

CHAKRAS and THEIR ARCHETYPES

Symbol	Chakra	Positive Archetype	Negative Archetype	Emotional Issues
Seventh 	CROWN (top of head) Beauty, spirituality, connection with the Divine Source	GURU Acknowledges Divine Source Grace come from within, mastery	EGOTIST Narcissistic , boastful and ungrateful proud arrogant	Acceptance of self and inner light
Sixth 	THIRD EYE (center of forehead) Wisdom, knowledge, intuition, discernment, and imagination	INTUITIVE Inner sight, uses intuition to guide , interprets symbols, uses imagination and intuitive skills to guide others	INTELLECTUAL Opinionated, doubt, confusion attempts to master chaos, suppresses feelings, rationalizes, irrational	Connect with spiritual realm
Fifth 	THROAT (center of throat) Truth, communication, integrity, will power, and creativity	COMMUNICATOR Honest –sincere communication; speaking up, being heard, expressing feelings and thoughts with purpose	SILENT CHILD Suppresses and holds on to feelings, does not reveal hurt, pain or anger openly, hides in pain and shame	Express feelings clearly and honestly
Fourth 	HEART (center of chest) Love:, joy, unity, kinship, and peace	LOVER Love ourselves, free of spirit, generous, happy, in touch with feelings, sense of movement	ACTOR Hide dark feelings, hidden agendas of power and dominance, incapable of intimacy,	Form loving bonds with others
Third 	SOLAR PLEXUS (above the navel) Self-esteem, self-worth, confidence, decision- making, personal power	WARRIOR Hero, heroine, take control , harness willpower, empowered	SERVANT Undervalues itself, does not honor basic worth, neglected and receives little acknowledgement	Power and self-worth
Second 	SACRAL (abdomen, genitals, womb) Pleasure , well-being, sexuality, and abundance:	EMPEROR/EMPRESS Worldly power, earthly pleasure, delights in abundance, strong emotional sense of life, pleasure and fun	MARTYR Full of suffering, unable to make changes, stays enmeshed , relinquishes happiness	Pleasure and well-being
First 	ROOT (base of spine) Ground the spirit in the material world	MOTHER Ability to nourish, take car of life, sensitivity, harmony, balance vigilance	VICTIM Reliant on external world , helpless state, fear, disempowered	Survival and security

—Developed by Steffie Genevieve, MSW, LICSW, CDP, SAP using information taken from
Chakra and Their Archetypes by Ambika Wauters