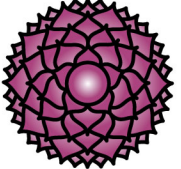

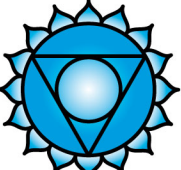
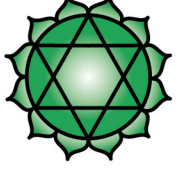
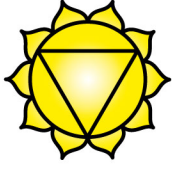




Chakra Cheat Sheet

<http://reikirays.com>

Symbol	Color, Location	Associated organs and glands	Balanced / Overactive / Underactive
	Crown Chakra Violet Top of the head	Brain, nervous system, pituitary gland	Balanced: joy, connected to "the Source" while aware of one's individuality, wise compassionate Overactive: addicted to spirituality, craving attention, needing to be popular, over-erotic imagination Underactive: misunderstood, can't have fun, unaware of or denying one's spiritual connection
	Brow Chakra (Third Eye) Indigo Above the eyes, center of the forehead	Pineal gland, eyes, nose, ears, skeletal system	Balanced: intuitive, charismatic, can meditate, knows one's purpose, seen as wise Overactive: spaced out, lost, worrying, seen as living in a fantasy world Underactive: can't see the bigger picture, can be easily influenced, confused about one's purpose, doubting oneself
	Throat Chakra Blue Base of the throat	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat, carotid arteries	Balanced: can express self, speaks truth, creative Overactive: speaking too much, boring others, seen as criticizing, stubborn Underactive: can't express self, afraid to speak in public, cannot express the creative side, seen as timid, dependent
	Heart Chakra Green Heart, center of the chest	Circulatory system (including heart), respiratory system, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland	Balanced: loved, loving, empathetic, "contagiously" good vibe Overactive: entitlement, jealousy, blaming others, also giving too much Underactive: unloved, self pity, fear of rejection, neediness, clinginess, uncertainty
	Solar Plexus Chakra Yellow Between the sternum and the navel	Nervous system, stomach, gall bladder, large intestine, liver, pancreas	Balanced: respect for self and others, confident, outgoing, problem solving, calm, integrity Overactive: judgmental, stubborn, critical, bully Underactive: low self esteem, apathetic, procrastinating, "taken advantage of", not knowing what to do
	Sacral Chakra Orange Lower abdomen, 1-2 inches below the navel	Lymphatic & circulatory system, kidneys, adrenals, skin, female reproductive organs	Balanced: friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty Overactive: need power, manipulative, craving Underactive: shy, guilty, afraid to interact, lost, overly concerned about what others think
	Root Chakra Red Tailbone, base of the spine	Spine, bladder, blood, kidneys, male reproductive organs, vagina, legs, feet	Balanced: grounded, centered, belonging in this world, trusting, independent, alive, poised Overactive: bossy, domineering, big ego, greedy, violent, cunning Underactive: unloved, sexually inadequate, frustrated, fearful, shy, unsure