

Love & Light

Chakra Guide

Crown

Third
Eye

Throat

Heart

Solar
Plexus

Sacral

Root

Pam Barosh

Shine

Love

Light

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<http://www.pambarosh.com>

I post inspirational messages of love on my blog
at <http://www.pambarosh.com/blog> and on
social media. Follow, like, and share on Twitter,
Facebook, Instagram, and Linked In.



Thank You Beautiful Soul!
Wishing You Much
Love and Light!

Pam Barosh



7 Chakras

Your Energy Centers

1st Chakra - Root Chakra - Color: Red - Element: Earth
Survival, Grounded, Earth Connection, Self Preservation, Vitality,
Immune System, Endurance, Optimism, Health

2nd Chakra - Sacral Chakra - Color: Orange - Element: Water
Creativity, Inspiration, Emotions, Sensuality, Sexuality, Ambition,
Success, Patience, Flexibility, Passion

3rd Chakra - Solar Plexus Chakra - Color: Yellow - Element: Fire
Personal Power, Energy, Self Control, Prosperity, Confidence,
Motivation, Perseverance, Balance, Positive Attitude

4th Chakra - Heart Chakra - Color: Green - Element: Air
Forgiveness, Compassion, Empathy, Trust, Emotional Growth,
Unconditional Love, Humanitarianism, Rebirth, Transformation

5th Chakra - Throat Chakra - Color: Blue - Element: Space
Communication, Dreaming, Expression, Wisdom, Discernment,
Higher Guidance, Centered, Authentic Voice

6th Chakra - Third Eye Chakra - Color: Indigo - Element: Light
Intuitive Powers, Clairvoyance, Imagination, Visualization,
Concentration, Enlightenment, Awareness

7th Chakra - Crown Chakra - Color: Violet - Element: Thought
Spiritual Connection, Inspiration, Integration, Oneness, Divine
Intelligence, Higher Consciousness, Peace, Acceptance

7 Chakras

Healing Crystals

- **1st Chakra - Root Chakra** - Jet, Garnet, Obsidian, Black Tourmaline, Hematite, Red Jasper, Bloodstone, Shungite, Smoky Quartz
- **2nd Chakra - Sacral Chakra** - Carnelian, Orange Calcite, Coral, Polychrome Jasper, Tangerine Quartz, Moonstone
- **3rd Chakra - Solar Plexus Chakra** - Citrine, Gold Tigereye, Amber, Sunstone, Yellow Jasper, Yellow Tourmaline, Rutilated Quartz
- **4th Chakra - Heart Chakra** - Rose Quartz, Watermelon Tourmaline, Aventurine, Jade, Rhodochrosite, Peridot, Rhodonite, Malachite
- **5th Chakra - Throat Chakra** - Sodalite, Turquoise, Blue Calcite, Celestite, Chrysocolla, Aquamarine, Blue Lace Agate
- **6th Chakra - Third Eye Chakra** - Lapis Lazuli, Azurite, Purple Fluorite, Labradorite, Blue Aventurine, Tanzanite, Iolite
- **7th Chakra - Crown Chakra** - Clear Quartz, Amethyst, White Calcite, Selenite, Apophyllite, Magnesite, Howlite



You are the healer of the light energy in your soul.