

CROWN CHAKRA

REGULATES:
CONSCIOUSNESS
WISDOM
SPIRITUALITY
IMAGINATION

DEPRESSION
HOPELESSNESS
CONFUSION
DISCONNECTION

TO BALANCE:
WEAR AMETHYST
EAT FIGS
ADORN SPACE WITH VIOLETS



THIRD-EYE CHAKRA

REGULATES:
INTUITION
THOUGHTS
DREAMS

JUDGMENT LACK
OF SLEEP
IMBALANCE LOSS
OF INTUITION

TO BALANCE:
WEAR AZURITE
USE LAVENDER OILS
CONNECT WITH INDIGO
NIGHT SKY



THROAT CHAKRA

REGULATES:
CONSCIOUSNESS
WISDOM
SPIRITUALITY
IMAGINATION

DEPRESSION
HOPELESSNESS
CONFUSION
DISCONNECTION

TO BALANCE:
WEAR
AMETHYST EAT
FIGS
ADORN SPACE WITH VIOLETS



HEART CHAKRA

REGULATES:
COMPASSION
CONNECTION
LOVE
SAFETY

DISCONNECTS
HOPELESSNESS
REJECTION

TO BALANCE:
WEAR JADE
EAT GREEN VEGETABLES
ENERGIZE
YOUR SPACE WITH GREEN



SOLAR PLEXUS CHAKRA

REGULATES:
FEARS
SENSE OF POWER
GUT FEELINGS

EATING DISORDERS
ANXIETY
FEAR
LOSS OF CONTROL

TO BALANCE:
WEAR YELLOW CITRINE CRYSTAL
DECORATE YOUR AREA WITH YELLOW
ADD LEMON TO YOUR WATER



CROWN CHAKRA

REGULATES:
CONFIDENCE
CREATIVITY
SEXUALITY

DEPENDENCE
ADDICTION ISSUES
LONELINESS
EMOTIONAL
IMBALANCE

TO BALANCE:
WEAR ORANGE CLOTHING
ADD ORANGE TO YOUR
FOOD ENERGIZE YOUR
SPACE WITH ORANGE



ROOT CHAKRA

REGULATES:
SECURITY
SURVIVAL
INSTINCT

DEPLETION
ANXIETY
HOPELESSNESS

TO BALANCE:
EAT RED BERRIES WEAR A
GARNET STONE ENERGIZE
YOUR SPACE WITH RED



YOUR

CHAKRAS