The 7 Main Chakra Elements & How to Balance Them

Harmonize with:	Crown	Third Eye	Throat	Heart	Solar Plexus	Sacral Plexus	Root
Color	Purple	Indigo/ Dk Blue	Lt Blue/ Turquoise	Green / Pink	Yellow	Orange	Red
Essential Oil	Frankincense, Sandalwood, Jasmine, Lavender, Lime	Lemongrass, Clary Sage, Lavender, Frankincense, Sandalwood	Eucalyptus, Chamomile, Peppermint, Orange, Rosemary, Camphor	Lavender, Rose, Jasmine, Geranium, Cypress, Rosewood, Pine	Lemon, Lemongrass, Coriander, Juniper, Lime, Rosemary, Pine	Orange, Tangerine, Cinnamon, Bergamot, Neroli, Cypress, Cardamom	Cedarwood, Rosemary, Sandalwood, Basil, Patchouli
Crystal	Diamond, Clear Quartz, Selenite, Amethyst	Lapis Lazuli, Angelite, Sodalite, Blue Kyanite, Blue Tigers Eye	Sodalite, Turquoise, Fuchsite, Amazonite, Angelite, Aquamarine, Blue Lace Agate, Chrysocolla	Rose Quarts, Rhodonite, Emerald, Green Aventurine, Amazonite, Green Calcite	Tiger's Eye, Citrine, Amber, Pyrite, Yellow Calcite, Yellow Jasper, Sunstone	Carnelian, Amber, Moonstone, Citrine, Orange Calcite	Black Tourmaline, Obsidian, Hematite, Ruby, Red Jasper, Garnet, Bloodstone
Food	Fasting	Green Drinks, Tea	Fruit	Green Veggies	Complex Carbs	Liquids	Protein
Sound	Om	Om	Ham	Yam	Ram	Vam	Lam
Yoga pose	Headstand, Down Dog	Down Dog, Yoga Mudra	Plow, Shoulder stand, Fish Pose	Fish, Down Dog, Sitting Spinal Twist	Child's Pose, Camel	Triangle Pose, Pigeon Pose	Mountain Pose, Warrior 1,2,3, Chair
Activities	Silence, Meditation	Read spiritual books, keep a dream journal	Sing, hum	Look at green trees, do things you enjoy	Stay warm, occasional sunbathing, build a fire	Get into water, drink liquids, do craft or art projects, dance	Yoga, walking, touching the earth, outdoor activities
Affirmations:	I can feel the divine light, love flows through me	I can see my life's purpose	I listen to my own inner knowing	I am a conduit for love and peace	I am a decisive being	I truly accept the flow of life	I am a vibrant and healthy person
Affirmations:	I am experiencing unity with all things	I feel connected to the divine power within	I speak with grace, authenticity and courage	My heart is filled with unconditional love for all other beings	I feel empowered to live my best life	I use my energy for creative expression	I am safely and deeply connected to the Earth and my body
Affirmations:	I want to align with my highest aspect of my being	I am in tune with my intuition	I speak my truth kindly	I love myself exactly as I am	I am smart and strong	I express my emotions in a healthy way	I am always open to life's new opportunities
Physical / Mental body	Mind, head, brain, hormones, Central Nervous System	Intuition, eyes, nose, ears	Nose, throat, ears, neck, shoulders	Chest, lungs, heart, upper back & arms	All digestive organs, waistline, mid-back	Reproductive organs, low back, hips, all emotions, hormones	Low back, hips, legs & feet. Feeling Safe
Energy Points	4, 7, 20, 21, 22	4, 7,12, 20	11, 12, 21, 22	13, 14, 22	13, 14, 23	2, 15, 25	2, 15, 25, 5, 6, 16, 24