

QUICK CHAKRA GUIDE SHEET



**Location, associated
organs and endocrine
glands, emotion**

**Imbalanced
expression**

**Balanced
expression**



**Base of spine.
Kidneys, adrenal glands.
Reproductive system
Fear and passion**

**Insecure, resistant to
physical world,
spaced out, fatigue,
fear around survival**

**Feeling grounded,
motivated and
comfortable on the
physical plane**



**Behind and a little
below the navel.
genitals, bladder and
prostate. Joy and desire**

**Imbalances around
sexuality and creativity.
Possessiveness and jealousy,
low self-worth**

**High self-worth, healthy
expressions of creativity
and sexuality, joy and
pleasure**



**Along spine in upper
abdomen.
Liver, gall bladder,
pancreas, spleen, stomach.
Anger, sense of purpose**

**Unsure of role on earth,
feelings of rejection, extreme
extroversion or introversion, low
self-esteem, ulcers and issues
with organs associated**

**Healthy digestion of
food and life. Feeling
a sense of personal
power, confident and
high self esteem**



**Heart centre (behind
physical heart).
Heart, lungs, thymus
gland.
Love and joy**

**Not accepting love,
problems in relationships,
holding grudges, heart
issues, lung issues and
immune system imbalances**

**Ability to love and receive love,
healthy immune system,
balance in relationships and
other chakras, compassion,
feelings of harmony and peace**

DISCLAIMER

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Throat area near
larynx. *Thyroid, vocal
chords*
Expression

*Speaking from programmed
conditioning, overly
talkative or non communicative,
thyroid issues, metabolic and
hormonal conditions, coughing*

*Strong communicator,
expresses personal truth,
maintenance of healthy
weight*



Between eyebrows
(within head).
Pituitary gland.
Intuition and imagination

*Focused on physical plane, poor
vision, close minded, headaches,
sleep issues, mental and
hormonal issues*

*Healthy intuition,
creative, ability to
manifest, strong memory
and balanced hormones*



Close to top of brain.
Pineal gland.
Bliss

*Limited connection with
Divine or Source, limited
access to body's inner wisdom,
mental imbalances*

*Experiencing Source and
Source within
self, wisdom, awareness,
self-realisation*



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