

Seventh/Crown



Crown Chakra - located at the top of the head. Its function is understanding. Its inner state is: bliss. Its color is Violet and its planet is Uranus. Its stone is Amethyst. Its meditation is: I understand. Balancing this chakra is said to give vitality to the cerebrum and affects the development of psychic abilities. Energies: Air, Meditative, Intuition, Promotes thought.

Sixth/Third Eye



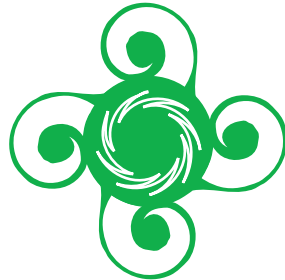
Third Eye Chakra - located in the center of the forehead above the eyebrows. Its function is seeing, intuiting. Its inner state is: I know. Its color is indigo and its planet is Jupiter. Its stone is: Iolite. Its meditation is: I see. Balancing this chakra helps psychic perception and balances the pineal gland. Energies: Air, Meditative, Intuition, Promotes thought.

Fifth/Throat



Throat Chakra - located in the throat. Its function is communication, creativity. Its inner state is synthesis of ideas into symbols. Its color is bright blue and its planets are Mercury and Neptune. Its stones are: Sodalite, Blue Lace Agate, Lapis Lazuli. Meditation on: I speak. Balancing this chakra is important for the speech and communication areas of the brain. Energies: Water, Calming, Soothes, Relaxes.

Fourth/Heart



Heart Chakra - located in the center of the chest. Its function is: love, its inner state is compassion, love, its color is green, and its planet is Venus. Its stones are: Green/Pink Stones - Peridot, Rose Quartz, Malachite. Meditation on: I love. Balancing this chakra is important for the circulatory system, heart and thymus. It also affects spiritual love, compassion and universal oneness. Energies: Water, Calming, Soothes, Relaxes.

Third/Solar Plexus



Solar Plexus Chakra - located in the area above the navel area. Its function is Will, power, its inner state is laughter, joy, anger, its color is yellow, and its planets are Mars and the Sun. Its stones are: Amber, Topaz and Citrine. Meditation on: I do. Balancing this chakra is associated with calming emotions and frustration, easing tension and helping to better utilize intuition. Energies: Fire, Energizing, Charging, Lends Energy.

Second/Sacral



Navel/Sacral Chakra - located in the lower abdomen, genitals, womb, its function is desire, sexuality, pleasure, procreation. Its inner state is tears, its color is orange and its celestial body is the Moon. Its stones are: Coral and Carnelian. Meditation on: I feel. Balancing this chakra is associated with sexual vitality, physical power and fertility. Energies: Fire, Energizing, Charging.

First/Root Chakra



Root/support chakra - located at the base of the spine. Its function is survival and grounding, its inner state is stillness and stability, its color is red and its planets are Earth and Saturn. Its stones are: Garnet, Ruby, Onyx, Obsidian. Meditation on: I am. Balancing this chakra gives energy to the physical body, controls fear, increases overall health and helps in grounding. Energies: Earth, Grounding, Focusing, Centering.

The word **chakra** is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column.

Created by: Izolda Trakhtenberg © 2005
Source: *Wheels of Life* by Anodea Judith