

Chakra	Color	Location	Sound	Function	Unbalanced	
1. Root <i>Muladhara</i>	Red	Base of spine	Lam	Survival Stability Grounded	Fear Greed	
2. Sacral <i>Svadhithana</i>	Orange	Navel to Pelvis	Vam	Creativity Sexuality Emotions	Rigid Attachments	
3. Solar Plexus <i>Manipura</i>	Yellow	Solar Plexus (abdomen)	Ram	Purpose Self Esteem Achievement	Anger Weak Will	
4. Heart <i>Anahata</i>	Green	Heart and Chest	Yam	Love Relationship Self-acceptance	Jealously Lonely	
5. Throat <i>Vishuddha</i>	Blue	Throat and Neck	Ham	Communication Will	Inability to Listen Fear to speak	
6. Third Eye <i>Ajna</i>	Indigo	Brow	Sham	Intuition Clear Seeing	Denial Difficulty concentrating	
7. Crown <i>Sahasrara</i>	White or Purple	Top of Head	Om	Wisdom Knowledge	Confusion Limited Beliefs	