

7 Centers of the Energetic Body

Our Energy Centers (Chakras)

Essential Oils Lavender Ylang Ylang Jasmine Magnolia	Gemstones Amethyst	Immune System Pituitary, Left/Right brain synchronicity Spiritual, clearing, power of transcen- dence.	VIOLET Spiritual Integration	Will to Be	Music Note B TI	Foods Eggplant Plums, Kale Broccoli Grapes	Herbs Gotu Kola Valerian Vervain Meadowsweet
Frankinsense Myrrh	Quartz Crystal Tanzanite	Will to See	INDIGO Intuition Autonomic	Pineal, mid- brain, 3rd eye Cooling Neutralizing Inner seeing	A LA	Eggplant Broccoli, Grapes & other foods of blue & violet color	White Willow Bark, Skullcap Passionflower Valerian, Vervain Hops, Lobelia, Bilberry, Kava
Thyme Chamomile Mint Cypress Tea Tree	Sapphire Lapis Lazuli Sodalite Blue Agate	Will to Express	BLUE Respiratory Inspiration	Thyroid, nose, throat, lungs Soothing relaxing, power of faith (will, choice)	G SO	Blueberries Plums, Fish, Bramble Berries, Asparagus Potatoes	Chamomile Evening Primrose Oil, Thyme, Fennel Witch Hazel Eucalyptus, Hyssop
Lemon Rosemary Fennel Geranium Pine Rose Bulgur	Emerald Aventurine Jade Malachite Peridot	Will to Love	GREEN Unconditional Love	Circulatory System, Hearing, Thymus Healing, calming, balancing, power of compassion	F FA	Avocados Broccoli Cucumber Green Salads Peas, Beans, Green Squashes	Echinacea, Pine Sage leaf Wild Yam Root Hyssop, Yarrow Hawthorn Alfalfa leaf Rose Hips Augustofolia Rt
Lemon Rosemary Fennel Geranium	Citrine Amber Gold Topaz	Will to Think	YELLOW Intellect, Cleansing Elimination	Digestive System, Stomach, Liver, Adrenals Power of Imagination	E ME	Lemons, Corn Melons Bananas, Eggs Olive Oil Yellow Peppers Grapefruit	Ginkgo, Milk Thistle, Yarrow Dandelion Ginger, Parsley Lemon Balm Dandelion Root Lemon Balm Nettle
Melissa Bergamont Orange Neroli Lemon Grass Juniper	Carnelian Copper	Will to Feel	ORANGE Elimination Emotional Self Creativity	Spleen, Bladder, Pancreas, Intestines Elimination Warming Nurturing	D RE	Oranges Apricots Peaches Mangos, Melon Carrots Mandarins Radishes	St. John's Wort Licorice, Vits. C E & A Papaya Antioxidants Grape Seed
Cedarwood Sandlewood Vetiver Cinnamon Cedar	Ruby Red Tiger's Eye Bloodstone Garnet	Will to Live	RED Life Force Reproductive	Gonads, Testes, Ovaries Stimulating Activating Power of Activity	C DO	Beets Watercress Strawberries Cherries Meat Cayenne Pepper Tomatoes	Noni, Clover Goldenseal Ginseng Iron, Suma Echinacea Ginger Root Cayenne Pepper Dong Quai Yucca. Damiana



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Thanks to Joy Fanning, Desert Dove Designs, Charlotte, NC for the basics of this chart! I've added info from dozens of other sources! — Jan Jenson