

The Seven Chakras

A Guide to Your Energy Centers

Root Chakra · *Muladhara*

Earth

Red

396 Hz

Nestled at the base of the spine.

BALANCED

Contentment
Safety
Stability
Grounding

PHYSICAL SYMPTOMS

Excessive spending
Materialism

WHEN BLOCKED

Insecurity
Safety feels like a luxury
Financial stress
Disconnection

SOLFEGGIO FREQUENCY

396 Hz Turns grief into joy — liberating guilt and fear by bringing down the defenses.

WHEN OVERLY OPEN

Overly materialistic
Hoarding

YOGA POSE FOR BALANCING

Mountain Pose (Tadasana). Enhances grounding and stability.

POSSIBLE CAUSES

Scarcity
Natural disasters or accidents
Parental neglect

FENG SHUI CURES & HEALING

Entryway clear of clutter Color: Red Crystals: Jasper or Garnet Element: Earth	Square shapes Stability & structure Heavy furniture Images of mountains or caves	Sound: Drums / a strong, steady beat Personal items: Family heirlooms Aroma: Cedarwood, patchouli, or vetiver
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Sacral Chakra · *Svadhithana*

Water

Orange

417 Hz

Just below the navel.

BALANCED

Emotional fluidity
Creative expression
Healthy libido

PHYSICAL SYMPTOMS

Dissociation or derealization

WHEN BLOCKED

Emotional turmoil
Blocked creativity
Intimacy issues
Emotional overload

SOLFEGGIO FREQUENCY

417 Hz Facilitates change, removes negativity, and allows positive transformation.

WHEN OVERLY OPEN

Excessive sensuality

YOGA POSE FOR BALANCING

Bound Angle Pose (Baddha Konasana). Opens the hips and groins, promoting flow.

POSSIBLE CAUSES

Sexual trauma or abuse
Anxiety around identity or sexual expression

FENG SHUI CURES & HEALING

A comfy, relaxing bedroom Color: Orange Crystals: Carnelian, Orange Calcite, or Moonstone	Element: Water Wavy shapes Movement & flow	Sound: Flowing rivers or ocean waves Personal items: Things that evoke passion, pleasure, creativity Aroma: Jasmine, rose, or ylang-ylang
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Solar Plexus Chakra · Manipura

Fire Yellow 528 Hz

From the navel to the solar plexus.



BALANCED	WHEN BLOCKED	WHEN OVERLY OPEN	POSSIBLE CAUSES
High self-esteem Assertiveness Strong motivation & drive Emotional balance Optimism	Low self-esteem Difficulty making decisions Feeling powerless Anger or frustration	Arrogance Control issues	Criticism or rejection Lack of recognition A culture that suppresses individuality Unresolved issues from past lives
PHYSICAL SYMPTOMS	SOLFEGGIO FREQUENCY	YOGA POSE FOR BALANCING	
Digestive issues (ulcers to IBS) Chronic fatigue Fidgeting or restlessness	528 Hz The 'Love Frequency' — transformation, miracles, DNA repair, harmony and balance.	Boat Pose (Navasana). Strengthens the core, symbolizing personal power.	

FENG SHUI CURES & HEALING

A clean, organized kitchen Color: Yellow Crystals: Citrine, Yellow Jasper, or Tiger's Eye	Element: Fire Images of the sun, mandalas, or motivational quotes Plants: The yellow butterfly flower	Sound: Music in 528 Hz Personal items: Symbols of power, strength, or success Aroma: Lemon, ginger, or rosemary
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Heart Chakra · *Anahata*

Air

Green & Pink

639 Hz

At the center of the chest.

BALANCED

Love & compassion

Good health

Physical wellness

Emotional balance

PHYSICAL SYMPTOMS

Cold hands or feet

Inability to clean or care for oneself

Nail biting or skin picking

WHEN BLOCKED

Emotional barriers

Respiratory issues / poor circulation

Fear of intimacy

Inability to forgive

SOLFEGGIO FREQUENCY

639 Hz Connects relationships — fostering understanding, tolerance, and love.

WHEN OVERLY OPEN

Codependency

Neglecting personal boundaries

Emotional fatigue

YOGA POSE FOR BALANCING

Camel Pose (Ustrasana). Opens the chest, promoting love and compassion.

