

| CHAKRA | 1 RED | 2 ORANGE | 3 YELLOW | 4 GREEN |
|--------------------------------|---|---|---|--|
| <i>Element</i> | Earth/Gravity | Water/Polarity | Fire/combustion | Air/equilibrium |
| <i>Issue</i> | Survival | Emotions, sex | Power, will | Love, relationships |
| <i>Emotion</i> | Fear | Guilt | Shame & Anger | Grief & Sadness |
| <i>Orient to Self</i> | Self-preservation | Self-gratify | Self-define | Self-accept |
| <i>Rights</i> | To be here, to have | To feel, want | To act | To love, be loved |
| <i>Identity</i> | Physical | Emotional | Ego | Social |
| <i>Gland</i> | Adrenals, Testes | Ovaries, Testes | Adrenals, Pancreas | Thymus |
| <i>Sound (seed/vowel)</i> | Lahm/O (row) | Vahm/Oo (due) | Rahm/AH (father) | Yahm/Ay (day) |
| <i>Intuitive/Reactive Path</i> | Instinct | Clairsentience | Instinct | Empathy |
| <i>Sense</i> | Smell | Taste | Sight | Touch |
| <i>Goals</i> | Stability, grounding, health, prosperity, trust | Fluidity, pleasure, passion, sexuality, feeling | Vitality, spontaneity, strength of will, purpose, self-esteem | Balance, compassion, self-acceptance, good relationships |
| <i>TIMING</i> | Womb-12mns | 6mns-2 yrs | 18mns-4 yrs | 4-7 yrs |
| <i>Armor</i> | Schizoid-split mind & body | Lover-merging/giving | Endurer-hold inside-please/resist | Achiever-wounded in heart, fear intimacy;Hysteric-women-emotions |
| <i>Archetype Functional</i> | Earth Mother | Lover/Queen | Hero/Warrior | Healer/Lover |
| <i>Dysfunctional Archetype</i> | Victim | Martyr | Drudge | Performer |
| <i>Addiction</i> | Food, gambling, shopping, work | Alcohol, sex heroin | Caffeine, work, anger, cocaine, amphetamines | Tobacco, sugar, love, marijuana |
| <i>Behaviors</i> | Materialism for safety | Therapy or workshops for connections | Overly busy all the time | Excessive care giving |
| <i>Balanced</i> | Good health, vitality, grounded, trust world, safe and secure, relax & be still, stable, prosperous | Graceful movement, emotional intelligence, experience pleasure, nurture self & others, can change, healthy boundaries | Responsible, reliable, balanced effective will, self-esteem, warm, confident, playful, sense of humor, appropriate self-discipline, meet challenges, personal power | Compassionate, loving, empathetic, self-loving, altruistic, peaceful, balanced, good immune system |
| <i>Excessive</i> | Heaviness, sluggish, monotony, obesity, hoarding, materialism, greed | Overly emotional, poor boundaries, sex addiction, obsessive attachments | Dominating, blaming, aggressive, scattered, constantly active | Codependency, poor boundaries, possessive, jealous |

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| <i>Deficient</i> | Frequent fear, lack of discipline, restless, underweight, spacey | Frigidity, impotence, rigidity, emotional numbness, fear of pleasure | Weak will, poor self-esteem, passive, sluggish, fearful | Shy, loney, isolated, lack of empathy, bitter, critical |
| <i>Physical Malfunctions</i> | Disorders-bowel, bones, teeth, low back pain, issues with legs, feet, knees, butt, eating disorders, frequent illness | Disorders-reproductive/urinary, menstrual diff, sexual dysfunction, low back pain, knee trouble, lack of flex., deadened senses-lack of appetite | Eating/digestive disorders, diabetes, muscle spasms, chronic fatigue, hypertension, disorders-stomach, liver, gall bladder, pancreas | Disorders-heart, breasts, arms, lungs, thymus, shortness of breath, sunken chest, circulation prob., asthma, immune def. Tension between shoulders, pain in chest |
| <i>Healing (D-deficient, E-Excess)</i> | Reconnect with body, physical activity, touch, massage, Hatha yoga, look at early childhood w/ mother, reclaim right to be here | Movement therapy, emotional release, inner child work, boundary work, 12-step, assign healthy pleasures, dev. sensate intelligence | Risk taking D, grounding/emotional contact, deep relax E, Vigorous exercise, martial arts, sit-ups, psychotherapy-build ego, work on shame, autonomy | Breathing exercises, reaching out with arms, journaling, psychotherapy-emotional release of grief, forgiveness, codependency work, self-acceptance, relationships. ideas |
| <i>Foods</i> | Proteins, meats | Liquids | Complex Carbs | Vegetables |
| <i>Yoga</i> | Bridge | Hug legs, V-legs, Pelvic Rock | Boat pose, sit-ups, warrior | Boat, lotus, camel, mudra |
| <i>Breathing</i> | Breath energy thru each chakra | Breath in-pause/air fall out | Shallow inhale/exhale in cough, pause (Breath of Fire) | Alternate nostril-switch after I/E then switch after I |
| <i>Planets</i> | Saturn | Pluto | Mars/Sun | Venus |
| <i>Astrological Assn</i> | Capricorn | Cancer, Scorpio | Aries, Leo | Libra, Taurus |
| <i>Musical Key</i> | C | D | E | F# |
| <i>Incense/Oil</i> | Cedarwood, Lavender, Musk | Jasmine, Rose, Sandalwood | Rose Cinnamon, Carnation | Rose |
| | <i>Compiled by Eva Dahm, 2004 copyright.</i> | | | |
| | <i>Sources: Anodea Judith, Liz Simpson, Kathy Pike, John Selby, and others.</i> | | | |

