

Chakra Chart

	Location	Color	Central Issue	Orientation to self	Goals	Rights	Identity	Demon or Trickster	Element	Excessive characteristics	Deficient characteristics
Root 1st Chakra	Base of spine, Tailbone	Red	Survival, grounding	Self-preservation	Stability, grounding, physical health, prosperity, trust	To be here, to have	Physical	Fear	Earth	Heaviness, sluggish, monotony, obesity hoarding, materialism, greed	Frequent fear, lack of discipline, restless, underweight, spacey
Sacral 2nd Chakra	Abdomen, genitals, lower back, hips, navel	Orange	Sexuality, emotions, desire, creativity	Self-gratification	Fluidity, pleasure, healthy sexuality, feeling, creativity	To feel, to want	Emotional	Guilt	Water	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure
Solar Plexus 3rd Chakra	Solar plexus	Yellow	Power, will	Self-definition	Vitality, spontaneity, strength of will, purpose, self-esteem	To act	Ego	Shame	Fire	Dominating, blaming, aggressive, scattered, constantly active	Weak will, low self-esteem, passive, sluggish, fearful
Heart 4th Chakra	Heart area	Green	Love, relationships	Self-acceptance	Balance, compassion, self-acceptance, good relationships	To love and be loved	Social	Grief	Air	Co-dependence, poor boundaries, possessive, jealous	Shy, lonely, isolated, lack of empathy, bitter, critical
Throat 5th Chakra	Throat	Blue	Communication	Self-expression	Clear communication, creativity, resonance	To speak and to be heard	Creative	Lies	Sound	Excessive talking, inability to listen, over-extended, stuttering	Fear of speaking, poor rhythm
Brow 6th Chakra	Brow	Indigo	Intuition, Imagination	Self-reflection	Psychic perception, accurate interpretation	To see	Archetypal	Illusion	Light	Headaches, nightmares, hallucinations, delusions	Poor memory, poor vision, can't see patterns, denial
Crown 7th Chakra	Top of head, cerebral cortex	Violet	Awareness	Self-knowledge	Wisdom, knowledge, consciousness	To know	Universal	Attachment	Information	Overly intellectual, spiritual addiction, confusion, dissociation	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy