



# GUIDE:

## Chakra Chart

# Reiki Therapy

RESOURCES

### CROWN

COLOR:  
Violet

LOCATION: Top of head  
PURPOSE: Knowledge, understanding, and consciousness  
PHYSICAL: Cognitive processing, including receiving and processing information  
BALANCING: Hold your hands for 5 minutes over your head. Hand positions can also extend to moving around the head in general. ELEMENT: Thought

### THIRD EYE

COLOR:  
Indigo

LOCATION: Center of forehead  
PURPOSE: Intuition, seeing, and foresight.  
PHYSICAL: Eyes  
BALANCING: Hold your hands for 5 minutes over your eyes. ELEMENT: Light

### THROAT

COLOR:  
Blue

LOCATION: Throat  
PURPOSE: Communication which includes both expression and listening.  
PHYSICAL: Thyroid, throat, neck, shoulders, arms, and hands  
BALANCING: Hold your hands for 5 minutes over your throat. Hand positions can also extend to moving around the shoulder as well as the front and back of your neck. ELEMENT: Sound

### HEART

COLOR:  
Green

LOCATION: Heart  
PURPOSE: Love, relationships, compassion, and acceptance  
PHYSICAL: Heart and surrounding organs including lungs and the thymus gland.  
BALANCING: Hold your hands for 5 minutes over your chest and sternum area. ELEMENT: Air

### SOLAR PLEXUS

COLOR:  
Yellow

LOCATION: Navel to breastbone  
PURPOSE: Power and confidence  
PHYSICAL: Pancreas, adrenal glands, digestive system, and upper abdomen.  
BALANCING: Hold your hands for 5 minutes over your solar plexus area. Hand positions can also extend to moving around the upper stomach area in general. ELEMENT: Fire

### SACRAL

COLOR:  
Orange

LOCATION: Lower abdomen  
PURPOSE: Pleasure, sensation, and nurturing are activated.  
PHYSICAL: Blood circulation and urinary flow. Reproductive and sexual functions  
BALANCING: Hold your hands for 5 minutes over your abdomen. Hand positions can also extend to moving around the lower stomach area in general. ELEMENT: Water

### ROOT

COLOR:  
Red

LOCATION: Base of spine  
PURPOSE: Foundation, survival and our instinct to protect life.  
PHYSICAL: Large intestine, rectum, reproductive system, spine, and kidneys.  
BALANCING: Hold your hands for 5 minutes over the base of the spine. Hand positions can also extend to moving around the lower stomach area in general. ELEMENT: Earth