

CHAKRA	Gender /SPIN	Name	Color	Location	Function	Element	Gland	Health Affects Imbalance Characteristics	Too Much Energy Imbalanced Characteristics	Low Energy Imbalance Characteristics	Gemstone (Common)	Planet	Herb	Oil/Aroma	Metal	Fragrance
15	M/F	Universal Source	Magenta	One Foot Above Other Being Consciousness	Monadic Level	Connection with the Universal source/Ascension					Ametrine, Magenta Crystal, Purple Sapphire, Sugilite, Ruby tourmaline, Charoite			Frankincense, Myrrh, Sage, Wormwood, Ylang Ylang		
14	M/F	Other Being Consciousness	Bright Yellow	Six Inches Above Univers Consciousness	Monadic Level	Connection with the Other Beings					Ametrine, yellow Sapphire, Beryl, Yellow Quartz			Neroli, Wormwood		
13	M/F	Universe Consciousness	Turquoise	Six Inches Above Cosmos Consciousness	Monadic Level	Connection with the Universe					Blue tourmaline, Turquoise, Apatite, Blue Topaz, Blue Fluorite					
12	M/F	Cosmos Consciousness	Bright White	Six Inches Above Spiritual Powers	Monadic Level	Connection with the Cosmos					Aura crystal, Dendrite Agate, Diamond, White Quartz, White Sapphire			Bergamot, Frankincense, Myrrh, Sage, Wormwood, Ylang Ylang		
11	M/F	Spiritual Powers	Silver Blue	Six Inches Above Soul	Monadic Level	Mind over Matter					Diamond, White Quartz, White Sapphire					
10	M/F	Soul	Dark Blue	Six Inches Above Spiritual Gifts	Monadic Level	Seat of the soul/Transmigration					Lapis Lazuli, Blue Kyanite, Tanzanite, Blue Sapphire					
9	M/F	Consciousness/ Spiritual Gifts	Silver	Six Inches Above Spiritual Crown	Monadic Level	Spiritual Transcendence/ Earth Consciousness					Black Tourmaline, Danburite, Herkimer Diamond, White Quartz, White Sapphire,			Angelica Root, Cedar, Clove, Myrrh, Neroli, Ylang Ylang		
8	M/F	Spiritual Crown/Soul Star	Gold	One Foot above the crown	Monadic Level	Higher Consciousness					Amazonite, Amethyst, Moonstone, Tanzanite,		Gotu Kola, Lavender, Lily or the Valley, Lotus, Sage	Neroli, Myrrh, Sandalwood	Platinum	Rose
7	M/F	Crown	Violet	Two inches above the head	Spirituality, inspiration, life force, ability to connect with wisdom, spiritual enlightenment, and accessing Universal information, wisdom and knowledge	Thought /All Senses	Pineal		No joy, catatonic, can't make decisions, depression, suicidal, frequent migraine headaches, constant sense of frustration, unrealized power, psychotic, manic-depressive, destructive		Amethyst, Barite, Blue Sapphire, Celestite, Danburite, Goshenite, Obsidian, Petalite, Phenacite, Selenite, Sugilite	Uranus	Gotu Kola, Lavender, Lily or the Valley, Lotus, Sage	Bergamot, Citrus, Lavender, Peony, Spruce	Gold	Jasmine
6	F	Third Eye	Indigo	Center of the forehead	Higher intuition, idealism, imagination, psychic ability and phenomena, clarity, ability to understand the vastness of all things and how they work, whether past, present, or	Light/ Sixth sense	Pituitary	Negatively influences cerebral cortex, cerebrum, central nervous system, glands and the pineal gland, pituitary gland and hormones	Egomaniac, proud, manipulative, religiously dogmatic, authoritarian, non-assertive, undisciplined, afraid of success, schizophrenic, headaches, nightmares, hallucinations, delusional, difficulty concentrating, poor	Unsure of our self's, reducing our self confidence and creating fear, anxiety, apathy and problems with the understanding and retention of knowledge	Adventurine, Amethyst, Azurite, Barite, Blue Tourmaline, Celestite, Fluorite, Goshenite, Lapis Lazuli, Phenacite, Sodalite, Sugilite	Jupiter	eyebright, juniper, Mugwort, poppy, rosemary, lavender, poppy seed	Galangal, Star Anise, Wormwood	Silver	Lavender

