

	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD EYE	CROWN
SANSKRIT	 Mūlādhara	 Svādhisthāna	 Manipūra	 Anāhata	 Vishuddha	 Āgya	 Sahasrara
LOCATION	Base of Spine	Lower Abdomen	Upper Abdomen	Center of Chest	Throat	Forehead	Top of Head
FOCUS	Survival	Pleasure	Power	Love	Expression	Perception	Spirituality
AFFIRMATION	I Am	I Feel	I Do	I Love	I Speak	I See	I Understand
FUNCTION	Security, Safety, Stability, Grounding	Sexuality, Creativity, Emotions, Relationships	Strength, Self-Esteem, Purpose, Confidence	Compassion, Kindness, Empathy, Acceptance	Communication, Truth, Authenticity, Honesty	Intuition, Imagination, Lucidity, Astral Projection	Consciousness, Oneness, Sacred Knowledge
BALANCED	Feeling centered, supported, grounded, and energetic.	Feeling creative, joyful, passionate, and satisfied.	Feeling strong, empowered, confident, motivated.	Feeling loving, compassionate, self-accepting, forgiving.	Feeling truthful, authentic, confident in self-expression.	Feeling intuitive, imaginative, clear vision and thought.	Strong faith. Sense of divine guidance. Deep awareness. Wisdom.
IMBALANCED	Feeling insecure, anxious, fearful, and unmotivated.	Feeling overly emotional. Lacking creativity. Low libido.	Feeling powerless, low self-esteem, egotistical, low energy.	Lacking compassion. Feeling bitter, overly attached, unforgiving.	Feeling shy, secretive, gossipy, and lacking trust.	Feeling anxious, fearful, lack of clarity. Nightmares.	Feelings of depression, frustration, melancholy, apathy.
BODY	Adrenal, Reproductive & Sex Organs, Pelvis, Legs, Feet	Gonads, Spleen, Urinary Tract, Kidneys, Ovaries, Uterus, Blood	Pancreas, Digestive System, Liver, Stomach, Gall Bladder, Small Intestine, Skin	Thymus, Lower Lung, Lymph & Immune System, Heart, Circulatory System	Thyroid, Throat, Neck, Ears, Respiratory System, Sinus, Teeth	Pineal, Brain, Autonomic Nervous System, Eyes	Pituitary, Head, Central Nervous System, Cerebral Cortex, Upper Spine
GEMSTONES	Red Jasper, Garnet, Bloodstone, Hematite, Black Obsidian, Black Tourmaline	Tiger's Eye, Citrine, Orange Calcite, Amber, Carnelian, Bronzite	Citrine, Yellow Jade, Yellow Jasper, Topaz, Sunstone, Pyrite, Tiger's Eye	Emerald, Aventurine, Jade, Green Tourmaline, Green Calcite, Rose Quartz	Turquoise, Aquamarine, Lapis Lazuli, Angelite, Blue Lace Agate	Amethyst, Labradorite, Sodalite, Purple Fluorite, Azurite, Celestite	Lepidolite, Selenite, Moonstone, Clear Quartz, Labradorite, Amethyst
ESSENTIAL OILS	Atlas Cedarwood, Vetiver, Spikenard, Myrrh	Orange Patchouli, Rose, Orange, Clary Sage, Helichrysum	Lemon, Ginger, Lemongrass, Sandalwood, Juniper	Jasmine, Geranium, Rose, Ylang Ylang, Pine (Pinus sylvestris)	Eucalyptus, Peppermint, Cypress, Bergamot, Chamomile	Rosemary, Clary Sage, Lemon Oil, Patchouli, Sandalwood	Rosewood, Frankincense, Sandalwood, Lavender
PLANET	Mars	Venus	Sun	Moon	Mercury	Saturn	Jupiter
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Consciousness
MANTRA	LAM	VAM	RAM	YAM	HAM	AUM (Om)	AUM (Om)
HEALING FREQUENCY	396 Hz	417 Hz	528 Hz	639 Hz	741 Hz	852 Hz	963 Hz