



From Burnout to Purpose: Chakra Table

Chakra, location and color	fear and ego in charge	hope and soul in charge
Root—the base of the spine. red, brown, black, or grey	fear-focused, distrust in life, abandonment or disconnection, boredom, stuck, confusion, ungrounded, uncertain, hunger, longing for something, ashamed of your family or roots, lack of soul care	health, trust, boundaries, security, relaxed, caring for the basic needs of the self and/or family
<i>If your thinking or urges or feelings identify more with fear or the ego, try any of the following remedies related to stability and survival that would enable you to feel nurtured.</i>	<i>self-care for hygiene, health, safety and/or survival; forgiveness of self; acceptance of self and others; connection with those you love; getting your financial or personal affairs in order; cleaning, organizing and/or decorating your home, garden or landscape; nutrition and healthy meals; calming and restorative exercises</i>	
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Sacral—lower abdomen below the navel. orange	lust, vanity, greed, focus on or desire for material things, creatively blocked, judgmental, indifferent or apathetic, compulsive, overindulgent, guilt, joyless, vulnerable, doubtful	creativity, connection with others, playful, beautifying the self, spiritual awareness, charitable to others, learning
<i>If your thinking or urges or feelings identify more with fear or the ego, try any of the following remedies related to creativity and pleasure that would enable you to feel nurtured.</i>	<i>self-discovery; charitable acts, generosity and/or giving to others; creating more balance in your life; fun or pleasure; art and crafts or creativity; Observation of thoughts, urges and/or feelings; small acts that move you out of your comfort zone; self-help to build self-esteem; making love with a committed partner; movement-focused (i.e., Tai-chi, dance, yoga) or lower body exercises</i>	



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Solar plexus—stomach above the navel. yellow	low or no energy, childish, victimized, selfish or abusive to the self, blameful, manipulative, controlling, ashamed of self, unworthy	confident, energetic, openness to change or exploration, action and movement, faces challenges, powerful, disciplined, reliable, empathetic, grateful
<i>If your thinking, urges and/or feelings identify more with fear or the ego, try any of the following remedies related to taking action or initiating a change that would enable you to feel nurtured.</i>	<i>self-improvement; getting into action; acts of courage; practicing gratitude; seeking to understand self and others; noticing and following gut instincts; professional help to build self-esteem, heal trauma or anger, or reduce stress; vigorous (i.e., running, strength training) or abdominal exercises</i>	
Chakra, location and color	fear and ego in charge	hope and soul in charge
Heart—the center of the chest. green or pink	anger, divisive and rejecting of others, intolerant or critical of others, shaming, bullying, abusive and/or punishing to others, conditional, unloving to self or others, demanding, codependent, jealous, vengeful, no regard for the boundaries of self or others, enabler of others' destructive behavior, selfish or entitled	loving, kind, social, inclusive, respectful of others as well as the self, collaborative, passionate for life, grateful, altruistic, vibrant and healthy
<i>If your thinking, urges and/or feelings identify more with fear or the ego, try any of the following remedies related to love or balance that would enable you to feel nurtured.</i>	<i>love of self and others; loving acts (i.e., random acts of kindness or generosity, practicing patience); noticing and following what your heart says; expression of feelings or gratitude; professional help for deep self-discovery, finding and exercising boundaries, forgiveness and relationship work, or healing from grief or loss; focusing on the breath (i.e., pranayama, breathwork); balance-focused fitness (i.e., yoga, reiki), aerobic, endurance, or chest exercises</i>	



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Throat—throat. blue	gluttony, withholding your voice or opinion, sending mixed or deceptive messages, secretive, difficulty describing feelings, excessive talking, interrupts, gossipy, verbal abuse, lies, poor sense of ethics, poor sense of rhythm or tone deaf	authentic; truthful; communicative; listens and hears what is said, implied and meant; clear messaging; expresses feelings or emotions without harming others
<i>If your thinking, urges and/or feelings identify more with fear or the ego, try any of the following remedies related to truth and self-expression that would enable you to feel nurtured.</i>	<i>self-expression; learning and/or teaching; seeking information, advice or guidance; allowing yourself to say what needs to be said or speak your truth; singing and performing; developing communication skills (i.e., non-violent communication); practicing silence; guided meditation; activities focused on hearing and sound (i.e., sound therapy, music lessons, music that nurtures your soul); neck and shoulder massage</i>	
Chakra, location and color	fear and ego in charge	hope and soul in charge
Third eye—forehead between your eyebrows. indigo	making excuses or procrastinating, attracted to frightening or horrific content (graphic images of violence, war, death), dismissive of intuitive notions, dreams or nightmares, experiences headaches or vision problems, poor memory, lack of concentration, lack of imagination, denial, delusion and confusion	intuitive, discerning, logical, perceptive, imaginative, good memory, vivid memorization of dreams, self-aware, self-reflective, able to manage and recover from stress in a healthy way, able to conceptualize and visualize for breakthrough results, rational and spiritual balance, recognizes patterns others may not see.
<i>If your thinking, urges and/or feelings identify more with fear or the ego, try any of the following remedies related to a sense of higher self-knowing or intuitive trust that would enable you to feel nurtured.</i>	<i>holistic self-discovery of mind, body, and soul; purpose-driven living and working; seeking professional and personal relationships that are supportive, mutually satisfying, and promoting of growth; visualization or future-focused activities; meditation; noticing and following intuition; creating or experiencing visual art (art therapy)</i>	



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Crown—the very top to slightly above your head. violet, white, or gold	detached from soul, isolated, egocentric, addiction, mental, emotional and personality disorders	soul-centric, hope-focused, peaceful, trusting of life, spiritual, conscious and enlightened, wise, connected and unified with others and all things
<i>If your thinking, urges and/or feelings identify more with fear or the ego, try any of the following remedies related to unity, spiritual connection, growth and peace that would enable you to feel nurtured.</i>	<i>spiritual connection; selfless and compassionate action (without regard for personal gain or return); acts of unity, oneness, and peace; spiritual practice (i.e., prayer); spiritual retreats or education; exercises that calm the mind</i>	