

LITTLE LOTUS & MODERN GODDESS CHAKRA GUIDE

1. Root Chakra (Muladara Chakra)-located at the perineum this is our basic energy center, representing our survival instincts, security & groundedness. This chakra is the foundation of the development of our personality & connected to our adrenal glands & sympathetic nervous system. Color red. *Stones for balance: smoky quartz, black onyx, hematite, black tourmaline, bloodstone, obsidian, red jasper and red garnet.*
2. Sacral Chakra (Svadisthana Chakra)-This energy center resides below our navel by our sacrum, the triangular bone between our lumbar spine and our tailbone. Also known as 'the sweetness', this Chakras regulates our desires, self-expression and intimacy. Residing behind our sexual organs it helps regulate our ovaries or testes as well as our sexuality. Color orange. *Stones for balance: tangerine quartz, carnelian, moonstone, amber.*
3. Solar Plexus Chakra (Manipura Chakra)-This yellow, fiery, solar energy of the sun sits at the space just above our navel. Here sits our personal power & self esteem-our 'go-getter' attitude. Here's our pranic energy, our life force, is created and distributed to the rest of the body & where our egos are developed. This Chakra is connected to our pancreas and adrenal glands. *Stones for balance: pyrite, citrine, agate, yellow tourmaline, yellow jasper, amber, tigers eye.*
4. Heart Chakra (Anahata Chakra)-Resonating green in color this center is located in the space surrounding our hearts. Controlling our self-forgiveness, universal loving kindness & compassion this Chakra acts as the bridge between our lower physical self & our higher/spiritual selves. Connected to our thymus gland this energy center is said to be where to soul resides. *Stones for balance: emerald, rose quartz, jade, aventurine, green tourmaline.*
5. Throat Chakra (Visuddha Chakra)- Our communication, both with ourselves and others, as well as our inner listening, this Chakra develops our personality, thoughts & our emotions. Offering the color sky blue this center is connected to our thyroid and parathyroid. *Stones for balance: lapis lazuli, turquoise, aquamarine, amazonite, blue calcite, blue quartz.*
6. Third Eye Chakra (Ajna Chakra)- Located at the space in the center of our forehead our intuition & inner wisdom resides. The color of indigo blue, the night sky, this space is also the 'communication center' & 'commander' of our other Chakras and is connected to our pineal gland. *Stones for balance: amethyst, fluorite, sodalite, quartz, star sapphire.*
7. Crown Chakra (Sahasrara Chakra)-Our final main Chakra is the highest part of ourselves; our connection to the Divine, our understanding. A beautiful white or sometimes violet color, this 1000 petal lotus is our purest consciousness, connected to our pituitary gland. *Stones for balance: clear quartz, amethyst, moonstone, selenite, lavender quartz, pink tourmaline, nirvana quartz.*

Find Reiki energy healing, meditation, yoga and massage services at www.littlelotuswellness.com

Learn more ways to use the elements for manifestation and balance at www.moderngoddessliving.com