

	1st CHAKRA OR BASE CHAKRA	2nd CHAKRA OR SEXUAL CHAKRA	3rd CHAKRA OR SOLAR PLEXUS	4th CHAKRA OR HEART	5th CHAKRA OR THROAT CHAKRA	6th CHAKRA OR BROW CHAKRA	7th CHAKRA or CROWN CHAKRA
SANSKRIT	Muladhara	Svadhithana	Manipura	Anahata	Visuddha	Ajna	Sahasrara
MEANING	Root, support	Sweetness	Lustrous gem	Unstuck	Purification	To know, to perceive. To command	Thousand-fold
LOCATION	Perineum, base of spine	Lower abdomen, genitals, Womb	Navel to solar plexus	Heart	Throat	Centre of the head at eye level or slightly above	Top of the head
ELEMENT	Earth	Water	Fire	Air	Ether, sound, vibration	All elements	All elements
FUNCTION	Survival, grounding	Desire, pleasure, sexuality, Procreation	Will, power	Love	Communication, creativity	Image	Pure being
INNER STATE	Stillness, firmness & stability	Tears	Laughter, joy, anger	Compassion, love	Synthesis of ideas into symbols	Seeing, insight, intuition, mind, wisdom	Connection with the Source, Spirit, The All-That-Is
ENDOCRINE GLAND	Adrenal	Gonads/ovaries	Pancreas	Thymus	Thryoid, parathyroid	Pituitary	Pineal
AREA OF BODY	Spinal column, kidneys, bladder, legs, feet, bones, large intestine	Reproductive system, kidney, bladder, large intestine (overlap with first chakra)	Digestive system, including stomach, liver, gall bladder, muscles	Heart, blood, vagus nerve, circulatory system, liver ( as well as the third chakra), arms, hands, lungs	Lungs, vocal chords, bronchials, alimentary canal, neck, jaw	Brain and neurological system, left eye, ears, nose	Upper brain and nervous system, right eye
MALFUNCTION	Obesity, anorexia, sciatica, degenerative arthritis, knee troubles, constipation. Over focus on the material world and possessions	Impotence, frigidity, uterine, bladder, kidney trouble, lower back, large intestine, breasts in relation to feeding. Forms the underlying basis for self-nourishment and hence digestive capacity. Unsure and unstable in sexual and emotional matters. Cannot express feelings. Suppresses natural needs	Ulcers, diabetes, hypoglycaemia. No trust in natural flow. Need to dominate, or to blame others for perceived powerlessness	Asthma, heart disease, high blood pressure, lung disease, greed, insincerity, inability to accept love, lack of tolerance and 'isms' (such as racism and sexism)	Sore throat, stiff neck, colds, thyroid problems, hearing problems, cannot express oneself, fearful of failure and of rejection and being judged.	Blindness, headaches, nightmares, eyestrain, blurred vision, rejects spiritual side of being, focus on intellect and science, sees only the obvious and surface meaning, afraid of intuition	Depression, alienation, confusion, boredom, apathy, unable to let go of anxiety and fear, unable to imagine cosmic unity
COLOUR	Red	Orange	Yellow	Green	Bright blue	Indigo	Violet
FOODS	Proteins, meats	Liquids	Starches	Bitter Foods	Fruits	Mind-altering substances	Fasting
SENSE	Smell	Taste	Sight	Touch	Hearing	Intuition	Bliss
VERB	I have	I feel	I can	I love	I speak	I see symbolically	I surrender
CHIEF OPERATING FORCE	Gravity	Attraction of opposites	Combustion	Equilibrium	Sympathetic vibration	The power of the mind	Surrender
PURPOSE	Links the individual with the physical world. Serves as foundation to evolve and build the personality. Physicality, energy, groundedness, desire for security and survival, the species and the tribe.	Centre for reproduction, creativity & intense emotions. Feelings & emotions flow freely through regulating the relationship between lovers and friends. Balances the giving and receiving of feelings and emotions	To enable us to rightly take our place in the world and feel that we can manipulate our environment to keep us safe (like the magician in order to manifest our needs). Where the personality is formed and 'gut' feelings arise	The pivotal centre of the chakra system. The ability to love freely without fear or self-consciousness is generated here. This chakra is about depersonalised love, so it includes acceptance and tolerance of all other beings. Neutralises negative feelings and emotions. Healing by acceptance of suffering.	This is the bridge between feelings and their expression or manifestation. Deals with everything related to sound on the physical and metaphysical levels. Brings the material world into existence through the medium of sound. Gives voice to the intuition. Grants communication and rhythm, both within our body and between the body and our universe.	To enable us to 'see clearly the direction or path we are taking, to fulfill our spiritual purpose, not with the outer vision, but rather with the inner vision. It is here that we recognise (re-cognise = re-think = insight), through symbolism, interpreting our dreams, clairvoyance and insight, the lessons that have come into this body to learn in this lifetime. We acquire wisdom through recognising the Truth within the diversity of our life experiences, that is, wisdom gained through experience and insight.	Here the human being connects with the Divine as it is the entry point for the animating life-force. This force nourishes mind, body and spirit as it flows down into the physical body through the lower 6 chakras. By understanding this Source of our being as Spirit having a physical experience we can 'let go and let God'.
ESSENCES	Boab, Dog Rose of the Wild Forces, Grey Spider Flower, Macroparpa, Mulla Mulla, Sundew, Sunshine Wattle, Tall Yellow Top, Waratah and Wild Potato Bush	Billy Goat Plum, Bottlebrush, Bush Gardenia, Flannel Flower, Little Flannel Flower, Red Helmet Orchid, She Oak, Wedding Bush, Wisteria	Banksia Robur, Black-eyed Susan, Crowea, Dog Rose, Five Corners, Kangaroo Paw, Kapok Bush, Monga Waratah, Paw Paw, Peach-flowered Tea-tree, Green Essence, Red Grevillea, Southern Cross, Spinifex, Sturt Desert Rose	Bluebell, Christmas Bell, Dagger Hakea, Fringed Violet, Illawarra Flame Tree, Mountain Devil, Pink Flannel Flower, Philotheca, Red Suva Frangipani, Rough Bluebell, Slender Rice Flower, Sturt Desert Pea, Tall Mulla Mulla	Bauhinia, Bush Fuchsia, Old Man Banksia, Pink Mulla Mulla, Silver Princess Turkey Bush,	Angelsword, Boronia, Bush Iris, Green Spider Orchid, Hibbertia, Isopogon, Jacaranda, Yellow Cowslip Orchid	Alpine Mint Bush, Autumn Leaves, Freshwater Mangrove, Gynea Lily, Lichen, Mint Bush, Red Lily, Sydney Rose