







## KNOWING YOUR 7 CHAKRAS

Jealous, codependent, self-sacrificing, give too much.

Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.

Nightmares, delusions, hallucinations, obsessive, see too many spirits.

Dogmatic, judgemental, spiritual addiction, ungrounded.

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**CHAKRA CRYSTAL ART**

**THIRD EYE**  
Amethyst, Purple Fluorite, Moldavite, Black Obsidian

**HEART CHAKRA**

**CROWN CHAKRA**  
ASSOCIATED WITH: CONSCIOUSNESS, WISDOM, SPIRITUALITY, IMAGINATION  
DEPRESSED, NOBLESS, CONFUSED, DISCONNECTED  
TO BALANCE: WEAR AMETHYST, EAT FIGS, ADORE SPACE WITH VIOLETS

**THROAT CHAKRA**  
ASSOCIATED WITH: SECURITY, LEADERSHIP, EXPRESSION, COMMUNICATION  
OUT OF BALANCE, INSECURE, ANXIOUS, PARALYZED  
TO BALANCE: WEAR LAPIS-LAZULI, EAT BLUEBERRIES, CONNECTING WITH OCEAN

**SOLAR PLEXUS CHAKRA**  
REGULATES: FEARS, SENSE OF POWER, GUT FEELINGS  
EATING DISORDERS, ANXIETY, FEAR, LOSS OF CONTROL  
TO BALANCE: WEAR YELLOW CITRINE CRYSTAL, DECORATE YOUR AREA WITH YELLOW, ADD LEMON TO YOUR WATER

**SACRAL CHAKRA**  
REGULATES:

