

# Chakra Centering & Healing

	7	<p><b>Sahasrara: Crown Chakra</b> – <i>God-consciousness, highest reality, super-consciousness</i> <b>Color</b>-white <b>Endocrine</b>- pituitary <b>Organs</b>-cerebral cortex <b>Function</b>-samadhi, pure bliss, Self-realization, unification of spiritual activities <b>Crystals</b>- auralite, apophyllite, clear quartz, diamond, petalite, phenacite, sacred seven, sugilite, clear sapphire, spirit quartz, selenite, stillbite</p>
	6	<p><b>Ajna: Third Eye Chakra</b> -<i>clairvoyance, insight, spiritual devotion</i> <b>Color</b>-purple <b>Endocrine</b>-hypothalamus, pineal <b>Organs</b>-eyes <b>Function</b>-intuition, seeing, clairvoyance <b>Crystals</b>-amethyst, ametrine, azurite, blue sapphire, blue topaz, charoite, chrysocolla, fluorite, Herkimer, iolite, kunzite, kyanite, labradorite, lepidolite, moldavite, opal, sodalite</p>
	5	<p><b>Visshuddha: Throat Chakra</b> – <i>carotid plexus, communication, speech</i> <b>Color</b>- sky blue <b>Endocrine</b>-thyroid, parathyroid <b>Organs</b>- throat, ears <b>Function</b>- pure knowledge, communication, expression, clairaudience <b>Element</b>- sound, ether <b>Crystals</b>- amazonite, apatite, aquamarine, blue lace agate, blue quartz, celestite, lapis, larimar, turquoise, water sapphire</p>
	4	<p><b>Anahata: Heart Chakra</b> – <i>emotional balance, relationships</i> <b>Color</b>- green <b>Endocrine</b>- thymus <b>Organs</b>- heart, lungs, blood circulation <b>Function</b>- love, compassion <b>Element</b>- air <b>Crystals</b>- Green stones: aventurine, emerald, fuchsite, howlite, jade, malachite, prehnite, peridot Pink stones: pink danburite, pink tourmaline, pink opal, rose quartz, strawberry quartz, rhodonite, rhodochrosite</p>
	3	<p><b>Manipura: Solar Plexus Chakra</b> – <i>personal power, ego identity</i> <b>Color</b>- yellow <b>Endocrine system</b>- pancreas <b>Organs</b>-stomach, liver, gall bladder, digestive system <b>Function</b>- power and will <b>Element</b>- fire <b>Crystals</b>- amber, beryl, chalcedony, chrysoprase, citrine, feldspar, honey calcite, sunstone, spinel, tiger eye, yellow topaz</p>
	2	<p><b>Svadhithana: Pelvic Chakra</b>-<i>creativity, sexual energy center</i> <b>Color</b>- orange <b>Endocrine</b>-gonads(ovaries, prostate, testicles) <b>Organs</b>- genitals, kidneys, bladder <b>Function</b>- procreation, fantasy, imagination, artistic creation <b>Element</b>-water <b>Crystals</b>-carnelian, coral, fire agate, orange moonstone, sunstone, zincite</p>
	1	<p><b>Muladhara: Root Chakra</b>-<i>vital energy source, basic security</i> <b>Color</b>- red <b>Endocrine</b>-adrenals <b>Organs</b>- large intestine, legs, skeleton <b>Function</b>- survival, physical vitality, grounding <b>Element</b>-earth <b>Crystals</b>-agate, aragonite, black onyx, black tourmaline, bloodstone, garnet, hematite, jasper, jet, magnetite, obsidian, iron pyrite, ruby, serpentine, sardonyx, rutilated quartz, tourmalinated quartz</p>

\*The above information is not meant as a replacement to your current medical treatment and/or care.