POSSIBLE CAUSES

Loss of a loved one / unresolved grief

Childhood physical abuse

Holding onto grudges

Negative self-talk

FENG SHUI CURES & HEALING

A grounded, dust-free center of the home

Color: Green & Pink

Crystals: Rose Quartz, Green Jade, or Aventurine

Wooden elements for growth & vitality

Art of hearts, love, or abstract green

Sound: Native American flute or pan pipes

Personal items: Sentimental photos or mementos

Aroma: Rose, bergamot, or jasmine

Throat Chakra · *Vishuddha*

Ether / Sound

Blue & Turquoise

741 Hz

At the throat.

BALANCED

Effective communication

Enhanced listening

Increased creativity

Speaking your truth

Increased self-respect

PHYSICAL SYMPTOMS

Neck tension or sore throats

Frequent throat-clearing or stuttering

Dental and jaw issues

WHEN BLOCKED

Difficulty in self-expression

Chronic dishonesty

Feeling misunderstood

Extremes in speech

SOLFEGGIO FREQUENCY

741 Hz Solves problems and expresses your truth — cleansing and detoxifying the body.

WHEN OVERLY OPEN

Gossip, lying, or speaking without considering the impact on others

YOGA POSE FOR BALANCING

Fish Pose (Matsyasana). Opens the throat and chest, aiding communication.

POSSIBLE CAUSES

Bullying or suppression

A humiliating or competitive parent

Guilt and shame

Unspoken words, lies, or truths

FENG SHUI CURES & HEALING

Command position in your office

Color: Blue & Turquoise

Crystals: Aquamarine, Blue Lace Agate, or Turquoise

Water elements

Decor: Art of your truth; mirrors

Pathways & workspaces clear of clutter

Singing or chanting — especially 'HAM'

Personal items: Journals for your truth

Aroma: Eucalyptus, peppermint, chamomile

Third Eye Chakra · *Ajna*

Light

Indigo

852 Hz

Nestled between the brows.

BALANCED

Clear vision
Enhanced sleep
Improved memory
Strong intuition / insight
Mental clarity

PHYSICAL SYMPTOMS

Temporary or blurry vision
Rubbing one's temples
Migraines

WHEN BLOCKED

Brain fog
Lack of intuition
Feeling disconnected
Indecisiveness
Depression

SOLFEGGIO FREQUENCY

852 Hz Returns you to spiritual order — awakening intuition and higher understanding.

WHEN OVERLY OPEN

Delusions, hallucinations, or detaching from reality

YOGA POSE FOR BALANCING

Child's Pose (Balasana). Promotes introspection and inner wisdom.

POSSIBLE CAUSES

Inconsistent caregiving
A rigid, suppressive family
Intellectual shaming

FENG SHUI CURES & HEALING

A nicely lit meditation / relaxing area
Color: Indigo or deep violet
Crystals: Amethyst, Lapis Lazuli, Clear Quartz
Light elements: more natural or bright light

Artwork: Open skies, vast landscapes, space
Reduce EMFs near sleep / meditation areas
Sound: Chanting — especially 'Om'

Personal items: Gifts from those you respect for wisdom
Aroma: Lavender, frankincense, sandalwood, juniper

Crown Chakra · *Sahasrara*

Divine / Cosmos

Violet & White

963 Hz

At the top of the head.

BALANCED

Inner peace
Increased insight & understanding
Compassion
Feeling guided by a higher wisdom

PHYSICAL SYMPTOMS

Excessive daydreaming or escapism
Feeling overwhelmed by small tasks

WHEN BLOCKED

Disconnected from spirituality
Lack of purpose
Close-mindedness
Insomnia

SOLFEGGIO FREQUENCY

963 Hz Pure oneness — connecting with the divine source.

WHEN OVERLY OPEN

Overly controlling
Feeling 'too spiritual' / detached from the physical world

YOGA POSE FOR BALANCING

Headstand (Sirsasana). Directs blood flow to the brain, aiding connection to higher consciousness.

POSSIBLE CAUSES

Growing up overprotected
Lack of quiet time
Fear of losing one's identity or control

FENG SHUI CURES & HEALING

Dust-free ceilings & high spaces
Color: Violet or White
Crystals: Amethyst, Clear Quartz, or Selenite

Light: Soft white or violet uplighting
Artwork: Saints, skies, deities, spirals
Sound: High, ethereal sounds — wind or birdsong

Personal items: Things evoking something greater
Aroma: Lavender or frankincense

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