



BEYOND
THE ORDINARY SHOW

CHAKRA GUIDE



RED

ORANGE

YELLOW

GREEN

BLUE

INDIGO

VIOLET

CHAKRA

Root

Sacral

Solar Plexus

Heart

Throat

Third Eye

Crown

LOCATION

Base of Spine

Lower
Abdomen

Solar Plexus/
Stomach

Heart

Throat

Forehead
Brows

Top of Head

EMOTION

Safety,
Security

Desire

Purpose

Balance, Love

Expansion,
Healing

Imagination,
Intuition

Bliss,
Spirituality

BALANCED
BEHAVIORS

Assertive,
courageous,
stable,
innovative

Sociable,
creative,
independent,
satisfied

Confident,
joyful,
optimistic,
easy-going,
ambitious

Generous,
compassionate,
loving,
harmonious,
empathetic

Loyal,
trustworthy,
calm, honest,
supportive

Intuitive,
faithful, integrity,
clarity of mind

Respect for all,
reverent, idealist,
connected,
present

IMBALANCED
BEHAVIORS

Insecure,
self-pity,
self-doubt,
aggressive,
fearful

Destructive,
aloof, frustrated,
dependent,
withdrawn

Over-analytical,
pessimistic,
skeptical, feels
inferior

Jealous,
bitter,
indifferent,
anxious

Disloyal, distant,
self-righteous,
quiet, moody

Doubt of
intuition,
scattered,
inconsiderate,
depressed

Disconnect
from reality,
Feeling isolated,
feeling superior