

This chakra is the center of super consciousness where all polarities integrate as one. It is our connection with Creator.

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# CHAKRA MEDITATION

Sit quietly with your eyes closed and breathe deeply.

Visualize the entire chakra system.

See each chakra as a colored ball of energy.

Use your imagination and allow them to spin.

Start at the root chakra at your tailbone and move up one by one, releasing what no longer serves you in each energy center.

If emotion comes up, be still and sit with it.

Allow it to move when it is ready.

See the chakra becoming brighter and lighter.

Be creative. Allow your mind to move the energy through your centers clearing patterns and belief systems.

Breathe and thank yourself for healing.



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MY DAILY WELLNESS RITUAL  
SACRED SELF-CARE

MORNING

Three horizontal, rounded rectangular boxes for morning self-care notes, each with a light beige background and a dark brown outline.

MIDDAY

Three horizontal, rounded rectangular boxes for midday self-care notes, each with a light beige background and a dark brown outline.

EVENING

Three horizontal, rounded rectangular boxes for evening self-care notes, each with a light beige background and a dark brown outline.

EXTRA LOVE

Three horizontal, rounded rectangular boxes for extra love self-care notes, each with a light beige background and a dark brown outline.

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