



SANSKRIT	Muladhara	Svadhithana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
LOCATION	Base of spine	Lower abdomen	Upper abdomen	Chest	Throat	Center of forehead	Top of head
PLANET	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Moon ,Sun, Pluto
AFFIRMATION	I am	I feel	I do	I love	I speak	I see	I understand
ELEMENT	Earth	Water	Fire	Air	Ether/Sound	Light	Divine
GEMSTONES	Red Jasper, Hematite	Carnelian, Orange Calcite	Citrine, Yellow Jasper	Rose Quartz, Green Aventurine	Aquamarine, Blue Lace Agate	Amethyst, Lapis Lazuli	Clear Quartz, Amethyst
ASSOCIATED ATTRIBUTES	Grounding, stability, vitality	Creativity, emotions, sensuality	Personal power, self-esteem	Unconditional love, compassion	Communication, self-expression	Intuition, insight, imagination	Spiritual connection, enlightenment
ESSENTIAL OILS	Patchouli, Vetiver, Cedarwood	Sweet Orange, Ylang Ylang, Sandalwood	Lemon, Ginger, Bergamot	Rose, Lavender, Bergamot	Peppermint, Eucalyptus, Blue Chamomile	Clary Sage, Frankincense, Sandalwood	Lavender, Frankincense, Myrrh
TECHNIQUES FOR BALANCING	Meditation, physical activities	Creative expression, emotional healing	Core strengthening exercises	Loving-kindness meditation	Vocalization and singing	Meditation, visualization	Meditation, mindfulness
IMBALANCED BEHAVIORS	Anxiety, fear, restlessness	Guilt, lack of inspiration	Low self-esteem, lack of drive	Resentment, lack of compassion	Inability to express oneself	Lack of clarity, disconnected	Disconnection from spirituality
BALANCED BEHAVIORS	Feeling grounded, secure	Emotional balance, creativity	Self-confidence, motivation	Loving, compassionate	Clear communication, honesty	Heightened intuition, clarity	Spiritual connection, enlightenment