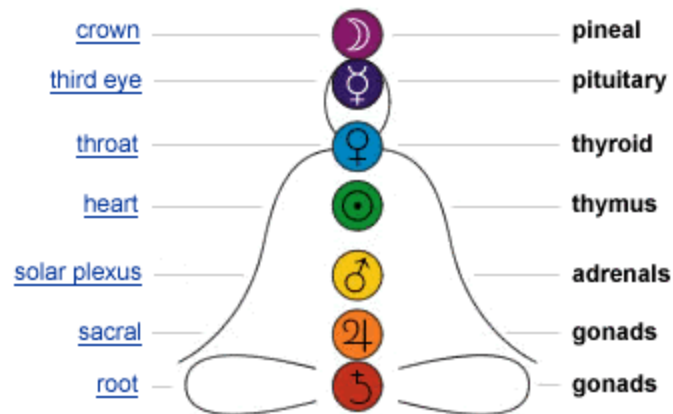


## THE CHAKRA SYSTEM



There are many chakras throughout the body, including those in the palms of the hands and soles of the feet. The seven main chakras correspond to the seven colors of the rainbow (light), the seven notes of the musical scale (sound), the planets and elements of earth, as well as the physical body and its auras. Our chakra system is aligned with and capable of vibrating and tuning into the universe.

Location	Sanskrit Name	Sacraments	Tree of Life	Color	Note	Endocrine System	Ayurvedic Element	Planet	Relates to:
Crown	Sahasrara "1000 Petaled"	Extreme Unction	Kether	Violet	B "Ti"	Pineal Gland	Energy	Uranus	Liberation from body, spirit, astral, knowingness
Third Eye	Ajna "Command"	Ordination	Binah/ Hokimah	Indigo	A "La"	Pituitary Gland	Light	Neptune	Intuition, psychic awareness, clairvoyance, clear seeing
Throat	Vishudha "Purified"	Confession	Gervurah/ Hesed	Blue	G "So"	Thyroid Gland	Ether	Mercury	Creativity & self-expression, communication, verbal/telepathic
Heart	Anahata "Not Stuck"	Marriage	Tif'eret	Green	F "Fa"	Thymus	Air	Venus	Love energy, freedom from ego, the bridge between spirit and body, affinity for self/others
Solar Plexus	Manipra "Shinning Jewel"	Confirm- ation	Hod/ Nezah	Yellow	E "Mi"	Adrenal Gland	Fire	Mars	Strength, reservoir of spiritual energy, personal power
Sacral	Svadhastana "&Special Abode"	Communion	Yesod	Orange	D "Re"	Gonads	Water	Pluto	Health & pleasure, immunity from disease, sexuality, sensuality, creativity
Root	Muladhara "Root Support"	Baptism	Shekinah	Red	C "Do"	Gonads/ Adrenal	Earth	Saturn	Base survival, grounding/security



**The Base/Root Chakra** is the seat of Kundalini" energy and the center of our will-to-live and survive. This is our "ground" root though which we gain power, stability, and growth.

It's often referred to as linked to the adrenal glands. It represents activity in general such as movement, energy and survival as well as grounding. It also connects with the legs, feet, hips and base of spine and represents assertiveness and self-confidence.

Enthusiasm and Drive require Red energy. When this chakra is balanced, we have physical vitality and strength, We feel connected to nature with a deep understanding of it's rhythms and patterns. An under active chakra might display signs of a lack of energy, stamina, feelings of unreality, of not belonging, not being able to cope. Cold, congested conditions, difficulty with physical movement, coordination or circulation problems, inability to sustain energy levels, physical weakness, exhaustion, lacking in drive and enthusiasm, easily drained by company. An excess of Red energy might be displayed as hyperactivity, inflammation, physical tension, inability to relax, anger, fear, mental and emotional confusion, rapid mood swings, impatience, fidgeting, intolerance, violent outbursts.

