



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