

# ♥ Sacred Wardrobe Map: Aligning Fabric with Energy & Healing ♥

♥ ♥ ♥ ♥ ♥ ♥ ♥ Chakra / Energy Center ♥ ♥ ♥ ♥ ♥ ♥ ♥

Recommended Fabric 🌱 Color / Tone 🌱 Healing Focus / Intention 🌱 Practical Use

♥ **Root (Muladhara)** - grounding, safety, vitality Hemp, Organic Wool, Earth tones: brown, deep red, black Grounding, stability, protection, Everyday wear, outer layers, meditation in nature.

♥ **Sacral (Svadhithana)** - creativity, fluidity, sensuality, Organic Cotton, Bamboo, Orange, soft peach, cream tones: Creativity, emotional balance, joy Flowing skirts, comfortable pants, meditation wraps.

♥ **Solar Plexus (Manipura)** - confidence, energy, digestion Linen, Bamboo Yellow, gold, light earth tones: Vitality, energy regulation, digestion support Yoga clothes, daily tops, loose trousers.

♥ **Heart (Anahata)** - love, healing, empathy, Organic Cotton, Silk Green, pink, rose, pastel tones: Heart opening, self-love, emotional healing Meditation robes, casual wear, sleepwear.

♥ **Throat (Vishuddha)** - communication, expression. Silk, Linen Blue, soft aqua, sky tones: Clear expression, truth-telling, vocal health Scarves, tunics, meditation shawls.

♥ **Third Eye (Ajna)** - intuition, clarity, insight Silk, Mulberry, Silk blends Indigo, violet, deep blue tones: Insight, meditation depth, mental clarity Meditation clothing, ceremonial robes.

♥ **Crown (Sahasrara)** - spiritual connection, consciousness. Silk, White Linen, White, lavender tones: pale gold Spiritual alignment, energy reception, Sleepwear, meditation garments, sacred ceremonies.