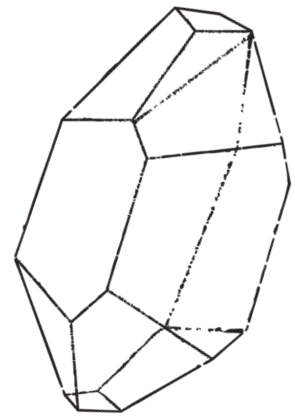


# Root Chakra



## Associated With:

- Safety, sense of belonging
- Bloodstone, Red Jasper
- "I Am"
- Musicians' ability to feel safe on stage and with fans, a sense of belonging in their field
- Patchouli and Cloves

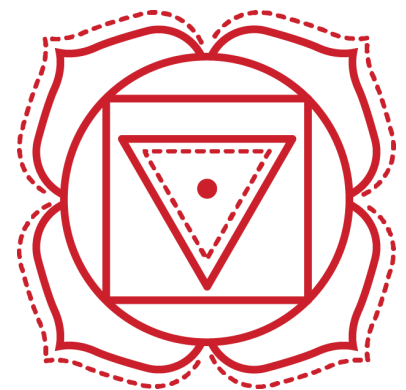


## Out of Alignment?

- Feeling as if you don't belong in your field or genre
- Lacking a sense of safety and security
- Feeling pressured to fit in
- Perhaps feeling insecure with finances or other areas
- Feeling disconnected with your work or social life

## Alignment Checklist:

- ☐ Meditate with music specific to root chakra
- ☐ Study songs in the key of C
- ☐ Wear red or black
- ☐ Light red or black candles
- ☐ Do something to increase your physical safety
- ☐ Trace your roots and ancestry
- ☐ Connect to the earth, sit or stand on the ground

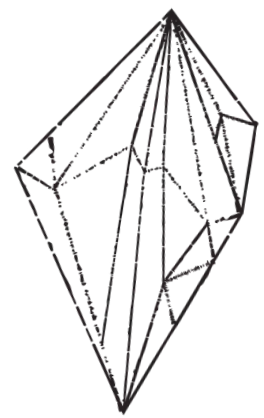


# Sacral Chakra



## Associated With:

- Passion, pleasure, sexuality
- Carnelian, Tangerine Quartz
- "I Feel"
- Musicians' passion and excitement about their art, careers and fans
- Sandalwood and Orange



## Out of Alignment?

- Lack of pleasure in your work
- Feeling shame about your sexuality
- Lack of excitement in daily life
- Remaining in your comfort zone (by choice or circumstance)
- Little emotional connection with your work

## Alignment Checklist:

- ☐ Meditate with music specific to sacral chakra
- ☐ Study songs in the key of D
- ☐ Wear orange, light orange candles
- ☐ Physical exercise - get sweaty!
- ☐ Take pride in your sexuality
- ☐ Connect to what brings you pleasure and happiness
- ☐ Seek out adventure; try something new



# Solar Plexus Chakra

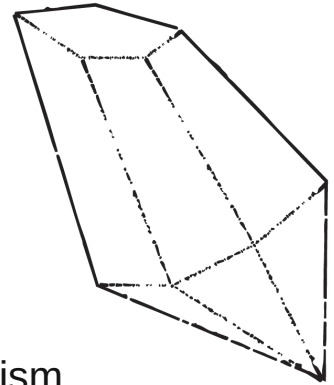


## Associated With:

- Setting boundaries, self-respect
- Citrine, Tiger's Eye
- "I Will"
- Musicians' ability to share just enough of their personal lives and set boundaries with others
- Lemon and Cedarwood

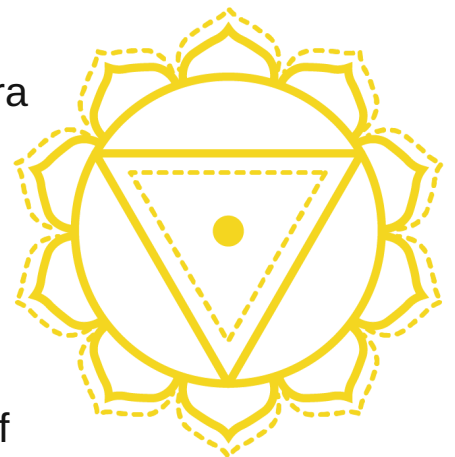
## Out of Alignment?

- Undercharging for services
- Oversharing with fans on social media
- Difficulty establishing secure boundaries
- Feeling unable to stand up for yourself or handle criticism
- Lack of self-confidence



## Alignment Checklist:

- ☐ Meditate with music specific to solar plexus chakra
- ☐ Study songs in the key of E
- ☐ Wear yellow, spend time in the sun
- ☐ Light yellow candles
- ☐ Define and establish healthy boundaries
- ☐ Develop your self-confidence, you are worthy!
- ☐ Set and achieve easy goals to boost sense of self



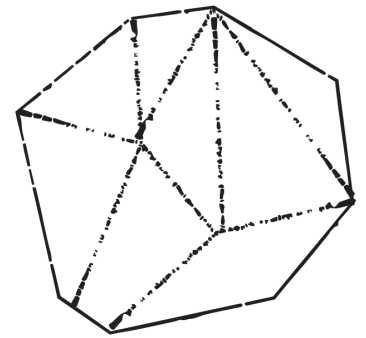


# Heart Chakra



## Associated With:

- Love and trust
- Jade, Malachite, Rose Quartz
- "I Love"
- Artists' ability to love themselves, their work, and their fans
- Ylang Ylang and Rose