| CHAKRA | 5 BLUE | 6 INDIGO | 7 WHITE |
|--------------------------------|--|--|---|
| <i>Element</i> | Sound/vibration | Light/luminescence | Thought/consciousness |
| <i>Issue</i> | Communication | Intuition, imagination | Awareness |
| <i>Emotion</i> | Lies | Illusion | Attachment |
| <i>Orient to Self</i> | Self-express | Self-reflect | Self-know |
| <i>Rights</i> | To speak, be heard | To see | To know |
| <i>Identity</i> | Creative | Archetypal | Universal |
| <i>Gland</i> | Thyroid | Pineal | Pituitary |
| <i>Sound (seed/vowel)</i> | Hahm/Ee (see) | Ahm/Mmm,nnn | Silence/Ngngngng (sing) |
| <i>Intuitive/Reactive Path</i> | Clairaudience | Clairvoyance | Claircognizance |
| <i>Sense</i> | Sound/hearing | Sixth sense | Beyond Self |
| <i>Goals</i> | Clear communications, creativity, resonance | Psychic perception, accurate interpretation, imagination, clear seeing | Wisdom, knowledge, consciousness, spiritual connection |
| <i>TIMING</i> | 7-12 yrs | adolescence | through life |
| <i>Armor</i> | Challenger/Defender-excessive 3rd, energy up in body-neck/shoulders | n/a | n/a |
| <i>Archetype Functional</i> | Artist/Communicator | Seer/Psychic | Sage/Master |
| <i>Dysfunctional Archetyp</i> | Masked Self | Rationalist | Egocentric |
| <i>Addiction</i> | Opiates, marijuana, | Hallucinogens, marijuana | religion, spiritual practices |
| <i>Behaviors</i> | Performing | Television, movies, computers | Collecting/reading books |
| <i>Balanced</i> | Resonant voice, good listener, sense of timing/rhythm, clear comm., lives creatively | Intuitive, perceptive, imaginative, good memory, access & remember dreams, think symbolically, visualize | Perceive, analyze & assimilate info, intelligent, thoughtful, aware, open-minded, able to question, spiritual connection, wisdom & mastery, broad understanding |
| <i>Excessive</i> | Excessive talking, inability to listen, over-extended, stuttering | Headaches, nightmares, hallucinations, delusions, difficulty concentrating | Overly intellectual, spiritual addiction, confusion, dissociation |

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|---|--|---|---|
| <i>Deficient</i> | Fear of speaking, poor rhythm, aphasia | Poor memory, poor vision, can't see patterns, denial | Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy |
| <i>Physical Malfunctions</i> | Disorders of throat, neck, voice, ears, tight jaw, toxicity | Headaches, vision problems | Coma, migranes, brain tumors, amnesia, cognitive delusions |
| <i>Healing (D-defficient, E-Excess)</i> | Loosen neck, release voice, sing, chant, story telling, journal writing, auto writing, silence E, non-goal creativity, psy-learn comm., inner child comm, voice dialog, letter writing | Creative visual art, visual stimulation, meditation, psy-art therapy, work with memory, connect image with feeling, dreamwork, hypnosis, guided visualizations, past life | Reestablish physical/emotional connection E, re-estab. Spirit connection D, learning/study program, spiritual discipline, meditation, psy-examine beliefs, dev. Inner witness, goal setting |
| <i>Foods</i> | Fruit | None | Fasting/none |
| <i>Yoga</i> | Shoulder stand, inverted legs | Visual exercises | Headstand |
| <i>Breathing</i> | Hum on exhale | Inhale-count to 2-hold for 4(energy UP)/exhale-6-hold-4(Energy down) Repeat. Calm: Exhale for six, hold for six, inhale for 4 and repeat. | Uncontrolled, spontaneous, calm; breath IN & visualize each chakra & chant and exhale |
| <i>Planets</i> | Mercury | Neptune, Jupiter | Uranus |
| <i>Astrological Assn</i> | Gemini, Virgo | Sagittarius, Pisces | Aquarius |
| <i>Musical Key</i> | G | A | B |
| <i>Incense/Oil</i> | Chamomile, Myrrh | Hyacinth, Violet, Rosegeranium | Lavender, Rosewood |
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