Sweetie Consulting

The Conscious Living Resource

# Chakras 101

Review Work Sheet

**Match the each chakras Sanskrit name to their English name**

1. Muladhara

2. Svadisthana

3. Manipura

4. Anahata

5. Vishuddha

6. Anja

7. Sahasarara

A. Crown

B. 3rd eye

C. Throat

D. Heart

E. Solar plex

F. Sacral

G. Root

**Match the chakra with the affirmation**

1. Root

2. Sacral

3. Solar plex

4. Heart

5. Throat

6. 3rd eye

7. Crown

A. “I am”

B. “I love”

C. “I feel”

D. “I will”

E. “I speak”

F. “I know”

G. “I see”

**Answer the following questions**

1. List the 1 natural way to heal each chakra.
2. List one healing crystal for each chakra.
3. Write one personal affirmation for each chakra.
4. List one essential oil for each chakra.
5. What are the colors associated with each chakra.
6. What is the purpose of each chakra?
7. What are the corresponding organs for each chakra?
8. Name chakras and foods that heal them.
9. List one sign of being open for each chakra.
10. List the location of each chakra.