

# 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.

---