

COLOR HEALING

VIOLET

Crown Chakra
Connects us to
our Spiritual Self

BLUE

Throat Chakra
Connects us to
Holistic Thought

YELLOW

Solar Plexus Chakra
Connects us to
our Mental Self

RED

Root Chakra
Connects us to
our Physical Self



Faith

Intuition

Health

Love

Wisdom

Joy

Security

INDIGO

Brow Chakra
Connects us to our
Unconscious Self

GREEN

Heart Chakra
Connects us to
Perfect Love

ORANGE

Sacral Chakra
Connects us to
our Emotional Self