

Root Chakra

Location – Base of the spine in tailbone area

Organs – Colon, bladder, lower back, legs and feet

Governs – Basic needs of survival. Food, water, safety, shelter and support.

Color – Red

Affirmation – I am safe, and my basic needs are met and abundant.

Essential Oils – St. John’s Wort, Angelica, Patchouli and Frankincense

The Root Chakra is our foundation and anchor. It gives us the feeling of being grounded and able to stand strong.

Sacral Chakra

Location – Lower abdomen, 2 inches below the naval

Organs – Sexual organs, ovaries / testicles, bladder, bowel and lower intestine.

Governs – Creativity and sexual energy

Color – Orange

Affirmation – I live a joyful life. I love what I do, and my creative juices are always flowing.

Essential Oils – Orange, Neroli, Clove, Juniper and Rosemary

The Sacral Chakra is responsible for our pleasure and helps inform how we relate to our emotions and the emotions of others.

Solar Plexus Chakra

Location – Upper abdomen in the stomach area

Organs – Digestive system, upper back and upper spine

Governs – Will, personal power, self-discipline and direction in life.

Color – Yellow

Affirmation – I am worthy of great abundance and love. I am confident in my abilities and ready to share my gifts with the world.

Essential Oils – Lemon, Rosemary, Peppermint, Yarrow and Marjoram

The Solar Plexus Chakra speaks to our ability to be confident and in control of our life. Seeing the big picture.

Heart Chakra

Location – Center of the chest

Organs – Heart, lungs, blood and circulation

Governs – Our ability to give and receive love from others and ourselves.

Color – Green

Affirmation – There is much love in my life. I give and receive love freely.

Essential Oils – Melissa, Rosewood, Basil and Rose

The Heart Chakra is the connection between the top 3 and the bottom 3 chakras. It is the integration of earthly matters and spiritual matters.

Throat Chakra

Location – Throat area

Organs – Throat, thyroid, mouth, teeth, tongue and jaw

Governs – Ability to communicate and our thought, creative and writing expression.

Color – Blue

Affirmation – I speak my truth. I have faith in my abilities and communicate them well through my work, art and words.

Essential Oils – Lemongrass, Sage and Blue Chamomile

The Throat Chakra gives voice to the heart chakra. It is responsible for our creativity and turning our imagination in to reality.

Third Eye Chakra

Location – On the forehead between our eyes.

Organs – Pituitary gland, pineal gland, skull, eyes, brain, nervous system and the senses.

Governs – Our ability to see the big picture and connect to our intuition.

Color – Turquoise

Affirmation – I listen and hear my intuition and then take action. I see the big picture of my life and do not focus on the details.

Cheat Sheet on the 7 Main Chakras

Based on the blog posts “A Guide to the 7 Chakras for Beginners” and “6 Ways to Open Your Chakras” on Living Marvelously

Essential Oils – Clary sage, Elemi, Spruce and Lavender

The Third Eye Chakra is often referred to as “The Eye of the Soul”. This is where “I” no longer exists and we understand that we are part of a bigger purpose.

Crown Chakra

Location – Very top of the head

Organs – top of the spinal cord, brain stem, pain center and nerves.

Governs – Represents our ability to be fully connected spiritually. It allows access to the utmost clarity and enlightened wisdom.

Color – White

Affirmation – I am well. I have everything I need and want and I am supported by the whole of the Universe.

Essential Oils – Geranium, Myrrh, Gotu Kola and Sandalwood

The Crown Chakra is the ultimate destination. If you can get through and open all of the other chakras, you will reach your highest consciousness and be in connection with your source.