#### CHARACTERISTICS:

- the color is Red
- the musical note is C
- the mantra is "lam" or "e" (as in the word fed)
- it is located at the base of the spine
- it's purpose is Kinesthetic feelings, movement
- represents renewal and rebirth
- the spiritual lesson is that of material world lessons
- associated with the mineral kingdom
- governs the adrenal gland
- element is earth
- sense of smell
- it is the place of birth & rebirth, place of ability to draw abundance from the universe
- home/job/passion/trust/money/security/survival/vigor/food
- the main formation of the chakra was accomplished between 0 and 5 years of age
- this chakra was ruled by the Moon in ancient history and by Saturn in modern day times
- a healthy functioning root chakra spins clockwise



**The Sacral Chakra** is associated with the qualities of movement and flow of energy. It's located below the navel and above the pubic bone and is also referred to as the "Hara".

This chakra is considered sacred and is connected to the sensuality of touch and the innocent desire for pleasure; nonjudgmental, spontaneous enjoyment. It is associated with the organs within the lower abdomen, especially the large intestine and reproductive organs, and the kidneys. When there is a lack of orange energy there can be physical rigidity, restricted feelings, digestive disorders, lack of focus, lack of vitality, being stuck in the past holding on to memories, impotence, problems with uterus, bladder or kidneys, stiff lower back, feelings of inadequacy, possessiveness, jealousy and envy, and self regret on all levels. Anti-social behaviors, lustfulness, selfishness and arrogance all stem from an imbalance in this Chakra center. Other emotions such as the need to control violence, thoughtlessness, hatred, despair, of the future, victimization, masochism, sentimentalism, consumerism, (the need for more stuff.)

#### CHARACTERISTICS:

- color is orange
- musical note is D
- this chakra represents the plant kingdom
- mantra is "Vamor O" (as in the word home)
- element is water
- sense of taste
- associated with the spleen in men/uterus in women
- represents Matrimony (union)
- in women , this chakra spins right, spins left from men.
- it is located about 2-3 inches below the navel and in the center of the body.



**The Solar Plexus Chakra** is associated with the planet Venus in ancient times and with planet Mars in modern times. This chakra is the motivator of change. Deals with our use of energy and the ability to transform it from a raw state into usable forms.

The solar plexus creates change in ourselves as well as around us. It is an organizing type of control center that gives us the ability and will to mold our lives in a more powerful and effective way. It is the center of our emotions. It deals with many different systems of the body, digestion, stomach, small intestine, liver, pancreas, spleen (which also effects our immune system) and also works in proper functioning of the nervous system and the skin. It's located between the navel and the base of the rib cage. Also related with optimism, self-confidence, spontaneity, flexibility, understanding, a sense of humor, joy, and laughter are natural balanced expressions of the solar plexus. Signs of malfunctioning: Ulcers, diabetes, hypoglycemia, anorexia, nervosa, bulimia, stress related ailments, indigestion, insomnia, panic attacks, headaches, muscle tension, skin irritation, nervous disorders, allergic reactions, arthritis, tension, worry, confusion, auto immune disorders, chronic fatigue. An overactive chakra might show signs of over analytical or fussy behavior, narrow concepts, prejudices, lack of tolerance.

#### CHARACTERISTICS:

- color is yellow
- it is the emotion of anger
- sense is sight
- musical note is: E
- mantra is "RAM" or "AUM"
- it is the element of fire
- associated with the animal kingdom
- it is located about 2 inches above the navel
- pendulum spins left for positive power
- it represents confirmation



**The Heart Chakra** is located at the center of the chest this is also the midway point of the chakra system with 3 chakras above and 3 chakras below. This chakra is balance, equilibrium, community and unconditional love.

It is associated with the heart, lungs, diaphragm, arms and hands, respiration, growth, the ability to change and adapt, caring, sharing, relationships with others, gives structure to our existence, routine and discipline, all aspects of personal growth and the ability to discern and travel our own personal road. When this chakra is balanced, there is a sense of calm, clear-sightedness, friendliness and tolerance of others. It is possible to understand the needs of others without feeling our own needs have to be ignored or suppressed. We know where we want to go and we can hold our own ground well. When this chakra is out of balance it can cause asthma, high blood pressure, lung disease, heart disease, colds, emotionless, power-seeking.

