

Taken from Table of Correspondences from Eastern Body, Western Mind by Anodea Judith (p.11)

	Chakra One	Chakra Two	Chakra Three	Chakra Four	Chakra Five	Chakra Six	Chakra Seven
Sanskrit Name (Meaning)	Muladhara (root)	Svadhithana (sweetness)	Manipura (lustrous gem)	Anahata (unstruck)	Vissudha (purification)	Anja (to perceive)	Sahasrara (thousandfold)
Location	Base of spine	Abdomen, genitals, low back, hips	Solar plexus	Heart area	Throat	Brow	Top of head
Central Issue	Survival	Sexuality, emotions	Power, will	Love, relationships	Communication	Intuition, imagination	Awareness
Goals	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem	Balance, compassion, self-acceptance, good relationships	Clear communication, creativity, resonance	Psychic perception, accurate interpretation, imagination, clear seeing	Wisdom, knowledge, consciousness, spiritual connection
Rights *can inform your affirmations	To be here, to have	To feel, want	To act	To love and be loved	To speak and to be heard	To see	To know
Developmental Stage	Womb to 12 months	6 months to 2 years	18 months to 4 years	4 to 7 years	7 to 12 years	Adolescence	Throughout life
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Demon	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
Excessive Characteristics	Heaviness, sluggish, monotony, obesity, hoarding, materialism, greed	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Dominating, controlling, aggressive, scattered, constantly active	Codependency, poor boundaries, possessive, jealous	Excessive talking, inability to listen, stuttering	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Overly intellectual, spiritual addiction, confusion, dissociation
Deficient Characteristics	Fearful, undisciplined, restless, underweight, spacey	Frigid, impotent, rigid, emotionally numb, fearful of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful	Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm, aphasia	Poor memory, poor vision, unimaginative, denial	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy

