Chakra	Sanskrit Name	It Governs	Color	Mantra	Gland	Indicators of Imbalance	Frequency	Element	Auric Layer
Root	Muladhara	Childhood, finances, home, early home life	Red	I am	Gonads	Anxiety, fear, feeling unsafe, lower back pain, leg/foot issues, eating disorders, constipation.	396 hz	Earth	Etheric Body
Sacral	Svadisthana	Creativity, sexuality, personal boundaries, feeling emotions in a very primal way in self and others	Orange	I feel	Sex hormones	Emotional numbness, creative blocks, intimacy issues, jealousy, lower abdominal/reproductive problems, poor boundaries.	417 hz	Water	Emotional Body
Solar Plexus	Manipura	Will center, sense of self, ego, action in the world	Yellow	I do	Adrenals	Low self-esteem, lack of motivation, controlling behavior, digestive issues, fatigue.	528 hz	Fire	Mental Body
Heart	Anahata	Relationships with the external world outside of that to yourself, all forms of love including Agape	Green	I love	Thymus	Difficulty giving/receiving love, resentment, emotional coldness, chest tightness, heart/respiratory issues.	639 hz	Air	Atral Body
Throat	Vissudha	How we speak truth & hear truth; our creative expression out into the world	Light Blue	I speak	Thyroid	Difficulty expressing yourself, fear of judgment, dishonesty, sore throat, thyroid problems, neck stiffness.	741 hz	Space/Ether -- Plasma	Etheric Template Body
Third Eye	Ajna	Third eye site, psychic ness, seeing through illusions, extrasensory perception	Indigo Blue	I see	Pineal gland	Confusion, poor decisions, lack of clarity, headaches, eye problems, sleep issues.	851 hz	Light	Celestial Body
Crown	Sahasrara	Spirituality, connection to spirit	Purple/White/Silver	I understand	Pituitary gland	Disconnection from spirituality, apathy, lack of purpose, migraines, neurological issues, isolation.	963 hz	Thought	Ketheric or Causal Body