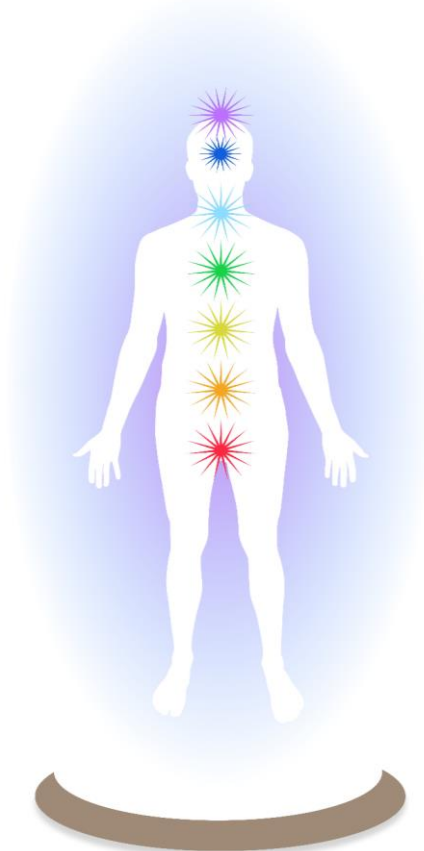


STAND IN THE LIGHT

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# CHAKRA CHART 7 MAJOR CHAKRAS



| CHAKRA # | NAME         | LOCATION:<br>GIVING (FRONT)<br>-----<br>RECEIVING (BACK)               | CONNECTS WITH               | CONTROLS  | IMBALANCE SYMPTOMS   | GLANDS AND ORGANS   | CRYSTALS                                |
|----------|--------------|--|-----------------------------|---|--|---|---|
| 7        | CROWN        | TOP OF THE HEAD  | SPIRIT AND UNIVERSAL DIVINE | LIVE IN THE MOMENT<br>THE ATTITUDE OF GRATITUDE | LOSS OF FAITH IN SELF AND THE DIVINE, BRAINFOG, CONFUSION                      | BRAIN   | AMETHYST<br>PURPLE FLUORITE<br>SELENITE |
| 6        | THIRD EYE    | FRONT-CENTER OF FOREHEAD<br>-----<br>BACK-BACK OF THE HEAD             | INTUITION AND WISDOM        | GUIDANCE<br>FINDING YOUR TRUTH                  | FOCUSING TOO MUCH ON LOGIC, REACTING TO FEAR, INABILITY TO OPEN YOUR MIND      | PINEAL<br>PITUITARY   | SODALITE<br>LAPIS<br>BLUE KYANITE       |
| 5        | THROAT       | FRONT-CENTER OF THROAT<br>-----<br>BACK-CENTER OF THE BACK OF THE NECK | FREE CHOICES                | SPEAKING YOUR TRUTH WITH LOVE                   | FEAR OF SPEAKING OUT, INABILITY TO RECONCILE HEAD AND HEART TO MAKE A DECISION | THYROID   | ANGELITE<br>TOPAZ<br>BLUE LACE AGATE    |
| 4        | HEART        | FRONT-MIDDLE OF CHEST<br>-----<br>BACK-BETWEEN SCAPULA                 | BODY AND SPIRIT             | LOVE<br>HEALING<br>COMPASSION                   | BEING TOO HARSH WITH YOURSELF AND OTHERS, FEELING HELPLESS, EMOTIONAL WEAKNESS | THYMUS  | JADE<br>MALACHITE<br>GREEN AVENTURINE   |
| 3        | SOLAR PLEXUS | FRONT- IN RIB TRIANGLE<br>-----<br>BACK- ABOVE WAIST                   | SELF                        | SELF HONOR<br>SELF RESPECT<br>SELF CARE         | FEELING INADEQUATE, SELF LOATHING, TROUBLE DEFENDING YOUSELF                   | PANCREAS<br>STOMACH<br>KIDNEYS<br>GALL<br>BLADDER<br>ADRENALS | TIGER EYE<br>YELLOW CALCITE<br>CITRINE  |
| 2        | SACRAL       | FRONT- 1" BELOW NAVEL<br>-----<br>BACK-ABOVE TAILBONE                  | INDIVIDUALS                 | CHOICE<br>CREATIVITY<br>FEELINGS                | TROUBLE ACCESSING CREATIVITY AND MAKING CHOICES, LACK OF LIBIDO                | OVARIES AND TESTIES   | CARNELIAN<br>ORANGE JASPER<br>MOONSTONE |
| 1        | ROOT         | BASE OF TORSO  | COMMUNITY<br>FAMILY         | LOGIC<br>STRUCTURE<br>ORDER                     | DISCONNECTED FROM COMMUNITY, FEELING OF NOT BELONGING                          | GENITALS  | RED JASPER<br>GARNET<br>SMOKY QUARTZ    |