

CHAKRA GUIDE

Symbol	Color, Location	Associated organs and glands	Balanced / Overactive / Underactive
	Crown Chakra Violet Top of the head.	Brain, nervous system, pituitary gland.	<u>Balanced:</u> joy, connected to “the Source” while aware of one’s individuality, wise compassionate. <u>Overactive:</u> Addicted to spirituality, craving attention, needing to be popular, over-erotic imagination. <u>Underactive:</u> misunderstood, can’t have fun, unaware of or denying one’s spiritual connection.
	Brow Chakra (Third Eye) Indigo Above the eyes, center of the forehead.	Pineal gland, eyes, nose, ears, skeletal system.	<u>Balanced:</u> Intuitive, charismatic, can meditate, knows one’s purpose, seen as wise. <u>Overactive:</u> spaced out, lost, worrying, seen as living in a fantasy world. <u>Underactive:</u> Can’t see the bigger picture, can be easily influenced, confused about one’s purpose, doubting oneself.
	Throat Chakra Blue Base of the throat.	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat, carotid arteries	<u>Balanced:</u> can express self, speaks truth, creative. <u>Overactive:</u> speaking too much, boring others, seen as criticizing, stubborn. <u>Underactive:</u> can’t express self, afraid to speak in public, cannot express the creative side, seen as timid, dependent.
	Heart Chakra Green Heart, Center of the chest.	Circulatory system, respiratory system, heart, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland.	<u>Balanced:</u> loved, loving, empathetic, “contagiously” good vibe. <u>Overactive:</u> Entitlement, jealousy, blaming others, also giving too much. <u>Underactive:</u> Unloved, self-pity, fear of rejection, neediness, clinginess, uncertainty.
	Solar plexus chakra, Yellow, Between the sternum & Navel.	Nervous system, stomach, gall bladder, large intestine, liver, pancreas.	<u>Balanced:</u> Respect for self and others, confident, outgoing, problem-solving, calm, integrity. <u>Overactive:</u> Judgmental, stubborn, critical, bully <u>Underactive:</u> Have Low self-esteem, apathetic, procrastinating, “taken advantage of”, not knowing what to do.
	Sacral chakra Orange, Lower Abdomen, 1-2 Inch below the Navel.	Lymphatic & circulatory system, kidneys, adrenals, skin, female reproductive organs.	<u>Balanced:</u> Friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty. <u>Overactive:</u> Need power, manipulative, craving. <u>Underactive:</u> Shy, guilty, afraid to interact, lost, overly concerned about what others think.
	Root Chakra Red Tailbone, base of the spine.	Spine, bladder, blood, kidneys, male reproductive organs, vagina, legs, and feet.	<u>Balanced:</u> Grounded, centered, belonging in this world, trusting, independent, alive, poised. <u>Overactive:</u> Bossy, domineering, big ego, greedy, violent, cunning. <u>Underactive:</u> Unloved, sexually inadequate, Frustrated, fearful, shy, unsure.