

Chakra	Location	Properties	Blockages	Sounds	Essential oils	Gemstones	Elements	Petals
7 th or "crown"	At the top of the head	Related to one's personal spiritual connection to the universe.	Psychological problems	Note B, Mantra - aum ee, as in bee	Lavender, rosewood	Clear and rutile quartz, amethyst, Iolite, sugulite, tanzanite	Cosmic, heavenly kingdom, sense all	972
6 th or "brow" (third eye)	Between the eyebrows	The seat of intuition and awareness.	Sinus or eye problems	Note high A, Mantra - aum om or mmm	Basil, cedar, wood, sage	Lapis lazuli, blue sapphire, sodalite, selinite, kyanite, azurite, sugulite and fluorite	Spiritual, vision archangels, sense telepathy	96
5 th or "throat"	In the throat	Tied to creativity and communication.	Laryngitis or sore throats, creative blocks or general problems communicating with others	Note G #, Mantra - ham or u, as in blue	Chamomile, frankincense	Turquoise, aquamarine, chrysocholla, azurite, sodalite	Ether, angelic realms, sense hearing	16
4 th or "heart"	At the heart	Gives us the ability to express love	Immune system or heart problems, or a lack of compassion	Note F#, Mantra - yam or a, as in ah	Jasmine, rose	Aventurine, emerald, rose quartz, diopside, Kunzite	Air, human kingdom, sense touch	12
3 rd or "navel"	Behind the solar plexus	Gives us a sense of our personal power in the world.	Anger or a sense of victimization	Note E, Mantra - ram or aum	Cassia, peppermint	Citrine, amber, golden topaz	Fire, animal kingdom, sense sight	10
2 nd or "spleen"	Just beneath the navel	Related to our sexual and reproductive capacity.	Emotional problems or sexual guilt	Note D, Mantra - vam or o, as in home	Rose, jasmine, sandalwood	Carnelian, Tiger eye, fire opal	Water, plant kingdom, sense taste	6
1 st or "root"	At the base of the spine	It is linked to survival instincts and our ability to ground ourselves in the physical world.	Paranoia or defensiveness	Note C, Mantra - lam or e, as in red	Frankincense, rosewood	Garnet, smoky quartz, black tourmaline, hematite, red jasper, obsidian	Earth, mineral kingdom, sense smell	4