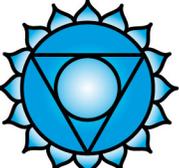
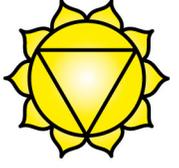


# Chakra Cheat Sheet

<http://reikirays.com>

Symbol	Color, Location	Associated organs and glands	Balanced / Overactive / Underactive
	<b>Crown Chakra</b> <b>Violet</b> Top of the head	Brain, nervous system, pituitary gland	<b>Balanced:</b> joy, connected to "the Source" while aware of one's individuality, wise compassionate <b>Overactive:</b> addicted to spirituality, craving attention, needing to be popular, over-erotic imagination <b>Underactive:</b> misunderstood, can't have fun, unaware of or denying one's spiritual connection
	<b>Brow Chakra (Third Eye)</b> <b>Indigo</b> Above the eyes, center of the forehead	Pineal gland, eyes, nose, ears, skeletal system	<b>Balanced:</b> intuitive, charismatic, can meditate, knows one's purpose, seen as wise <b>Overactive:</b> spaced out, lost, worrying, seen as living in a fantasy world <b>Underactive:</b> can't see the bigger picture, can be easily influenced, confused about one's purpose, doubting oneself
	<b>Throat Chakra</b> <b>Blue</b> Base of the throat	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat, carotid arteries	<b>Balanced:</b> can express self, speaks truth, creative <b>Overactive:</b> speaking too much, boring others, seen as criticizing, stubborn <b>Underactive:</b> can't express self, afraid to speak in public, cannot express the creative side, seen as timid, dependent
	<b>Heart Chakra</b> <b>Green</b> Heart, center of the chest	Circulatory system (including heart), respiratory system, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland	<b>Balanced:</b> loved, loving, empathetic, "contagiously" good vibe <b>Overactive:</b> entitlement, jealousy, blaming others, also giving too much <b>Underactive:</b> unloved, self pity, fear of rejection, neediness, clinginess, uncertainty
	<b>Solar Plexus Chakra</b> <b>Yellow</b> Between the sternum and the navel	Nervous system, stomach, gall bladder, large intestine, liver, pancreas	<b>Balanced:</b> respect for self and others, confident, outgoing, problem solving, calm, integrity <b>Overactive:</b> judgmental, stubborn, critical, bully <b>Underactive:</b> low self esteem, apathetic, procrastinating, "taken advantage of", not knowing what to do
	<b>Sacral Chakra</b> <b>Orange</b> Lower abdomen, 1-2 inches below the navel	Lymphatic & circulatory system, kidneys, adrenals, skin, female reproductive organs	<b>Balanced:</b> friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty <b>Overactive:</b> need power, manipulative, craving <b>Underactive:</b> shy, guilty, afraid to interact, lost, overly concerned about what others think
	<b>Root Chakra</b> <b>Red</b> Tailbone, base of the spine	Spine, bladder, blood, kidneys, male reproductive organs, vagina, legs, feet	<b>Balanced:</b> grounded, centered, belonging in this world, trusting, independent, alive, poised <b>Overactive:</b> bossy, domineering, big ego, greedy, violent, cunning <b>Underactive:</b> unloved, sexually inadequate, frustrated, fearful, shy, unsure