

7 Chakras Guide

Chakra (*cakra* in Sanskrit) means “wheel” and refers to energy points in your body. They are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Some say there are 114 different chakras, but there are seven main chakras that run along your spine. These are the chakras that most of us are referring to when we talk about them.

Each of these seven main chakras has a corresponding number, name, color, specific area of the spine from the sacrum to the crown of the head, and health focus.



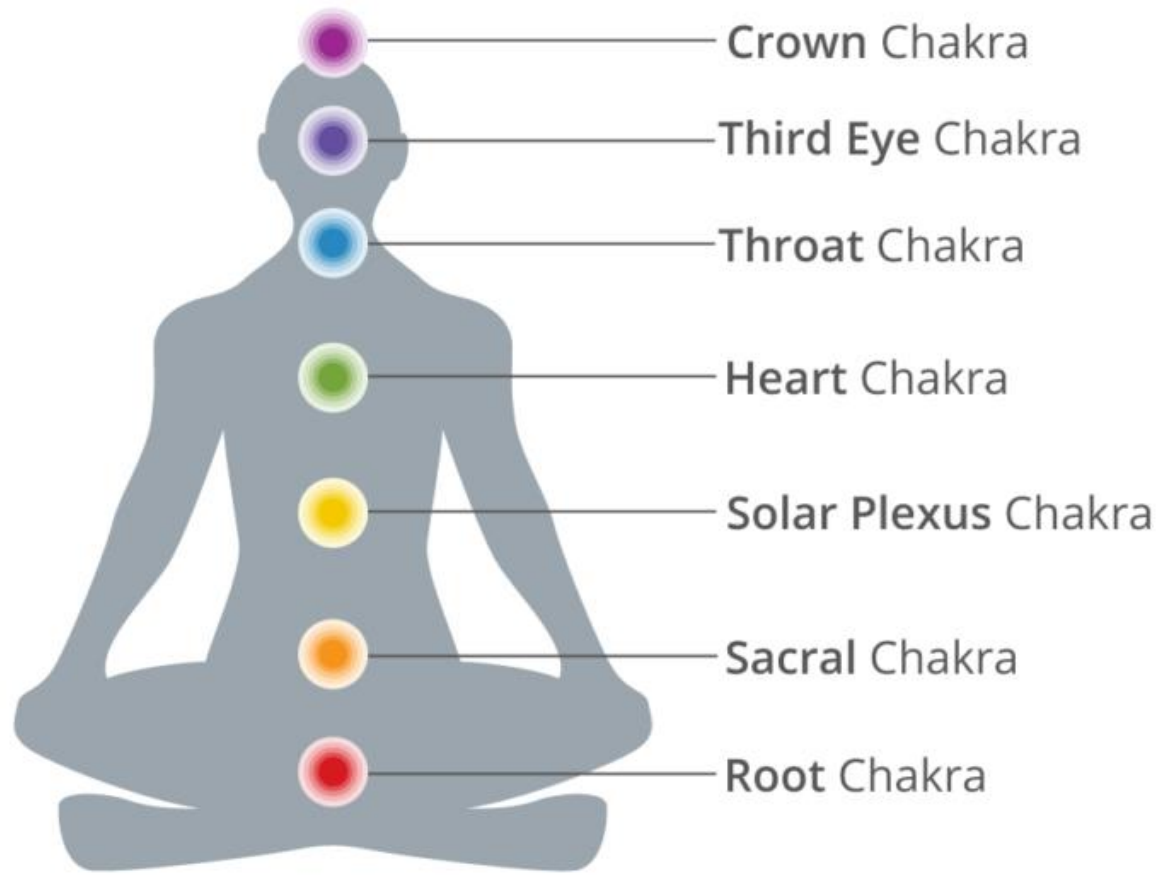
THE SEVEN CHAKRAS

AND THEIR MEANINGS



Stones for the Chakras

Here are some stones that are believed to correspond well with each chakra in the body.



Crown – Clear quartz, moonstone, amethyst, amethyst quartz, and labradorite

Third Eye – Sodalite, lapis lazuli, sapphire, and dumortierite

Throat – Turquoise, aquamarine, blue howlite, kyanite, and rhodonite

Heart – Rose quartz, green agate, amazonite, green opal, and rhodonite

Solar Plexus – Citrine, topaz, fire opal, golden tiger's eye, and heliolite

Sacral – Orange carnelian, golden tiger's eye, stilbite, and garnet spessartine

Root – Red coral, bloodstone, tourmaline, mahogany and black obsidian