



Muladhara (first/root chakra), *Base and Support*: red; serves as our basis in physical life; primal feelings, desire; crystals: black tourmaline, smoky quartz, garnet; sound: *Lam*



Svadhishthana (second/sacral chakra), *Dwelling Place of the Self*: orange; feelings and creativity; crystals: red agate, carnelian, tiger's eye; sound: *Vam*



Manipura (third/solar plexus), *City of Gems*: yellow; fears, doubt, and other feelings affecting self-esteem; crystals: yellow fluorite, citrine, tiger's eye, prehnite; sound: *Ram*



Anahata (fourth/heart), *Heart Lotus*: green; relationships and healing, all feelings related to love; crystals: rose quartz, peridot, green aventurine; sound: *Yam*



Vishuddha (fifth/throat), *Pure or Throat Lotus*: blue; communication, guidance, expression of all emotions; crystals: amazonite, turquoise, yellow turquoise, sodalite; sound: *Ham*



Ajna (sixth/third eye), *Command*: indigo; perception and sight (insight, hindsight, future sight), feelings related to self-acceptance; crystals: amethyst, lapis chrysocolla, angelite, labradorite; sound: *Om*



Sahasrara (seventh/crown), *Void or Thousand-petaled*: violet; purpose and spirituality, oneness with divine/source; crystals: clear quartz, sugilite, amethyst; sound: *Visarga* (breathing sound)