

HEALING FOR
HUMANITY:
7 CHAKRAS

ROOT CHAKRA

First Chakra

Color: Red

Element: Earth

Crystal: Black Obsidian

Essential Oil: Patchouli

Life Lesson: To feel secure in the physical plane, to feel safe within one's skin.

Blockage Causes: Guilt, fear of being alive.

Cure: Practice forgiveness and acceptance of self.

SACRAL CHAKRA

Second Chakra
Color: Orange
Element: Water
Crystal: Carnelian
Essential Oil: Rose

Life Lesson: To connect with others using emotions without losing your sense of self.

Blockage Causes: Trauma

Cure: Learn the law of attraction. Set goals and affirmations.

SOLAR PLEXUS

Third Chakra
Color: Yellow
Element: Fire
Crystal: Citrine
Essential Oil: Tangerine

Life Lessons: To develop self-esteem, empower yourself, follow your life's path to the core of your beliefs.

Blockage Causes: Issues in control.

Cure: Set personal goals and take positive actions.

HEART CHAKRA

Fourth Chakra

Color: Green

Element: Air

Crystal: Emerald

Essential Oil: Angelica Root

Life Lesson: To love yourself unconditionally, to feel connected to all things.

Blockage Causes: Feeling unworthy.

Cure: Set intentions to love, honor, and value yourself.

THROAT CHAKRA

Fifth Chakra

Color: Blue

Element: Air

Crystal: Turquoise

Essential Oil: Lavender

Life Lesson: To speak truth eloquently, to feel free and authentic.

Blockage Causes: Not listening to your heart.

Cure: Express truth, stand in your power, listen to your heart's wisdom.

THIRD EYE CHAKRA

Sixth Chakra
Color: Indigo
Element: Air
Crystal: Lapis Lazuli
Essential Oil: Sage

Life Lesson: To see and receive the truth, to be centered within yourself.

Blockage Causes: Lack of trust in intuition.

Cure: Meditation, reflection, journaling, trusting intuition.

CROWN CHAKRA

Seventh Chakra

Color: Purple, White, Gold

Element: Ether, Thought

Crystal: Amethyst

Essential Oil: Peppermint

Life Lesson: To accept your Divine Power and honor your spirituality.

Blockage Causes: Lack of trust in Divine power or Higher Self.

Cure: Meditation, relaxation, reflection, prayer.
