

Balancing the Chakras

“The chakras in the human body system are the channels through which energy flows to connect a person to history, other people, other dimensions and The Light.”

--The Divine Feminine as channeled through
Rosemary Bredeson ©2007

| CHAKRA | COLOR | GLAND | PLANET | STONE |
|---------------|--------|-----------|---------|-------|
| Crown | Violet | Pineal | Jupiter | Aum |
| Brow | Indigo | Pituitary | Mars | Om |
| Throat | Blue | Thyroid | Venus | Ham |
| Heart | Green | Thymus | Sun | Yam |
| Solar Plexus | Yellow | Pancreas | Mercury | Ram |
| Sacral Plexus | Orange | Gonad | Moon | Wam |
| Root | Red | Adrenal | Saturn | Lam |

