

| 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 | Reproductive9 Organs | Pancreas 8 Liver | Thymus 6 | Thyroid 4 Lungs | Pituitary3 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 | | | | | | | |