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Empress Healing

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Chakra	Day of the week	Color	Element	Sound Frequency	Chants	Action	Organs Associated	Symptoms of Overactive Chakra	Symptoms of Underactive Chakra	How to Balance Chakra
Root	Saturday	Red	Earth	396 Hz	Lam	To Have	Spine, legs, feet, colon	Aggression, impatience, greed, anxious	Fear, insecurity, feeling stuck, distrusting	Eat root vegetables Walk barefoot in nature Affirmations like "I am safe. I am grounded."
Sacral	Monday	Orange	Water	417 Hz	Vam	To Feel	Reproductive organs, kidneys, bladder	Overly emotional, escapism, addiction, sexual obsession	Lack of energy, low creativity, sexual issues, emotional detachment, lower back and hip pain	Creative activities Sacral yoga poses (hip-opening poses) Sensory experiences (pleasant smells, tastes and textures)
Solar Plexus	Tuesday	Yellow	Fire	528 Hz	Ram	To Act	Stomach, liver, pancreas, gallbladder	Anger, domination, perfectionism, competitive,	Low self-esteem, lack of control, eczema, acne, chronic fatigue, eating and digestive disorders	Set boundaries Identify your strengths and accomplishments Adopt confident body language
Heart	Friday	Green (and pink)	Air	639 Hz	Yam	To Accept	Heart, lungs, thymus	Overly emotional, possessiveness, jealousy, judgy, people pleasing	Loneliness, shyness, lack of empathy, fear of relationships	Promote Love Practice gratitude Heart-Opening Yoga
Throat	Wednesday	Blue	Ether	741 Hz	Ham	To Express	Throat, thyroid, vocal cords, shoulders, neck	Talking too much, sore throat, inability to listen thyroid issues, problems with teeth, mouth, gums and ears	Fear of speaking, difficulty expressing oneself, feeling shy, dishonesty, insensitivity, insecurity, social anxiety	Creative Writing (poetry, storytelling) Encourage self-expression (journaling, singing or speaking affirmations) Practice speaking honestly and authentically
Third Eye	Thursday	Indigo	Light	852 Hz	Om	To See	Brain, eyes, pineal gland	Hallucinations, headaches, nightmares, dizziness, memory issues	Lack of intuition, clarity and focus, poor imagination, eyestrain, anxiety	Meditation and mindfulness Aromatherapy (Frankincense, lavender, neroli, juniper) Affirmations like "I see all situations with clarity and objectivity"
Crown	Sunday	Violet	Thought	963 Hz	Om	To know	Brain, nervous system, pituitary gland	Spiritual obsession, disconnection from reality, physical exhaustion	Lack of spiritual connection, apathy, feeling isolated and alone, no purpose	Prayer and Affirmations Crown chakra meditation Quiet reflection, silence and solitude to deepen connection with your higher self