

## Chakra Meanings Chart

	Location	Color	Central Issue	Orientation to self	Goals	Rights	Identity	Demon/Trickster	Element	Excessive Characteristics	Deficient Characteristics
<b>Root (1)</b>	Base of spine	<b>RED</b>	survival, grounding	Self-preservation	Stability, grounding, physical health, prosperity trust	To be here, to have	Physical	Fear	Earth	Heaviness, Sluggish monotony, obesity, hoarding, materialism, greed	Frequent fear, lack of discipline, restless, underweight, spacey
<b>Sacral (2)</b>	Abdomen, Genitals, lower back, hips	<b>ORANGE</b>	Sexuality, emotions, desire	Self-gratification	Fluidity, pleasure, healthy sexuality, feeling	To feel, to want	Emotional	Guilt	Water	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure
<b>Solar Plexus (3)</b>	Solar Plexus	<b>YELLOW</b>	Power, will	Self-definition	Vitality, spontaneity, strength of will, purpose, self-esteem	To act	Ego	Shame	Fire	Dominating, blaming, aggressive, scattered, constantly active	Weak will, poor self esteem, passive, sluggish, fearful
<b>Heart (4)</b>	Heart "area"	<b>GREEN</b>	Love, relationships	Self-acceptance	Balance, compassion, self-acceptance, good relationships	To love and be loved	Social	Grief	Air	Codependency, poor boundaries, possessive, jealous	Shy, lonely, isolated, lack of empathy, bitter, critical
<b>Throat (5)</b>	Throat	<b>BLUE</b>	Communication	Self-expression	Clear communication, creativity, resonance	To speak and be heard	Creative	Lies	Sound	Excessive talking, inability to listen, over-extended, stuttering	Fear of speaking, poor rhythm
<b>Brow (6)</b>	Brow	<b>INDIGO</b>	Intuition, imagination	Self-reflection	Psychic perception, accurate interpretation, imagination, clear seeing	To see	Archetypal	Illusion	Light	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, can't see patterns, denial
<b>Crown (7)</b>	Top of head, cerebral cortex	<b>VIOLET</b>	Awareness	Self-knowledge	Wisdom, knowledge, consciousness	To know	Universal	Attachment	Information	Overly intellectual, spiritual addiction, confusion, dissociation	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy