

REIKI ONE Appendix Chakra System

Chakra	Root Muladhara	Spleen Svadhithana	Solar Plexus Manipura	Heart Anahata	Throat Vishuddha	Brow Ajna	Crown Sahasrara
Location	Coccyx Perineum	Lower Abdomen	Solar Plexus Stomach	Centre of Chest	Throat	Forehead	Top of Head
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Psychological Functions	Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness	Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement	Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control, Curiosity, Awareness	Relationships, Love, Acceptance, Self-Control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth	Communication, Wisdom, Speech, Trust, Creative Expression, Planning, Spatial, Organization, Caution	Intuition, Invention, Psychic Abilities, Self Realization, Perception, Release, Understanding, Memory, Fearlessness	Knowingness, Wisdom, Inspiration, Charisma, Awareness, Higher Self, Meditation, Self Sacrificing, Visionary
Emotions	Passions	Emotions, Desires	Purpose, Sunshine	Balance, Love	Expansion, Healing	Imagination, Intuition	Bliss, Spirituality
Glands	Adrenals	Gonads	Pancreas	Thymus	Thyroid	Pituitary	Pineal
Associated Body Parts	Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone	Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder, Recharges Etheric Body/Aura	Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas Metabolism, Small Intestines	Lungs, Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles	Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymphs (Perspiration), Atlas, Menstrual Cycle	Eyes, Nose, Ears, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System, Heals Etheric Body/Aura	Upper brain, Cerebral Cortex, Cerebrum, Pituitary, Central Nervous System, Hair Growth, Top of Head
Physical Disfunction	Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids) , Constipation, Colds, Body Temperature, Bladder Infection, Rebuilds Blood Cells & Haemoglobin, Sciatic, Numbness, Leukemia	Impotence, Frigidity, Ovaries, Uterine Problems, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)	Ulcers, Diabetes, Hepatitis, Hypoglycemia, Blood Sugar Disorders, Constipation , Nervousness, Timidity, Addictions to Stimulants, Parasites & Worms, Toxicity, Jaundice, Poor Memory	High Blood Pressure, Passiveness, Lethargy, Asthma, Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems, Chest Pain	Thyroid, Flu, Fever, Blisters, Infections, Herpes, Itching, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, TMJ, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings	Blindness, Vision, Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances	Depression, Alienation, Mental Illness, Neuralgia, Confusion, Senility, Veins, Blood Vessels, Lymphatic System, Bacteria, Warts, Skin Rashes, Eczema
Essential Oil	Red Clove, Black Cherry	Orange, Patchouli	Lemon, Vanilla	Lime, Eucalyptus	Frankincense, Clary Sage	Juniper, Palma Rosa	Lavender, Lemongrass