



# Chakra Chart



| Zone | Octave | Color      |
|------|--------|------------|
| 12   | B      | Magenta    |
| 11   | A#     | Purple     |
| 10   | A      | Violet     |
| 9    | G#     | Dark Blue  |
| 8    | G      | Blue       |
| 7    | F#     | Green      |
| 6    | F      | Lime       |
| 5    | E      | Yellow     |
| 4    | D#     | Gold       |
| 3    | D      | Orange     |
| 2    | C#     | Red/Orange |
| 1    | C      | Red        |

**Crown Chakra** (Sahasrara)  
*Connection to the divine*



**Third Eye Chakra** (Ajna)  
*Intuition, sense of purpose and direction in life*



**Throat Chakra** (Vishuddha)  
*Self-expression*



**Heart Chakra** (Anahata)  
*Love, relationships and self-acceptance*



**Solar Plexus Chakra** (Manipura)  
*Personal power and ability to channel*



**Sacral Chakra** (Swadhisthana)  
*Sexuality and pleasure*



**Root Chakra** (Muladhara)  
*Career, money mindset and sense of belonging*



**CROWN CHAKRA** - The highest Chakra represents our ability to be fully connected spiritually.  
**Location:** The very top of the head.  
**Emotional issues:** Inner and outer beauty, our connection to spirituality, pure bliss.  
**Physical association:** Pineal gland, brain, nervous system.

**THIRD EYE CHAKRA** - Our ability to focus on and see the big picture.  
**Location:** Forehead between the eyes. (Also called the Brow Chakra)  
**Emotional issues:** Intuition, imagination, wisdom, ability to think and make decisions.  
**Physical association:** Pituitary gland, eyes, sinuses.

**THROAT CHAKRA** - Our ability to communicate.  
**Location:** Throat.  
**Emotional issues:** Communication, self-expression of feelings, the truth.  
**Physical association:** Thyroid, respiratory system, teeth, vocal cords.

**HEART CHAKRA** - Our ability to love.  
**Location:** Center of chest just above heart.  
**Emotional issues:** Love, joy, inner peace.  
**Physical association:** Heart, thymus, lower lungs, circulatory system, immune system.

**SOLAR PLEXUS CHAKRA** - Our ability to be confident and in-control of our lives.  
**Location:** Upper abdomen in the stomach area.  
**Emotional issues:** Self-worth, self-confidence, self-esteem.  
**Physical association:** Central nervous system, pancreas, liver, digestive tract, skin.

**SACRAL CHAKRA** - Our connection and ability to accept others and new experiences.  
**Location:** Lower abdomen, about 2 inches below the navel and 2 inches in.  
**Emotional issues:** Sense of abundance, well-being, pleasure, sexuality.  
**Physical association:** Reproductive organs, kidneys, bowels, immune system.

**ROOT CHAKRA** - Represents our foundation and feeling of being grounded.  
**Location:** Base of spine in tailbone area.  
**Emotional issues:** Survival issues such as financial independence, money, and food.  
**Physical association:** Spine, rectum, legs, arms, circulatory system.