

**Seventh Chakra—crown**

**Color:** violet

**Gland/Organs:** Pineal, CNS, Cerebral Cortex, Right Eye

**Description:** inspiration

**Sixth Chakra—third eye**

**Color:** indigo

**Gland/Organs:** Pituitary, CNS, Cerebellum, Left Eye, Nose & Ears

**Description:** clear vision

**Fifth Chakra—throat**

**Color:** blue

**Gland/Organs:** Thyroid, Para-Thyroid, Throat, Hypothalamus, Mouth

**Description:** clear communication

**Fourth Chakra—heart**

**Color:** green or pink

**Gland/Organs:** Thymus, Lymph glands, Heart, Circulatory & Immune Systems, Lungs, Arms & Hands

**Description:** pure love

**Third Chakra—solar plexus**

**Color:** yellow

**Gland/Organs:** Pancreas, Gall Bladder, Liver, Stomach, PNS, Muscles, Diaphragm

**Description:** power center

**Second Chakra—sacral**

**Color:** orange

**Gland/Organs:** Ovaries, Female Reproductive organs, Spleen, Skin, Kidneys

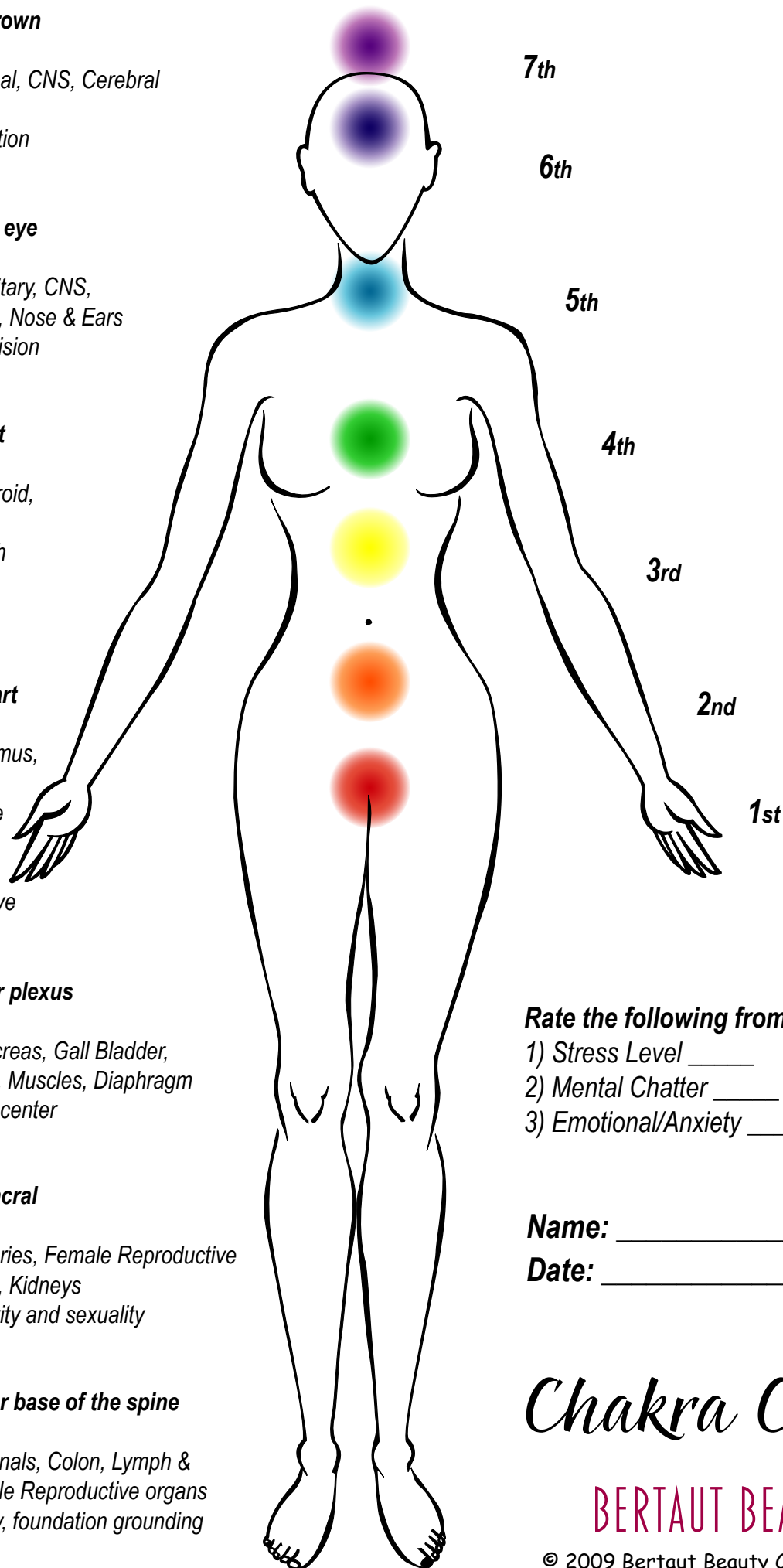
**Description:** creativity and sexuality

**First Chakra—root or base of the spine**

**Color:** red

**Gland/Organs:** Adrenals, Colon, Lymph & Skeletal Systems, Male Reproductive organs

**Description:** security, foundation grounding



7th

6th

5th

4th

3rd

2nd

1st

**Rate the following from 1-10:**

- 1) Stress Level \_\_\_\_\_
- 2) Mental Chatter \_\_\_\_\_
- 3) Emotional/Anxiety \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Chakra Chart

## BERTAUT BEAUTY