					future, and knowledge, and wisdom				memory, poor vision, unimaginative, denial.							
5	M	Throat	Blue	Throat Area	Ability to communicate, truthful, higher creativity, self-expression, express feelings and ideas	Ether/Sound	Thyroid	Negatively influences visual and sinus problems, headaches and nightmares, it can also lead to lack of clarity or over analyzing circumstances	Arrogant, self-righteous, talks too much, dogmatic, addictive, scared, timid, confused, can't express one's thoughts, devious, manipulative, Sexually preoccupied with sexual thoughts, unconsciously macho, prefers partners who can be dominated, can't relax, conflicts with religious belief system, afraid of sex.	Disorderly, unassertive, frightened of achieving, too sensitive to the feelings of others and unaware of what comes from the self or from our highest guidance	Aquamarine, Blue Calcite, Chrysacolla, Blue Kyanite, Aura Quartz, Lapis Lazuli, Sodalite, Tanzanite, Turquoise	Mercury	Echinacea, Mugwort, poppy, rosemary, lavender, poppy seed	Frankincense, Sage, Sandalwood	Mercury	Eucalyptus
	F	Thymus or Higher Heart	Fire white	Below the throat at the base of the neck but above the heart	Immune system and sound Healing	Seat of Life energy	Thymus	Negatively influences sore throats, communication problems, earaches or infections, chronic colds, thyroid problems, speech difficulties, chronic tiredness and depression, it can also lead to control of others through deceit and dishonesty			Labradorite	Venus	Coltsfoot, Peppermint, Red clover blossoms, Sage, salt, lemon grass	Marjoram, Rose, Yarrow	Copper	Heliotrope
4	F	Heart	Green	Center of the chest	Self-healing, compassion, humanitarian, nurturing, feeling/empathy, and service to others	Air/Touch	Thymus	Negatively influences sore throats, communication problems, earaches or infections, chronic colds, thyroid problems, speech difficulties, chronic tiredness and depression, it can also lead to control of others through deceit and dishonesty	Paranoid, afraid of letting go, afraid of getting hurt, fear of abandonment, conditional with love	Nervous and frightened causing introversion, and tending to keep our thoughts and our self to our self, also opposing any kind of change	Adventurine, Amazonite, Aquamarine, Aqua Crystals, Blue Calcite, Blue Halite, Chrysacolla, Kyanite, Lapis Lazuli, Sodalite, Sugilite, Tanzanite, Turquoise	Venus	Coltsfoot, Peppermint, Red clover blossoms, Sage, salt, lemon grass	Marjoram, Rose, Yarrow	Copper	Heliotrope
3	M	Solar Plexis	Yellow	In the curve of the rib cage	Self-esteem, courage, fear, sense of identity, personal power, transformation of desires, ambitions and emotions into desire	Fire/sight	Pancreas	Ulcers, digestive problems or liver and pancreas problems	Dominating, controlling, aggressive, scattered, constantly active, weak will, poor self-esteem, passive, sluggish, fearful, lacks confidence, worries about what others will think, judgmental, workaholic, perfectionistic, overly intellectual, resents authority; Sexually demanding, insecure, jealous, distrustful.	Emotonally unstable, obsessed, suspicious,	Carnelian, Cinnabar, Goethite, Kyanite, Orange Quartz	Mars	Cayenne, Hawthorn berries, Jasmine, Lavender, Marjoram, Rose, basil, sage, thyme, cilantro, parsley	Cedar, Cloves, Ylang Ylang	Iron	Ginger

2	F	Sacral	Orange	Two finger widths below the Belly Button	Sexuality, Emotions, Relationships, Addictions, promotes lower creativity, sexuality, assertiveness, fertility, and lower intuition	Water/Taste	Reproductive	Bladder infections, impotence or frigidity and problems with the reproductive organs and fertility	Shy, hyper-sensitive, untrusting, confused, uncertain, with a growing feeling of aimlessness to life, overly emotional, poor boundaries, sex addiction, obsessive attachments; emotionally explosive, aggressive, manipulative, overindulgent, self-serving; sexually frigid, impotent, rigid, emotionally numb, fearful of pleasure; obsessed with thoughts of sex, see people of opposite sex as sex objects, requires frequent sexual gratification.	Physical and emotional problems or sexual guilt, and excesses in food, sex and drugs.	Amber, Citrine, Fire Opal, Golden Apatite, Golden Topaz, Hematite, Moonstone, Topaz, Yellow Quartz	Moon	Anise, Celery, Cinnamon, Lily of the Valley, Marshmallow, Mints, ginger, mints (peppermint, spearmint, etc.), melissa, turmeric, cumin, fennel	Bergamot, Orange, Saffron, Ylang Ylang	Tin	Dragon's Blood
1	M	Root/Base	Red	Base of spine	Birthplace, culture, foundations, Survival, Grounding, Material Possessions	Earth/Smell	Adrenal	Negatively influences the legs, bones, adrenal glands, colon, kidneys and spinal column	Heaviness, Sluggish, Monotony, Obesity, Hoarding, Materialism, Greed; Fearful, Undisciplined, Restless, Underweight, Spacey; Sexually indiscriminate, genital focus, nervous sexual energy	Cause anxiety, lack of confidence, lack of ability to complete things, feeling unloved, masochistic	Agate, Bloodstone, Garnet, Obsidian, Red Jasper, Ruby	Saturn	Burdock Root (Arctium lappa), Chives (Allium schoenoprasum), Cloves (Syzygium aromaticum), Dandelion (Taraxacum officinale), Rosemary (Rosmarinus officinalis)	Angelica Root, Cedar, Clove, Myrrh, Pepper	Lead	Cinnamon
0	F	Earth	Black	Ball of each foot		Earth, Air, Fire, Water	Works in conjunction with Root Chakra				Black Onyx, Clear Quartz, Hematite, Larimar, Magnesite, Serpentine, Tiger Eye	Earth		Bergamot, Clove Bud, Frankincense, Myrrh, Tea Tree		