

Root or Base Chakra

Colour Association	Red
Sanskrit Name	Muladhara
Location	Base of spine, coccyx
Lesson	Survival—The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.
Imbalances	Anemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet.
Root Stimulants	Physical exercise and restful sleeps, gardening, pottery and clay. Red food & drink. Red gemstones, red clothing, bathing in red, etc. Using red oils such as ylang ylang or sandalwood essential oils.

Spleen Chakra

Colour Association	Orange
Sanskrit Name	Svadisthana
Location	Below navel, lower abdomen
Lesson	Feelings—The right to feel. Connected to our sensing abilities and issues related to feelings. Ability to be social and intimacy issues.
Imbalances	Eating disorders. Alcohol and drug abuse. Depression. Low back pain. Asthma or allergies. Candida & yeast infections. Urinary problems. Sensuality issues as well as impotency and frigidity.
Spleen Stimulants	Hot aromatic baths, water aerobics, massage. Embracing sensation (such as different food tastes). Orange food & drink. Orange gemstones and orange clothing. Using orange oils such as melissa or orange essential oils.

Solar Plexus Chakra

Colour Association	Yellow
Sanskrit Name	Manipura
Location	Above the navel, stomach area
Lesson	Personal power—The right to think. Balance of intellect, self-confidence and ego power. Ability to have self-control and humor.
Imbalances	Digestive problems, ulcers, diabetes, hypoglycemia, constipation. Nervousness, toxicity, parasites, colitis, poor memory.
Solar Plexus Stimulants	Taking classes, reading informative books, doing mind puzzles. Sunshine. Detoxication programs. Yellow food & drink. Yellow gemstones and yellow clothing. Using yellow oils such as lemon or rosemary essential oils.

Heart Chakra	
Colour Association	Green
Sanskrit Name	Anahata
Location	Center of chest
Lesson	Relationships–The right to love. Love, forgiveness, compassion. Ability to have self-control. Acceptance of oneself.
Imbalances	Heart and breathing disorders. Heart and breast cancer. Chest pain. High blood pressure. Passivity. Immune system problems. Muscular tension.
Heart Stimulants	Nature walks, time spent with family or friends. Green food & drink. Green gemstones and green clothing. Using green oils such as eucalyptus or pine essential oils.

Throat Chakra	
Colour Association	Blue
Sanskrit Name	Visuddha
Location	Throat region
Lesson	Relationships–The right to speak. Learning to express oneself and one's beliefs (truthful expression). Ability to trust. Loyalty. Organization and planning.
Imbalances	Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.
Throat Stimulants	Singing (in the shower), poetry, stamp or art collecting. Meaningful conversations. Blue food & drink. Blue gemstones and blue clothing. Using blue oils such as chamomile or geranium essential oils.

Brow or Third Eye Chakra	
Colour Association	Indigo
Sanskrit Name	Anja
Location	Forehead, in between the eyes.
Lesson	Intuition–The right to “see.” Trusting one’s intuition and insights. Developing one’s psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts.
Imbalances	Learning disabilities, co-ordination problems, sleep disorders.
Depression	Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.
Brow Stimulants	Star gazing. Meditation Indigo food & drink. Indigo gemstones and indigo clothing. Using indigo oils such as patchouli or frankincense essential oils.

Crown Chakra	
Colour Association	Violet
Sanskrit Name	Sahasrara
Location	Top of head
Lesson	Knowingness–The right to aspire. Dedication to the divine consciousness and trusting the universe. Learning about one’s spirituality. Our connection to the concept of “God” or a higher intelligence. Integrating one’s consciousness and subconsciousness into the superconsciousness.
Imbalances	Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy. Varicose veins and blood vessel problems. Skin Rashes.
Crown Stimulants	Focusing on dreams. Writing down one’s visions and inventions. Violet food & drink. Violet gemstones and violet clothing. Using violet oils such as lavender or jasmine essential oils.