

Chakra & Aura Correspondences

Chakra	Aura	Note	#	Chant	Planet	Principles	Body Parts	Essential Oil	Crystal
Crown 	Causal 3-5 ft	B 172Hz	4, 7	Ang	Uranus Neptune	Mystical Understanding Enlightenment	Pituitary gland, pineal gland, upper part of brain	Jasmine, Cedarwood, Myrrh, Neroli, Helichrysum	Clear Quartz, Diamond, Amethyst Selenite, Sugilite
3rd Eye 	Celestial 2-2.5 ft	A 221Hz	3, 8	Om	Jupiter Saturn	Insight Intuition Inner Knowing	Headaches, eyes, ears, head, pineal gland brain	Clary Sage, Frankincense Marjoram, Patchouli, Vanilla	Blue Sapphire, tourmaline, Lapis Lazuli Blue Quartz
Throat 	Etheric 1-2 ft	G 141Hz	0, 6	Ham	Pluto Venus	Communication Authenticity Truth	Throat, mouth, tongue, thyroid, jaw, neck, larynx	Basil, Chamomile, Cypress, Petitgrain Peppermint	Lapis Lazuli Blue Lace Agate Blue Topaz Aqua Marine
Heart 	Astral 8-12 in	F 136Hz	1 11	Yam	Sun Chiron	Love Empathy Connection	Heart, circulation lungs, breasts	Angelica, Geranium, Hyssop, Lavender, Rose	Rose Quartz Green Adventurine, Emerald, Moss Agate, Jade
Sol.Plex 	Mental 3-8in	E 126Hz	5	Ram	Mercury	Identity, Ego Personal Power Discipline	Digestive system, pancreas, metabolism	Clove, Cypress, grapefruit, Juniper, Lemon, Rosemary	Citrine Tiger Eye Honey Calcite
Sacral 	Emotional 2-3in	D 210Hz	2 10	Vam	Moon Earth	Emotions Creativity Sexuality	ovaries, testicles, kidneys, uterus, lymphatic system	YlangYlang Tangerine, Bergamot, Clary Sage, Jasmine	Carnelian Orange Aventurine Moonstone
Root 	Physical 1-2in	C 194Hz	9	Lam	Mars	Survival Safety Physical Identity	legs, bones, feet, rectum, immune system, large intestines Adrenal Glands	Mryyh, Vetiver, Sandlewood, Patchouli, Spikenard	Red Jasper, Smokey Quartz Hematite, Ruby