



## 1<sup>st</sup> Chakra - Base, Root or Muladhara

**Color:** Red

**Mantra:** Lam

**Note:** C or C#

**Frequency/Solfeggio:** 396 Hz

### Issues:

- Truth – we are all one
- Safety
- Security and protection
- Grounding
- Connection
- Oneness
- Family loyalty and trust
- Place in family
- Standing up for oneself
- Loyalty
- Abandonment

### Crystals:

- Red or black crystals
- Magnetic crystals
- Hematite
- Black tourmaline
- Garnet
- Obsidian
- Jet
- Lodestone

### Essential Oils:

- Cinnamon
- Patchouli
- Myrrh
- Ginger
- Nutmeg
- Vetiver



## 2<sup>nd</sup> Chakra – Sacral, Spleen, or Svadisthana

**Color:** Orange

**Mantra:** Vam

**Note:** D or D#

**Frequency/Solfeggio:** 417 Hz

### **Issues:**

- Personal power
- Creativity
- Sexuality
- Finance/prosperity
- Relationships
- Control
- Addiction

### **Crystals:**

- Orange or brown crystals
- Amber
- Orange calcite
- Carnelian
- Citrine
- Orange aventurine

### **Essential Oils:**

- Orange
- Tangerine
- Sandalwood
- Cedarwood
- Geranium
- Bergamot
- Clary Sage
- Ylang ylang



### 3<sup>rd</sup> Chakra – Solar Plexus, Navel, or Manipura

**Color:** Yellow/Gold

**Mantra:** Ram

**Note:** E

**Frequency/Solfeggio:** 528 Hz

**Issues:**

- Self esteem
- Personality
- Sense of self separate from tribal identity
- Belonging
- Group safety/security
- Social rules
- Law and order
- Tribal honor
- Function within a group

**Crystals:**

- Yellow or gold
- Amber
- Citrine
- Yellow tigers eye

**Essential Oils:**

- Lemon
- Lemongrass
- Frankincense
- Roman chamomile
- Tea tree oil



#### 4<sup>th</sup> Chakra – Heart or Anahata

**Color:** Green

**Mantra:** Yam

**Note:** F or F#

**Frequency/Solfeggio:** 639 Hz

##### **Issues:**

- Bridge between body and spirit
- Love
- Balance
- Strength
- Health
- Anger
- Grief
- Bitterness
- Forgiveness
- Fear of loneliness
- Self-centeredness

##### **Crystals:**

- Green crystals
- Rose quartz
- Green calcite
- Green aventurine
- Emerald
- Peridot
- Malachite
- Green tourmaline
- Green kyanite

##### **Essential Oils:**

- Jasmine
- Rose
- Cypress
- Lavender
- Neroli
- Geranium
- Ylang ylang



### 5<sup>th</sup> Chakra – Throat or Vishuddha

**Color:** Blue

**Mantra:** Ham

**Note:** G or G#

**Frequency/Solfeggio:** 741 Hz

#### **Issues:**

- Integrity
- Truth
- Speaking out
- Creative expression
- Surrender to Divine will
- Following your dream
- Self-expression
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#### **Crystals:**

- Blue crystals
- Blue kyanite
- Sapphire
- Blue lace agate
- Blue tigers eye
- Aquamarine
- Celestite
- Angelite
- Turquoise
- Blue topaz

#### **Essential Oils:**

- Lavender
- Chamomile
- Peppermint
- Eucalyptus
- Jasmine
- Fennel
- Geranium
- Ginger



### 6<sup>th</sup> Chakra – Third Eye, Pineal, or Ajna

**Color:** Indigo/Violet

**Mantra:** Aum

**Note:** A or A#

**Frequency/Solfeggio:** 852 Hz

#### **Issues:**

- Intuition
- Reasoning
- Intellect
- Psychic ability
- Mental health
- Evaluating beliefs
- Evaluating attitudes
- Open-mindedness
- Emotional intelligence
- Learning from experience

#### **Crystals:**

- Indigo or violet crystals
- Amethyst
- Tanzanite
- Blue chalcedony
- Labradorite
- Iolite
- Blue kyanite
- Charoite

#### **Essential Oils:**

- Sandalwood
- Rosemary
- Frankincense
- Bay
- Juniper
- Myrrh
- Peppermint
- Vetiver
- Clary sage



### 7<sup>th</sup> Chakra – Crown or Sahasrara

**Color:** White or Violet

**Mantra:** None - silence

**Note:** B

**Frequency/Solfeggio:** 963 Hz

#### **Issues:**

- Connection to spirit
- Divinity
- Universal trust
- Ethics & values
- Selflessness
- Compassion
- Walking a spiritual path
- Communication with higher self
- Communication with higher beings
- Understanding of our greater nature
- Spirituality

#### **Crystals:**

- Clear, violet, or white crystals
- Amethyst
- Apophyllite
- Pedalite
- Clear quartz
- Phenacite
- Selenite
- Moonstone

#### **Essential Oils:**

- Sandalwood
- Vetiver
- Jasmine
- Lavender
- Rosewood
- Frankincense
- Helichrysum
- Rose
- Neroli