

Chakra #	1 st Chakra	2 nd Chakra	3 rd Chakra	4 th Chakra	5 th Chakra	6 th Chakra	7 th Chakra
Chakra Name	Root Chakra	Sacral Chakra	Solar Chakra	Heart Chakra	Throat Chakra	Third Eye Chakra	Crown Chakra
Sanskrit Name	Muldhara Chakra	Svadhishthana Chakra	Manipura Chakra	Anahata Chakra	Vishuddha Chakra	Ajna Chakra	Sahasrara Chakra
Location	Base of Spine	Below Navel	Above Navel	Center of Chest	Throat	Center of Forehead	Top of Head
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Musical Note	C	D	E	F	G	A	B
Balanced State	Energized Confident Stable	Creative Sexual Fire	Fulfilled Happy	Self-Love	Expression Communication	Intuitive Accountable	Connection to the Divine
Reactive State	Hyper-Vigilante Fearful	Oppressive Environment Spark is gone	Unfulfilled Homesick Lost	Broken Hearted Feeling Unsafe	Stifled Confronted Fragile	Overwhelm Paths Blocked	Hopeless No light at the end of the tunnel
Physical	Adrenals 7 Legs, Feet	Reproductive 9 Organs	Pancreas 8 Liver	Thymus 6	Thyroid 4 Lungs	Pituitary 3 Eyes, Ears	Pineal 1 Brain
Crystal Therapy	Obsidian Hematite Red Jasper	Garnet Ruby Amber	Tiger's Eye Citrine Gold Calcite	Malachite Rose Quartz Jade	Turquoise Kyanite Sodalite	Lapis Lazuli Sapphire Azurite	Amethyst Quartz Purple Fluorite
Essential Oils	Cypress Lavender Dorado Azul Patchouli	Ylang Ylang Clary Sage Patchouli Geranium	Lavender Peppermint Ocotea Fennel	Marjoram Lavender YlangYlang Angelica	Peppermint Spearmint Myrrh Lavender	Cedarwood Frankincense Rosemary Lavender	Frankincense Lavender Myrrh Rosemary
Essential Oil Blends	Abundance Valor Endo Flex EnRGee	Peace and Calming Endo Flex Mister Dragon Time	Harmony Thieves EnRGee DiGize	Joy Peace and Calming AromaLife Harmony	Believe EndoFlex Valor EnRGee	Inspiration Brain Power 3 Wise Men	Inspiration Brain Power 3 Wise Men
Pattern Interrupt	20 Minute Walk in Nature Sit or lay belly down on the Earth and ask for support	Anything Creative Breath Work Kundalini Exercises or Meditation	Hug a Tree Sit with your back to a tree and meditate or ask for insight and support	Pamper yourself Spend quality time with someone you love	Chanting Singing Heart to Heart Communicat- ions	Imagining Outcomes and Possibilities Outcomes Treasure Maps	Imagine Light Filling Your Being Enjoy a Sunset Star Gazing
Possible Oil Combos: Patchouli, Ylang Ylang, Lavender, Peppermint, Cedarwood or Frankincense Valor, EndoFlex, Harmony, Inspiration EnRGee, Ylang Ylang, Valor, Inspiration Lavender, Peppermint, Ylang Ylang @ janet adams 2011							
Apply the oils for each chakra in the specific order from your questionnaire/emotional health www.oilswithsoul.com							