

# Sensing the Chakras

## A Guide to the Body's Seven Main Energy Centers

**Crown Chakra** Location-Top of the head • Color-Violet  
Element-Thought/will • Functions-Vitalizes the upper brain • Glands/Organs-Pineal gland, cerebral cortex, central nervous system, right eye • Gems/Minerals-Amethyst, sugillite, quartz crystal, selenite • Message-I know • Foods-associated with the

idea of fasting • Qualities/Lessons-Unification of the Higher self with the human personality. Oneness with the infinite spiritual will, inspiration, unity, divine wisdom and understanding, idealism, selfless service. Perception beyond space and time. Continuity of consciousness • Unbalanced-Lack of inspiration, confusion, depression, alienation, hesitation to serve, senility.

**Brow Chakra (third eye)** Location-Center of the forehead, between the eyebrows • Color-Indigo (dark blue) • Element-Light  
Functions-Vitalizes the lower brain (cerebellum) and central nervous system, Vision • Glands/Organs-Pituitary gland (some sources say pineal gland), left eye, nose, ears • Gems/Minerals-Lapis, quartz crystal, sapphire

Message-I see • Foods-Blue/purple fruits and vegetables • Qualities/Lessons-Soul realization, intuition, insight, peace of mind, wisdom, devotion  
Unbalanced-Lack of concentration, fear, tension, headaches, eye problems, bad dreams. Overly detached from the world.

**Throat Chakra** Location-Throat area • Color-Sky blue  
Element-Akasha/ether • Functions-Speech, sound, vibration, communication  
Glands/Organs-Thyroid, parathyroid, hypothalamus, throat, mouth • Gems/Minerals-Turquoise, chrysocolla, celestine, aquamarine • Message-I speak  
Foods-Blue/purple fruits and vegetables • Qualities/Lessons-Power of

the spoken word, true communication, creative expression in speech, writing, and the arts, integration, peace, truth, knowledge, wisdom, loyalty, honesty, reliability, gentleness, kindness • Unbalanced-Communication and/or speech problems, knowledge used unwisely, ignorance, lack of discernment depression, thyroid problems.

**Heart Chakra** Location-Center of the chest • Color-Green (secondary color is pink) • Element-Air • Functions-Anchors the life-force from the higher self, energizes the blood and physical body with the life-force, blood circulation • Glands/Organs-Heart, thymus gland, circulatory system, arms, hands, lungs • Gems/Minerals-Emerald, tourmaline, jade,

rose quartz, ruby • Message-I love • Foods-Green fruits and vegetables • Qualities/Lessons-Divine/unconditional love, forgiveness, compassion, empathy, balance, group consciousness, oneness with life, acceptance, peace, openness, harmony, contentment • Unbalanced-Repression of love, out of balance, heart problems, circulation problems.

### Solar Plexus Chakra

Location-Above the navel, below the chest  
Color-Yellow • Element-Fire • Functions-Vitalizes the sympathetic nervous system, digestive processes, metabolism, emotions • Glands/Organs-Pancreas, adrenals,

Foods-Starches, yellow fruits and vegetable  
Message-I can • Qualities/Lessons-Will, personal power, authority, energy, mastery of desire, self-control, radiance, warmth, awakening, transformation, humor, laughter, immortality • Unbalanced-Taking in more than one can assimilate and utilize, too much emphasis on power and/

stomach,  
liver, gallbladder,  
nervous system  
Gems/Minerals-Gold,  
Topaz, amber

or recognition,  
anger, fear, hate,  
digestive problems,  
risk taking (for deficient).

**Naval Chakra** Location-Lower abdomen to navel area  
Color-Orange • Element-Water • Functions-Procreation, physical force and vitality, sexuality • Glands/Organs-Ovaries, testicles, genitals, spleen, womb, bladder  
Stones-Carnelian, coral, gold calcite, peach aventurine • Foods-Liquids, orange fruits and vegetables • Message-I feel • Qualities/Lessons-Giving and receiving, emotions, desire,

pleasure, sexual/passionate love, change, movement, assimilation of new ideas, tolerance, working creatively with others • Unbalanced-Over-indulgence in food or sex, sexual difficulties, jealousy, envy, desire to possess, impotence, uterine and/or bladder problems  
Stage of Development-6 months to 2 years.

**Root Chakra** Location-Base of the spine (coccyx) • Color-Red (secondary color is black) • Element-Earth • Functions-Gives vitality to the physical body  
Life-force, survival, self-preservation, instincts • Glands/Organs-Adrenals, kidneys, spinal column, colon, legs, bones • Gems/Minerals-Ruby, garnet, bloodstone, obsidian

Message-I have • Foods-Proteins, red fruits and vegetables • Qualities/Lessons-Matters relating to the material world success, the physical body; mastery of the body, grounding, individuality, stability, security, stillness, health, courage, patience • Unbalanced-Self-centered, insecurity, violence, greed, anger, overly concerned with ones physical survival, tension in the spine, constipation.