






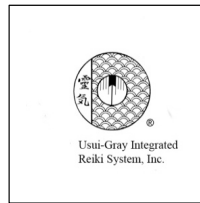
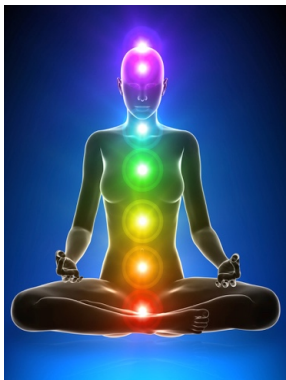


EMOTIONALITY AND THE CHAKRAS

Chakra	Weak	Strong	Glands/Organs	Crystals	Color	Sound
Crown – 7 (Sahastrata) 		< 1%. Very involved in spiritual growth. Receives help from other dimensions. Oneness with Divine Consciousness	Pineal Gland	Clear Quartz Selenite Moldavite Sugilite	White Gold	Key of B OM
Brow/Third Eye – 6 (Anja) 		5 – 10%. Involved in personal growth, meditation, intuition, creativity. Has the ability to see backwards and forwards in time	Pituitary Gland	Sodalite Amethyst Moonstone Sugilite Kyanite (all chakras)	Indigo Violet	Key of A SHAM
Throat – 5 (Vishuddha) 	Sad personality, early issues of abandonment and separation. Has difficulty with relationships. More possibility of infectious diseases: Cancer, AIDS, etc	Happy personality. Enjoys home and work. Has good relationships. Able to enjoy being alone	Thymus Gland Voice Box Thyroid Parathyroid Glands	Blue Lace Agate Aquamarine	Blue	Key of G HAM
Heart – 4 (Anahata) 	Angry personality—Type A More prone to cardiac and respiratory problems	Loving, compassionate personality with self and others	Heart Lungs	Rose Quartz Rhodonite Malachite Rhodochrocite Green Aventurine	Pink Green	Key of F YAM

<p>Solar Plexus – 3 (Manipura)</p> 	<p>Anxious personality. Experiences fear and anxiety of the future. More prone to having problems with: digestion, liver, kidneys, spleen, gallbladder, and adrenal glands</p>	<p>Faces the future with trust and confidence. Knows that all will turn out well.</p>	<p>Stomach Spleen Pancreas Liver Kidneys Gallbladder Adrenal Glands</p>	<p>Malachite Tigers Eye Citrine Yellow Jasper</p>	<p>Orange Yellow</p>	<p>Key of E RAM</p>
<p>Lower Abdominal – 2 (Svadhsthana)</p> 	<p>Repressed with sensuality</p>	<p>Sensuality open. Able to perceive auras and hear music from other dimensions</p>	<p>Large Intestine (partially) Prostate Gland (partially) Small Intestine Bladder Ovaries Fallopian Tubes Uterus</p>	<p>Carnelian Citrine Ruby</p>	<p>Red Orange</p>	<p>Key of D VAM</p>
<p>Root – 1 (Muladhara)</p> 	<p>Low self-esteem, afraid of boss, does not like co-workers. Does not enjoy home or work. More prone to problems with reproductive organs, intestines, and decreased energy flow to the legs</p>	<p>High self-esteem. Enjoys home and work. Likes boss and co-workers</p>	<p>Penis Testicles Prostate Gland Vagina Colon (partially) Legs (partially)</p>	<p>Hematite Black Tourmaline Smokey Quartz Red Jasper Ruby</p>	<p>Black Red</p>	<p>Key of C LAM</p>



<p>Right Knee (Left Brain Dominance)</p>	<p>Left Knee (Right Brain Dominance)</p>
<p>Right Foot (Earthly Path)</p>	<p>Left Foot (Spiritual Path)</p>

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Chakra Sounds Source: chopracentermeditation.com