

# Chakras and Colors Cheat Sheet

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Chakra	Color	Foods to eat for balance	Crystals to wear	When to use
 Crown	Violet  Pure white	Cauliflower, onion, ginger, garlic, leeks and jicama.	Clear quartz.	You can use VIOLET color or the Violet flame to purge and transmute impurities and karma.
 Third Eye	Indigo	Grapes, raisins, purple cabbage and eggplant can help this chakra.	Amethyst, sugalite or charoite.	You can use INDIGO to open your third eye, enhance your psychic abilities and even for protection. This is the color of Archangel Michael as well, so it has natural shielding properties.
 Throat	Blue	Blueberries and blackberries, black plums, black olive, black beans.	Sodalite, turquoise or aquamarine.	You can use BLUE for effective communication with someone and call upon Archangels Gabriel and Michael. Blue, can also be used to heal court cases and legal problems.
 Heart	Green  Pink	Green foods, broccoli, spinach, green tea, cilantro, green apples, kale, and many more.	Green tourmaline, green calcite, jade, or malachite.	Use GREEN to bring in money and luck in your life! It is Archangel Raphael's color; so can bring in physical or emotional healing to everyone. Use PINK to get true love in your life, attract your soul mate. It could also be used to heal animals apart from green.
 Solar Plexus	Yellow	Corn, banana, peaches, lemons or grapefruit.	Lemon quartz, citrine, or golden chrysoberyl.	Use YELLOW for career success, improve digestion and increase personal power.
 Sacral	Orange	Carrots, squash, pumpkin or oranges.	Orange calcite, carnelian or orange kyanite.	You can use ORANGE to enhance your creativity, clear blocks from your sacral chakra and have smooth relationships with the opposite sex.
 Root	Red  Black  Brown	Red foods, such as strawberries, raspberries, beets, tomatoes, or red peppers.	Red jasper, ruby, garnet.	Use RED to bring passion into your love life, improve sexual performance and for personal power. You can also use red if you want action or movement in your life. Use BLACK to ward off evil, for psychic protection and removing unwanted people from your life. BROWN can be used for financial stability, protect your investments, home etc. It has a neutralizing effect. Brown balances anything that has excess. You can also use brown for Grounding.