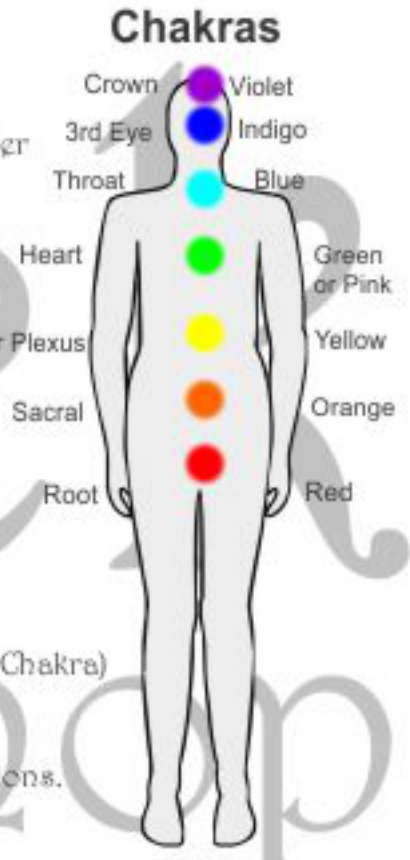
Seven Major Chakras

There are seven major Chakras or energy centers in our body through which our vital energy flows. Blocked energy in any of these centers can lead to physical or emotional issues, so it's important to understand what they do and how we can keep our energy flowing freely. The body has many Chakras, but these seven are considered to be the most important.

Root Chakra ~ Location: Base of spine in tailbone area.
Represents our foundation and feeling of being grounded
Suggested Stones: Hematite, Snowflake Obsidian, Bloodstone, Garnet, Ruby Red or Black Stones
Emotional issues: Survival issues such as financial independence, money, and food.
Suggested Oils: Vetiver, Lavender, Bergamot, Texas cedarwood, Frankincense, Myrrh, Patchouli

Sacral Chakra ~ Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Our connection and ability to accept others and new experiences.
Suggested Stones: Carnelian, Citrine, Orange Calcite, Milky Quartz, Moonstone, Selenite
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Suggested Oils: Bergamot, Clary Sage, Neroli, Orange, Patchouli, Rose, Sandalwood, Ylang-Ylang

Solar Plexus Chakra ~ Location: Upper abdomen in the stomach area.
Our ability to be confident and in-control of our lives.
Suggested Stones: Citrine, Yellow Jasper, Tiger's Eye
Emotional issues: Self-worth, self-confidence, self-esteem.
Suggested Oils: Lemon, Juniper Berry, Eucalyptus, Grapefruit, Helichrysum, Vetiver



Heart Chakra ~ Location: Center of chest just above heart.
Suggested Stones: Green Aventurine, Rose Quartz, Moss Agate
Our ability to love.
Emotional issues: Love, joy, inner peace.
Suggested Oils: Bergamot, Sweet Marjoram, Ylang ylang

Throat Chakra ~ Location: Throat.
Our ability to communicate. Suggested Stones:
Sodalite, Apatite, Blue Lace Agate, Tourmaline
Emotional issues: Communication, self-expression of feelings, the truth.
Suggested Oils: Peppermint, Lavender and Chamomile

Third Eye Chakra ~ Location: Forehead between the eyes. (Also called the Brow Chakra)
Our ability to focus on and see the big picture.
Suggested Stones: Lapis, Prehnite, Sodalite
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Suggested Oils: Grapefruit, Juniper Berry, Rosemary

Crown Chakra ~ Location: The very top of the head.
The highest Chakra represents our ability to be fully connected spiritually.
Suggested Stones: Clear Crystal, Amethyst, Howlite
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Suggested Oils: Lavender, Frankincense, Sweet Basil

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