

# CHAKRA CHART

- AQUA:** Corresponds to the thymus, and is a helper in working through grief. Aqua balance is a merging of heart and words to produce loving expressions.
- MAGENTA:** Corresponds to the vitality of the system offering healing support and emotional balance.
- VIOLET:** Corresponds to the pineal gland, cerebral cortex, right eye, central nervous system, upper brain function. Violet balance is universal love, spiritual motivation and understanding, open to divine wisdom, selfless. Violet is “I Know”. Complimentary color is yellow.
- INDIGO:** Corresponds to the pituitary gland, left eye, sinus, nose, sight. Indigo balance is inspirational, focus, concentration, insight, imagination, devotion, clear thinking, and peace of mind. Indigo is “I See”. Complimentary color is Yellow/Orange.
- BLUE:** Corresponds to the throat, thyroid, parathyroid, lung, mouth. Blue balance is freedom of expression verbally and artistically, integrity, honesty, loyalty, reliability, gentleness, kindness, commitment, endurance. Blue is “I Speak”. Complimentary color is Orange.
- GREEN:** Corresponds to the heart, circulatory system, arms hands. Green balance openness, compassion, unconditional love, forgiveness, acceptance, contentment, nurturing, generous, harmonious, assertive, heals loss. Green is “I Love”. Complimentary color is Red.
- YELLOW:** Correspond to the solar plexus, stomach, liver, gall bladder, pancreas. Yellow balance is logic, humor, efficiency, organized, warm, radiant, flexible, self aware, self control, personal power. Yellow is “I Can”. Complimentary color is Violet.
- ORANGE:** Correspond to the reproductive organs, genitals, gonads, prostate, spleen. Orange balance is sensuality, passions, procreation, vitality, optimism, enthusiasm, hospitable, family oriented, tolerant. Orange is “I Feel”. Complimentary color is Blue.
- RED:** Correspond to the base of the spine, adrenals, kidneys, bladder, colon, spinal column, legs, and blood. Red balance is in relation to the physical, self preservation, survival, sensory, instinctual, stable, secure, primal, grounded, spontaneous, active, and courageous. Red is “I Have”. Complimentary color is Green.