

## CHAKRA OVERVIEW CHART

Chakra	Endocrine Gland	Colour	Element	Identity	Primary Issue	Purpose	Rights	Shadow	Sense	Emotions
<b>1. Base</b> ( <i>Muladhara ~ root</i> )	Adrenals	Red	Earth (gravitation)	Physical (self-preservation)	Survival	Foundation	To be here and have	Fear	Smell	Belong, Fear, Grounded, Present, Prosperity, Protected, Secure, Supported, Survival, Trust
<b>2. Sacral</b> ( <i>Swadhisthana ~ sweetness</i> )	Gonads (Ovaries / Testes)	Orange	Water (polarity)	Emotional (self-gratification)	Sexuality Emotions	Movement Connection	To feel and have pleasure	Guilt	Taste	Abundance, Connection, Control, Creative, Emotional, Flow, Guilt, Movement, Pleasure, Self-nurturing
<b>3. Solar Plexus</b> ( <i>Manipura ~ lustrous gem</i> )	Pancreas	Yellow	Fire (combustion)	Ego (self-definition)	Power Will Self-worth	Transformation	To act and be an individual	Shame	Sight	Approval, Confidence, Courage, Doubt, Power, Respect, Self-worth, Shame, Sunlight, Unique
<b>4. Heart</b> ( <i>Anahata ~ unstruck</i> )	Thymus	Green (pink)	Air (equilibrium)	Social (self-acceptance)	Love Relationships	Love Balance	To love and be loved	Grief	Touch	Betrayed, Closed-off, Commitment, Compassion, Equilibrium, Forgive, Grief, Love, Nourish, Self-acceptance
<b>5. Throat</b> ( <i>Vishuddha ~ purification</i> )	Thyroid	Blue	Sound (vibration)	Creative (self-expression)	Communication	Communication Creativity	To speak and to be heard	Lies	Hearing	Authentic, Blame, Heard, Inspiration, Integrity, Lies, Quiet, Regret, Relate, Self-expression
<b>6. Third Eye</b> ( <i>Ajna ~ to perceive and command</i> )	Pituitary	Indigo	Light (luminescence)	Archetypal (self-reflection)	Intuition Imagination	Pattern recognition	To see	Illusion	Intuitiveness	Anguish, Clarity, Denial, Illusion, Imagination, Intuition, Light, Patterns, Perception, Punish
<b>7. Crown</b> ( <i>Sahasrara ~ thousandfold</i> )	Pineal	Violet (white)	Thought (consciousness)	Universal (self-knowledge)	Awareness	Understanding	To know and to learn	Attachment	Will	Attachment, Aware, Belief, Direction, Knowing, Purity, Purpose, Spirituality, Thought, Understanding