

Chakras

and Self-Care

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Crown
Sahasrara



Third Eye
Ajna



Throat
Sahasrara



Heart
Anahata

CHAKRA COLOR	Purple; White; Gold	Indigo	Light Blue	Green
CHAKRA POWER	To experience the divine meaning of life	To use insight and intuition	To speak and receive the truth	To give and receive love openly and unconditionally
AFFIRMATION	"I know"	"I see"	"I speak"	"I love"
CRYSTALS	Clear quartz; Amethyst; Selenite; Diamond; Moonstone; White topaz	Sapphire; Labradorite; Celestite; Azurite; Fluorite; Tanzanite	Lapis lazuli; Blue agate; Aquamarine; Turquoise; Sodalite; Celestite	Rose quartz; Emerald; Jade; Green calcite; Peridot; Chrysoprase; Morganite
ESSENTIAL OILS	Lavender; Frankincense; Myrrh	Sandalwood; Patchouli; Vetiver; Bergamot; Lavender; Frankincense	Eucalyptus; Clove; Tea tree; Peppermint; Rosemary; Frankincense	Rose; Jasmine; Lavender; Neroli; Ylang ylang
FOODS	Purified water; Detox herbs	Dark chocolate; Dark blue and purple produce	Herbal tea with honey and lemon; Melons; Tree fruits	Leafy green vegetables; Green tea; Basil, thyme, cilantro
ACTIVATION	Prayer or meditation, headstands	Meditation or visualization techniques	Singing, gargling salt water, vocalizing your emotions	Hug yourself + others, push-ups, swimming, breathing exercises

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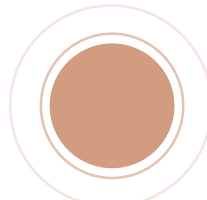
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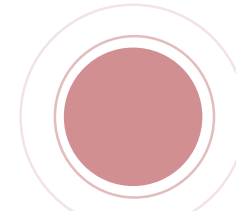
Solar

Manipura



Sacral

Svadisthana



Root

Muladhara

CHAKRA COLOR	Yellow	Orange	Red
CHAKRA POWER	To express confidence, discernment, and authentic joy	To express the self freely and creatively; to experience healthy emotional sexuality	To feel safe and secure in home and family life; to manifest basic needs
AFFIRMATION	"I can"	"I feel"	"I am"
CRYSTALS	Yellow agate; Yellow topaz; Amber; Citrine; Pyrite	Carnelian; Onyx; Orange calcite; Orange tourmaline; Amber; Sunstone	Red tiger's eye; Ruby; Garnet; Bloodstone; Hematite; Smoky quartz; Black tourmaline
ESSENTIAL OILS	Lemon; Grapefruit; Peppermint; Ginger; Rosemary	Rosewood; Clary sage; Orange; Ylang ylang; Sandalwood; Patchouli	Vetiver; Lavender; Sandalwood; Patchouli; Frankincense; Myrrh
FOODS	Complex carbohydrates; Yellow produce; Ginger, turmeric, cumin, fennel	Orange produce; Honey; Cinnamon	Root vegetables; Red produce; Protein-rich foods
ACTIVATION	Dancing (focus on belly movements), shoulder stands	Dancing (focus on pelvic movements), drawing, writing	Standing tall and relaxed to ground yourself (tree pose), dancing (focus on hip movements), walking barefoot outdoors