



Chakra Quick Reference Chart

Major Chakras

Root (Base)

Related to physical world issues, grounding, survival instinct, status in pack or herd, individuality, security, health, courage, patience.

Glands/Organs: Adrenals, kidneys, spine, colon, legs and paws, bones

Possible Imbalance: Insecurity, fear, lack of trust, incontinence, blood disorders, orthopedic issues (bone disorders)

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Sexual Progression (Belly or Sacral)

Related to all aspects of procreation, assimilation of food, physical force and vitality and sexuality and creativity.

Glands/Organs: Ovaries, testicles, prostate, genitals, spleen, intestines, womb, bladder

Possible Imbalance: Hormone imbalances (irregular heat cycles), any breeding issues, spay and neuter issues, low confidence, weakness, low energy, lower back pain

Solar Plexus

The center of personal power and will. A key center for animals and humans to communicate physically. Relates to the sympathetic nervous system, digestive system, metabolism and emotions.

Glands/Organs: Stomach, gallbladder, pancreas, adrenals, liver, diaphragm, kidneys, nervous system, muscles

Possible Imbalance: Diabetes, digestive problems, depression, eating disorders, epilepsy, fading newborn syndrome, fears, lack of confidence, immune system issues, obsessive behavior, training issues, nervousness

Heart

Relates to divine and unconditional love, the human/animal bond. Energizes the blood and physical body with the life force.

Glands/Organs: Heart, thymus, lungs, respiratory system, circulatory system, chest, immune system, front legs and paws

Possible Imbalance: anger, aggression, arthritis, blood disorders, emotional issues, inability to bond, feral cats, abuse, rescue animals, stress related asthma, colic

Brachial

A very powerful energy center relating to transformation. A chakra from where you can access all others and everything that's going on in the energy field. A place from where you can treat the whole body.

Glands/Organs: Heart, thymus, lungs, respiratory system, circulatory system, chest, front legs and paws

Possible Imbalance: Almost any, but especially those related to the organs and systems above.

Throat

Related to all aspects of communication and creative expression, especially conscious communication with intent. Also relates to truth, knowledge, and wisdom.

Glands/Organs: Throat, thyroid, parathyroid, hypothalamus, mouth, teeth, vocal chords

Possible Imbalance: Depression, excessive or lack of vocalization, vocal Problems, metabolism, teething, thyroid issues, lack of discernment, knowledge used unwisely.

Sensing

Related to the sensory intake, and transmission of sensory information to the brain. In other words, how our animal companions filter experiences, and how they deal with any and all sensory stimuli (seeing, hearing, smelling, touching, feeling, and even knowing)

Glands/Organs: Face, nose, eyes, ears, paw pads/hoofs, whiskers, tail tip

Possible Imbalance: Over or under reacting to events, noises, circumstances or training cues, any imbalance of the eyes, ears, nose, tail etc., docked tails, clipped whiskers, blindness, deafness, inappropriate elimination, aggression, intolerance, timidity.

Third Eye (Brow)

Related to psychic insight and telepathy – the way all animals communicate. Also related to soul realization, concentration, and devotion. This chakra is very developed in most animals.

Glands/Organs: Pituitary gland, pineal, ears, left eye, nose, fur, hair, skin

Possible Imbalance: headaches, depression, concentration issues, hair loss, hearing loss, hyperactivity, post-traumatic pain, skin allergies

Crown

Related to the life force connection and oneness with the infinite (connection with God/Goddess, The Universe, and Spirit). Divine wisdom, understanding, selfless service, perception beyond space and time.

Glands/Organs: Cerebral cortex, skull, brain, central nervous system, right eye, pineal gland

Possible Imbalance: master healer, grief, depression, disorientation, eyesight, fear, headaches, panic attacks, pining, senility, separation anxiety, stress, tension, training issues

Minor Chakras

Self Preservation

What I call the adrenal, 'red alert state', or 'fight or flight' chakra. Governs the energy that runs down the hind legs.

Possible Imbalance: Aggression, dominance, territoriality, intolerance, submissiveness, inappropriate urination or defecation, hip dysplasia, abuse, fear, anxiety

Reproductive

Governs all aspects of reproduction.

Possible Imbalance: False pregnancy, breeding issues of all sorts, irregular heat cycles, ovarian cysts, spay/neuter issues, maternal instinct.

Digestive

Governs all aspects of digestion including the instinct to avoid poisons and other inedibles.

Possible Imbalance: Vomiting, diarrhea, stomach upset, colitis, acid in digestive tract, scavenging, anorexia, ravenous appetite, foreign object in digestive system.

Respect Recognition

Governs territory and social customs beyond the animals pack/herd or household. Also known as the friend or foe center.

Possible Imbalance: Over protective or over responsible animals, territorial issues, poor breeding issues (in nature the best genes are deferred to, to propagate a species), any other issues related to procreation.

Dependence

The place of independence, trust, and obedience with people, and of dominance-submission with other animals.

Possible Imbalance: Insecurity, trust issues, training issues, dominance, submissiveness, nervousness, and fear.

Body Language

Governs behavior in intentional communication (tail wagging, purring, pawing, smiling, imitating humans. Controls the energy that runs along the spine, down the legs, and into the paws or hoofs.

Possible Imbalance: Excessive vocalization or communication, lack of vocalization or communication, any kind of intentional physical communication such as pawing, weaving, cribbing or other behaviors.

Eyes

Associated with the sensing chakra and related to any issues pertaining to the eyes.

Possible Imbalance: Cataracts, Glaucoma, blindness, fading vision, runny eyes, eyelash issues, eye infections and allergies.

Ears

Associated with the sensing chakra and related to any issues pertaining to the ears.

Possible Imbalance: Ear infections, hearing issues, deafness, ear mites, rhinitis and allergies.

Nose

Associated with the sensing chakra and related to any issues pertaining to the nose.

Possible Imbalance: Allergies, sinus infections, sensitivity, lack of smell, respiratory issues.

Whiskers

Associated with the sensing chakra and related to any issues pertaining to the whiskers.

Possible Imbalance: Whiskers clipped off on show animals or missing due to injury, issues related to face, mouth, teeth, gums and tongue.

Paw Pads (Hoofs)

Associated with the sensing chakra and related to any issues pertaining to the hoofs or paw pads.

Possible Imbalance: Amputations (dogs and cats), improper shoeing, navicular disease, de-nerved horses, thrush, abscesses, any issues of the paw pads, feet or hoofs

Tail Tip

Associated with the sensing chakra and related to any issues pertaining to the tail tip.

Possible Imbalance: Docked tails, bagged tails (show horses), chewed tails (horses), and any other tail issues.

Oversoul (transpersonal point)

The connection to the species oversoul. How an individual animal is connected to their higher self, spirit, the universe as well as their own soul group.

Possible Imbalance: Any imbalance related to the third eye or crown chakra, especially those connected with the unseen realms, telepathy, and psychic insight. With this chakra I usually wait until it comes up to be balanced and just trust that it is in divine order.