

Chakra Overview Chart #2

Chakra ~ Crystal ~ Essential Oil ~ Mantra ~ Musical note

1st Root Muladhara	Ruby, Agate	Cedar, Clove	Lam	Middle C
2nd Sacral Swadhisthana	Carnelian, Coral	Ylang Ylang	Vam	D above Middle C
3rd Solar Manipura	Citrine, Amber	Bergamot, Cinnamon	Ram	E
4th Heart Anahata	Jade, Rose Quartz	Yarrow, Rose	Yam	F
5th Throat Vishudda	Blue Lace Agate	Sage, Myrrh	Ham	G
6th 3rd eye Ajna	Amethyst, Azurite	Jasmine, Mint	Om	A
7th Crown Sahasrara	Clear Quartz, Amethyst	Lavender, Lotus	Om	B