



# HOLISTIC COLLABORATION

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## 8-POINT CHAKRA AWARENESS CHART

### CROWN CHAKRA ♫ B

**Location:** Top of Head **Color:** Royal Purple/Violet **Element:** Spirit, Divine Guidance, Thought/Will **Glands/Organs:** Pineal Gland, Cerebral Cortex, Thalamus, Central Nervous System, Right Eye. **Qualities/Lessons:** Unification of and with the Higher Self, Personality, Oneness with the Infinite, Spiritual Will, Inspiration, Divine Wisdom, Understanding, Idealism, Selfless Service, Perception Beyond Space and Time, Consciousness over Space and Time, Clair-cognizance. **Shadow Qualities:** Lack of Inspiration, Confusion, Depression, Alienation, Hesitation to Serve, Senility.

### THIRD EYE ♫ A

**Location:** Center of Forehead  
**Color:** Indigo Blue **Element:** Light/Time  
**Glands/Organs:** Pituitary Gland, Left Eye, Nose, Ears, and Pineal Gland.  
**Qualities/Lessons:** Soul Realization, Intuition, Insight, Imagination, Awareness, Concentration, Peace of Mind, Wisdom, Devotion, Universal Perception, Clarity, Perception of Self, and Clairvoyance.  
**Shadow Quality:** Lack of Concentration, Fear, Sinicism, Tension, Headaches, Eye Issues, Bad Dreams, World Detachment, and Dementia.



### EAR CHAKRAS ♫ A#

**Location:** Above the Physical Ears resting at a 30 Degree Angle.  
**Element:** Earth **Color:** Red-Violet  
**Glands/Organs:** Ear Canals/Drums, and Equilibrium.  
**Qualities/Lessons:** Ability to Listen, Divine Communication, Loving Phrases/Thoughts, Forgiveness for/with Others and Self, Content and Energy with Music and Environmental Noises, and Development of Clairaudience.  
**Shadow Qualities:** Divine Listening, Reluctance, Fear Phrases, Unforgiveness, and Negatively Focused.

### \*\*SOLAR PLEXUS CHAKRA ♫ E

**Location:** Between Navel and Sternum Base  
**Color:** Yellow **Element:** Fire  
**Glands/Organs:** Pancreas, Adrenals, Liver, Gallbladder, Nervous System, Muscles, and Digestion.  
**Qualities/Lessons:** Will, Personal Power, Authority, Energy, Mastery of Desire, Self-Control, Radiance, Warmth, Awakening, Transformation, Humor, Power, and Control.  
**Shadow Qualities:** Taking in more than one can Assimilate and Utilize, Exaggerated Emphasis on Power and Recognition, Anger, Fear, Hate, Digestive Issues, and Overpowering.

### THROAT CHAKRA ♫ G

**Location:** Adams Apple Area  
**Color:** Light Blue **Element:** Life  
**Glands/Organs:** Thyroid, Parathyroid, Hypothalamus, Throat, and Mouth.  
**Quality/Lessons:** Speaking Ones Truth with Grace, Communication, Creative Expression, Speech, the Arts, Integration of Peace, Truth, Knowledge, Wisdom, Loyalty, and Honesty.  
**Shadow Quality:** Communication and/or Speech Impediments, Knowledge Used Unwisely, Lack of Discernment, Thyroid, Problems, Mouth Ailments, and Immaturity.

### NAVEL (SACRAL) CHAKRA ♫ D

**Location:** 3 to 4 inches above the Solar Plexus  
**Color:** Orange **Element:** Water  
**Glands/Organs:** Ovaries, Testicles, Prostate, Genitals, Spleen, Womb, and Bladder.  
**Qualities/Lessons:** Giving and Receiving Emotion, Desire, Pleasure, Sexual/Passionate Love, Change, Movement, Assimilation of New Ideas, Health, Family, Tolerance, Surrender, Creativity, and Physical Desires.  
**Shadow Qualities:** Indulgence, Addictions, Sexual Confusion/Difficulties, Jealousy, Envy, Desire to Possess, Impotency, Uterine or/and Bladder Problems.

### HEART CHAKRA ♫ F

**Location:** Center of the Chest  
**Color:** Green (Secondary-Pink) **Element:** Air  
**Glands/Organs:** Heart, Thymus Gland, Equilibrium, Circulatory/Immune Systems, Arms, Hands, and Lungs.  
**Quality/Lessons:** Divine and Unconditional Love, Forgiveness, Compassion, Understanding, Balance, Group Consciousness, Diverse, Acceptance, Peace, Harmony, Contentment, Relationships, and Clairsentience.  
**Shadow Qualities:** Repression of Love, Emotional Instability, Out of Balance, Heart Problems, and Circulation Issues.

### ROOT (BASE) CHAKRA ♫ C

**Location:** Base of Spine **Color:** Red **Element:** Earth **Glands/Organs:** Adrenals, Kidneys, Spine, Colon, Legs, Bones. **Qualities/Lessons:** Matters Relating to Material World, Success, Physical Body, Mastery of Body, Grounding, Individuality, Stability, Security, Stillness, Health, Courage, Patience, Career, Money, Tribal, and Family. **Shadow Qualities:** Self Centered, Insecure, Violence, Greed, Anger, Overly Focused on Physical Survival, Spinal Tension, and Constipation.

\*\*Controls Energy and Digestion (is 2<sup>nd</sup> Brain)

Note: 72,000 Chakras in total – these 8 are masters for Energy Nutritional Health

www.holisticcollaboration.com - Sherry Bainbridge PhD