#### CHARACTERISTICS:

- color is Green or pink
- sense of touch
- element is air
- musical note is F
- associated with the human kingdom
- Mantra is "yam or A" (as in ahhh)
- associated with the thymus, heart, blood, circulatory system, glands, and lungs
- chakra spins to the right in both men and women
- connected to the sun in ancient times, now it is connected to the planet of Venus
- it represents thankfulness, rejoicing and communion
- it is located at the breast bone in the middle of the chest



**The Throat Chakra** represents communication, inner identity, and telepathy. Related to the thyroid and parathyroid glands, the upper chest, neck, throat, mouth, nose and ears.

The throat chakra is primarily concerned with communication, and both throat and sacral chakras are associated with creativity. It also represents self-esteem, for it is from this chakra that we speak our truth. When this chakra is unbalanced we can exhibit throat problems, stiff neck, thyroid problems, ear problems, laryngitis, sore throats, tonsillitis (these all suggest difficulties within the lines of communication either at an every day level or sometimes simply the need to become involved in some artistic activity) . . . creativity blocks, lack of inspiration. Very often these symptoms are a sign something is being held back or not communicated, individuality is being stifled and something needs to be expressed.

#### CHARACTERISTICS:

- color is blue
- associated with the thyroid , bronchial and vocal apparatus, lungs, alimentary canal, gland, and parathyroid.
- element is ether
- angelic realms
- sense is hearing
- it represents prophecy
- it is associated with the planet Mars in ancient time and is connected to the Moon and Mercury in modern times.
- spins to the right in both men and women
- it is located in the throat below the Adams apple.



**The Brow/Third Eye Chakra** represents clairvoyance, intellect, belief, understanding and analysis of reality. It is inward looking rather than expressive like the throat chakra.

It affects the eyes and the conscious workings of the brain. Its' main function is to make sense of the raw information received from the "sense organs". It also works with memory and planning. A major function of this chakra is to leave behind the constraints of time and space because it gives us greater insight. This chakra more than the other chakras needs integrated balance and a firm grounded energy . When unbalanced or stressed, the mind becomes clouded and thought patterns run in chaotic circles, making practical decision making extremely difficult. Intuitive sensitivity may become blocked. Visual defects, nightmares, and headaches are also signs of an unbalanced thirdeye chakra.

#### CHARACTERISTICS:

- color is indigo, violet and sometimes yellow
- it is all the elements
- the main element is spiritual
- the musical note is A
- the mantra is "aum, om or mmm"
- it governs the pituitary gland, skeletal system, pineal gland, nervous system, and other glands.
- it is located one finger width above the bridge of the nose at the center of the forehead.
- it represents insight, and union
- it is associated wit the planet Jupiter in ancient times and the planet Neptune in modern times
- it spins to the right



**The Crown Chakra** is the center of knowingness, wisdom and All is One. A replica of all of the other chakras and the total energy signature of each individual is said to exist within the crown chakra.

Here, our unique pattern of consciousness is kept in constant touch with all sorts of information from the outer universe and the subtle dimensions of spiritual energy. This chakra is connected to the whole of creation and is our connection to the divine. As the root chakra connects us firmly and safely to the earth, the crown chakra opens us to the universal energy. In some ways, imbalances in either have similar symptoms. When balanced, the crown chakra increases the ability to understand things in a wider context allowing one to become more intuitive. Signs of imbalance can be depression, alienation and the inability to learn. When the crown chakra loses its balance, a shadow is cast over the entire system. There is a feeling that something is not right, although it can be difficult to describe clearly what is wrong. Feelings of alienation and depression, a weight descending that makes you feel listless, exhausted and prone to boredom. The crown chakra directly affects the higher brain. The cerebrum which consists of the 2 hemispheres of the brain is the seat of higher consciousness, a lack of balance between the left and right can cause confusion and coordination difficulties, both physically and mentally.

#### CHARACTERISTICS:

- color Violet/white/gold
- it represents enlightenment
- it is all elements.....it is cosmic energy
- kingdom = source
- mantra "aum", "ee" (as in bee)
- it is associated to the pineal gland
- it is the seat of the Ketheric Body
- here we must learn to release, to surrender
- in ancient times it was associated with Saturn, in modern times it is the Sun and Uranus
- located at the top of the head in the center of the skull
- spins to the right