

Know Your Chakras

Crown

I Understand

Purple/white. Connection to

Source, gathering of all Chakric energy. If blocked: Migraines

Brow/Third Eye

I See

Indigo. Inner vision, clarity.

If blocked: Eye issues

Throat

I Speak

Blue. Self-expression.

If blocked: Throat issues

Heart

I Love

Green. Self-love, joy.

If blocked: Heart issues

Solar Plexus

I Do

Yellow. Self-confidence.

If blocked: Stomach issues

Sacral

I Feel

Orange. Creativity.

If blocked: Reproduction issues

Base/Root

I AM

Red. Security and foundations.

If blocked: Lower back issues