## Out of Alignment?

- Feeling a lack of trust between band members
- Feeling judgemental and critical of self
- Trouble with love and relationships
- Feeling lonely and isolated
- Becoming easily over-emotional

## Alignment Checklist:

- ☐ Meditate with music specific to heart chakra
- ☐ Study songs in the key of F
- ☐ Wear green and eat green, healthy foods
- ☐ Light green candles
- ☐ Practice daily kindness toward self and others
- ☐ Maintain healthy relationships, let bad ones go
- ☐ Practice placing your own needs first

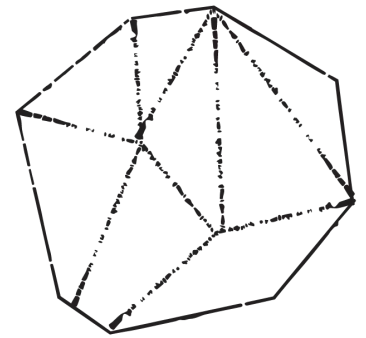


# Throat Chakra



## Associated With:

- Communication
- Turquoise, Blue Topaz
- "I Speak"
- Musicians' ability to sing, write lyrics and connect
- Peppermint and Sage

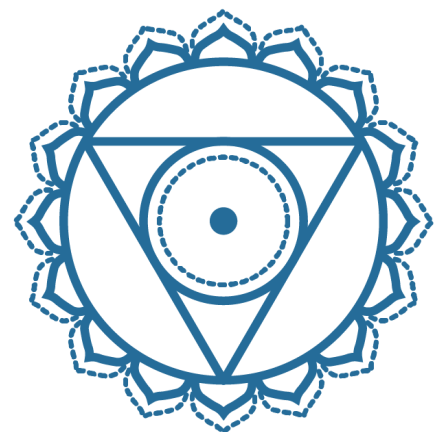


## Out of Alignment?

- Difficulty communicating with fans or loved ones
- A fear of free, open expression
- Throat soreness or issues (throat issues are quite common for singers, please see a doctor if you sing!)
- Frequent arguments or harbored resentment

## Alignment Checklist:

- ☐ Meditate with music specific to throat chakra
- ☐ Study songs in the key of G
- ☐ Wear various shades of blue
- ☐ Light blue candles
- ☐ Drink lots of water and tea
- ☐ Sage or Peppermint essential oils or incense
- ☐ Communicate with honesty and love

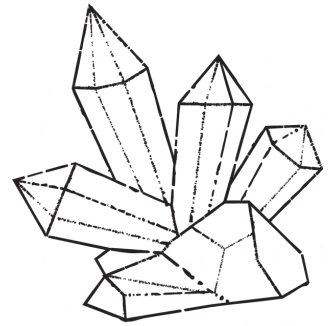


# Third Eye Chakra



## Associated With:

- Intuition
- Sapphire, Lapis Lazuli
- "I See"
- Musicians' ability to decide the right direction for their music and career
- Rosemary and Passionflower

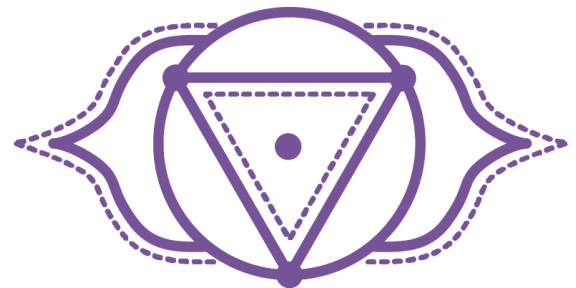


## Out of Alignment?

- Feeling a lack of direction about your art or life
- Feeling judgemental and critical of others
- Sinus, eye or head issues (if any of these are serious, please seek medical attention)
- Lack of trust in yourself and your abilities

## Alignment Checklist:

- ☐ Meditate with music specific to third eye chakra
- ☐ Study songs in the key of A
- ☐ Wear indigo (dark blue/purple)
- ☐ Light indigo candles
- ☐ Work to develop your intuition
- ☐ Keep a dream journal (also good for songs)
- ☐ Play with logic, crossword or word puzzles



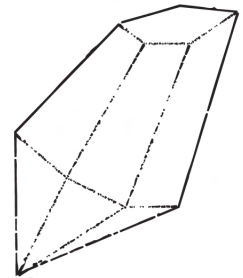


# Crown Chakra



## Associated With:

- Spirituality, connection to the Divine
- Clear Quartz, Amethyst
- "I Understand"
- Musicians' ability to connect to their music, and to receive song ideas as if divinely inspired
- Lavender and Lotus



## Out of Alignment?

- Feeling a disconnect from your god or creator
- Becoming obsessively concerned with religious matters
- Depression or other mood disorders (NOT to be confused with clinical medical issues which require doctor's care!)
- Sensitivity to light and sound

## Alignment Checklist:

- ☐ Meditate with music specific to crown chakra
- ☐ Study songs in the key of B
- ☐ Wear violet or white
- ☐ Light violet or white candles
- ☐ Drink lots of water
- ☐ Lotus or Lavender essential oils or incense
- ☐ Perform acts of love and service to others

