






	Symbol & Color	Balanced Chakra	Imbalance Chakra	Crystals	Essential Oil
Crown	 Violet	Spirituality, connections to the universe, awareness, values, ethics, selflessness & optimism	Feelings of disconnection, pessimism & lethargy, depression & vanity	Amethyst, Charoite, Spirit Quartz, Labradorite, Howlite, Herkimer Diamond	Frankincense
3rd Eye (Brow)	 Indigo	Mind, ideas, thoughts, dreams, psychic abilities, honesty & intellectual abilities	Confusion, headaches, lack of ambition & feelings of negativity	Lapis Lazuli, Sodalite, Moldavite, Fire Agate, Prehnite, Celestite	Sandalwood
Throat	 Blue	Communication, speech, choice, individual needs, expression, & leadership	Inadequate self-expression, poor communication, not speaking your mind & anxiety	Blue lace Agate, Apatite, Turquoise, Kyanite, Angelite,	Lavender
Heart	 Green	Love, safety, forgiveness, compassion, self-esteem, trust & harmony	Inability to share & love, relationship breakdown & feelings of detachment.	Malachite, Aventurine, Rose Quartz, Amazonite, Chrysocolla, Peridot	Rose
Solar Plexus	 Yellow	Bravery, self esteem, emotions confidence responsibility & concentration	Feel drained, lack of concentration, loss of personal power & self-respect	Citrine, Amber, Tiger's Eye, Ametrine, Beryl, Imperial Topaz, Yellow Jasper	Neroli
Sacral	 Orange	Relationships, creativity, store energy, sexuality, joy, intimacy, personal control	Lack of energy, vitality and creativity, lonely, sad & sexual dysfunction	Carnelian, Copper, Moonstone, Chiasolite, Picasso Marble, Pearl	Ylang-ylang
Root	 Red	Survival, security, energy, grounding, abundance, change, passion	Feel stuck & in a rut, unable to release emotions, insecurity & depression.	Red Jasper, Hematite, Obsidian, Smoky Quartz, Mookaite, Jet	Patchouli