

Chakras – Frontal Gateways

Chakra	Colour	Gland/ Organ	Associated Energy	Source of	Seat of	Keyword/ Archetype	Problems
Root	Red	Kidneys Bladder Adrenals	Kundalini	Passion Primal feelings Material Energy Fear	Existence on physical plane The will to live Survival Instinct Power, blame, control	Awareness Earth Mother	Addictions Compulsions Feelings about ourselves Programming affecting our basic needs.
Sacral	Orange	Spleen Uterus Prostate Gonads	Chi	Feelings Creativity Women's Power Passion	Creative abilities Feelings and our awareness of them Ethics Female Identity	Feeling Creativity Lover	'-itis' issues (eg colitis, appendicitis) Fertility issues Women's issues Creative blocks
Solar Plexus	Yellow	Liver Pancreas Gall Bladder	Mental Intellectual	Personal power Self and other judgements Men's Power	Self-esteem Trust Directed will Male Identity	Power Discrimination Hero	Digestive and metabolic Feelings of confusion Power Issues Sympathetic Nervous System
Heart	Green Pink Gold	Heart Thymus Lungs Circulation	Astral	Healing energy Our innermost desires	Compassion Relationships Hopes Balance Commitment	Love Healing Healer	Heart/circulatory diseases Lung-related problems Relationship problems Sleep disorders Immune system disorders
Throat	Blue	Thyroid Parathyroid Vocal Cords	Etheric (emotional energy + spiritual awareness)	Truth Will Power	Wisdom Responsibility Communication Being true to self	Expression Artist	Throat area disorders (jaw, mouth, thyroid, larynx, tonsils and thymus) Inability to say no/yes Victimisation from non-assertion
Third Eye	Purple/ Indigo	Pituitary Hypothalamus	Cerebral	Insight Self-knowledge Dreams	Visions Inner wisdom	Vision Seer	Glandular or endocrine issues Hormonal imbalances Growth or development issues Headaches in the brow

Crown	White, clear or Violet	Pineal Upper Brain	Ketheric (A materialised form of spiritual energy.)	Divine awareness Wisdom	Our oneness with all Uncondiitonal self-love Values Ethics	Divinity Sage/Master	Bone disorders Nervous system disorders Learning disorders Multiple personality disorders Neurosis, psychosis, depression Dizziness/ Feeling lightheaded Lack of self-understanding Being ungrounded
Celestial Star	Silver or ultraviolet		Spatial	Past knowledge Karmic memory Access to other dimensions and other times	Time and timelessness Karma Soul relationships	Time	Metabolism Difficult relationships Chronic problems Past life problems
Soul Star Chakra	Gold , infrared		Radioactive	Creation and change energy Master Plans	Soul genes and templates Personal archetypes and symbols	Soul	Soul damage Soul retrieval Soul contracts
Earth Star	Earthy tones		Elemental	Daily life energy Daily cleansing energy	Everyday life energy and information	Grounding	Foot, ankle and leg issues Adrenal problems Weight issues. Avoidance issues Feeling airy/spacey/uncentered Vulnerable to outside negative energies
Palms and Soles of feet	Pink		Etheric (emotional energy + spiritual awareness)	Entry points for sending or receiving energy	Transmutation of physical energy	Transmutation	Problems with hands or feet Problems in accepting help Loss of energy when doing psychic work Problems in reaching for what we want
Secondary Chakras		32 secondary chakras			Connects natural forces and the body		Joint related problems

Chakras – Rear Gateways

Chakra	Physical Attributes	Mental Attributes	Feeling Attributes	Spiritual Attributes	Healing	Symbols
Root	Programs DNA Regulates Body's chemical balance related to feeling deserving and worthy Genetic passage of the collective past	Core belief systems	Entry point for Universal Love.	The physical meeting ground of the sacred. Our true Essence	Release from: Fear Hurt Rage Pain Feelings of unworthiness	Colours Black, red and white Death and life symbols (eg Ankh, Celtic and Christian crosses, fertility symbols etc)
Sacral	Templates of the front side's feeling bodies. Turning feelings into energy, powers, beliefs, colours and tones	Receiving healing energy to cope with life's changes Beliefs about feelings	<i>Feelings template</i> Feelings Balance Access point to energies that nurture our feelings	<i>Beliefs about the: meaning of life</i> Hope or hopefulness Good or bad Existence or Emptiness The Self and the All	<i>Release from feelings related to:</i> Rejection Disillusionment Apathy Resentment Death and Loss Stress Compulsions Relationship ills Creative blocks Small back pains Rebirthing Reproductive concerns	Symbols related to feelings, emotions, release and rebirth

Solar Plexus	The metabolic centre of the body. Physical energy levels Intellectual energy levels	Intellectual template Beliefs about Goals and success Our relationship to the external world.	<i>Self acceptance</i> Success Peace Faith Non-Violence	<i>Knowledge of the Seen</i> Knowledge of the Unseen No spiritual doubts Faith and Trust	Healing of energy blocks resulting from lack of faith: Physical Mental Emotional	The sun A Book Words
Heart	All physical actions we feel called to do.	Beliefs about our purity and innocence	Activities and needs that will create love and good will	Balancing unconditional love with reality-based laws	Cardio-vascular issues Constrictions Childhood abuse	Things we hold dear and important. Anything child-like and innocent
Throat	Seed of many physical diseases. Guidance for dealing with physical problems and concerns	Planted, guided or self-designed truths	Opening to what feels right and rejecting what doesn't	Our Divine guidance, the seat of the soul	Release from: Cords Energetic contracts with others	Related to 'spinning' ie Spiders Loom Spinning Wheel
Third Eye	The visions and choices we make to create our reality	Our beliefs relating to our self-image	High self-worth emanating from following our vision.	Seeing ourselves through the eyes of Spirit.	Low self-image Poor Body-image Confusion about life-path	Visual images Stories including a river, a path or a journey. Light, including the sun and rainbows.
Crown	Brain patterns and physical wellbeing shifting towards perfect health	The state of acceptance	Harmony Balance Gratitude	The collective Unconsciousness supporting the individual	Shift in consciousness	Relating to wholeness: The white light The halo The spiral The circle