

## Quick Chakra Overview

**Root:** Position at the base of your spine, the color is red. This is the chakra that pertains to your stability, grounded-ness, and centered-ness.

**Sacral:** Located just below the belly button, the color is orange. This chakra rules your sexuality, creativity, and passions.

**Solar Plexus:** Located between the sternum and the belly button, the color is yellow. This is the center of your self-worth, self-respect, and confidence.

**Heart:** The color is green or pink. Located at the center of the chest. This is where you feel love, empathy, and goodness.

**Throat:** The color is blue. This is located at the throat and deals with your ability to communicate.

**Third Eye:** The color is indigo. This chakra is between the physical eyes, in the center of the forehead. This is where you get your intuitive messages.

**Crown:** The color is violet and placed at the top of the head. This is where you become connected with spirit/the divine/source.

