

Chakras

Here is a basic overview of the chakras. These are naturally occurring energy centres in the body, that produce life force (Prana, Chi or Ki) and that are stimulated by yoga moves, healing or Reiki.

You don't have to believe in them to do yoga or have Reiki, but they are part of Yogic, and Ayurveda teachings as well as many other Eastern alternative medicines.

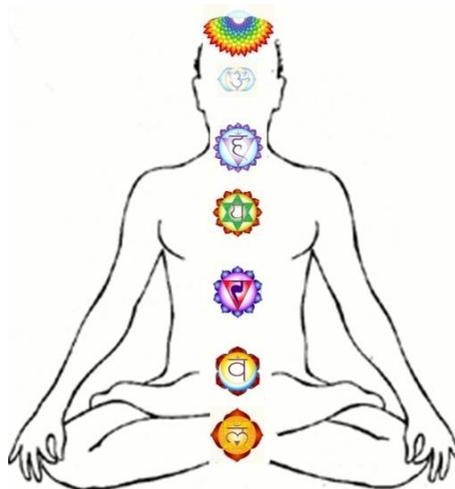
Acupuncture and massage and many other therapies work on releasing Prana (or Chi in Traditional Chinese Medicine or Ki in Japanese therapies such as Reiki), so that it can be carried through the body unhindered by 'blocks'.

Some believe this energy to be the electric current in our body, others, the aura that surrounds the body, or a universal energy that is in everything that lives.

Each Chakra or energy point corresponds with many things from the Endocrine system of the body to the characteristics of the person, health issues, and emotions to the more unconventional elements.

As these are an integral part of some yoga classes, I felt it would help to learn a little about them.

Each of the Chakras has a Sanskrit symbol and name and corresponds to many things, so below I have included my own chart, including tantric origin information (which is in blue), as well as some other charts that list the chakras correspondance.



	Sanskrit - tantric	local	Element – tantric source	Bija tantric source	Bija – later source	Colour later source	Yoga later source	Main issues later	excessive	deficient	balanced	Physical issues
7	Sahasrara (‘suh-hus-rar-uh’)	Crown	Thought (later) / space	-	Om vowel sound m.	Violet or white		knowing	Overly intellectual, spiritual addiction, depression, migraines	Learning difficulties, sceptical, negativity self-denial	faithful, grateful, joyful, decisive	Governs brain, nerves, Soul energy.
6	Ājñā (‘aag-yaa’)	Third eye / brow	Light (later)	OM	Aum ‘ah-uhm’ vowel sound e (easy)	indigo	jnana	Intuition	Headaches, nightmares, difficulty concentrating,	Lack of direction Poor memory, poor vision, non-assertive,	Intention, intuitive Charismatic telepathy,	Pituitary, Pineal glands, spinal cord, Eyes, Ears, Sinuses.
5	Viśuddha (‘vish-oo-duh’)	Throat	space	HAUṀ ‘how- ngg’	Ham ‘hahm’ vowel sound eh.	blue	mantra	Speech	Excessive talking, inability to listen, arrogant, self-righteous,	Shy, lonely, self-pity, paranoia, indecisive, Fear of speaking,	Compassionate, empathy, Contented, good speaker, artistically inspired,	throat, lungs, sinuses, thyroid, thymus,
4	Anāhata (‘un-aah-hut-tuh’)	Heart	air	YAIṀ ‘yainngg’	YAM ‘yahm’ vowel sound ah	Green / pink	bhakti	Love	Co-dependency, , possessive, jealous, overly critical, demanding, , manic-depressive,	Shy, lonely, isolated, lack of empathy, Self-pity, indecisive, need for reassurance,	humanitarian, desire to nurture others, empathy, innocent	Heart, Lungs, Diaphragm, Breasts, Circulation, Breath.
3	Maṇipūra (‘mun-ee-poor-uh’)	Solar plexus	Fire	RŪṀ rooong	Ram ‘rahm’ vowel O as in God.	yellow	Hatha karma, raja	Power energy	Dominating, blaming, aggressive,	low self-esteem, passive, depressed, lacks confidence,	Outgoing, cheerful, respect for oneself and others, open intelligent,	Liver, Stomach, Pancreas, Kidneys, Adrenals, Digestion.
2	Svādhiṣṭhāna (‘svaah-deesh-taa-nuh’)	Sacral	water	VĪṀ veeeng	Vam ‘vahm’ vowel O as in Novbr	orange	tantra	Sexual emotions	sex addiction, obsessive attachments, overly ambitious	Frigidity, impotence, rigidity, emotional shy, sensitive	Friendly, creative, healthy	Reproductive System, Bladder, Intestines.
1	Mūlādhāra (‘mool’uh-dhaa-ruh’)	Perineum / root / base	earth	LĀṀ ‘laang’	LAM ‘laum’ Vowel u as ooh	Red / black	Hatha / kundalini / laya	Survival	Heaviness, sluggish, obesity, addictive to wealth, violent,	Lack of confidence, fearful, feels sexually inadequate, , feels unloved,	Grounded, able to trust, secure, patient, passionate	Coccyx, Sacrum, Rectum, legs and feet

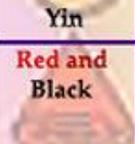
Chakra Chart

Name	Chakra 1 Root	Chakra 2 Sacral	Chakra 3 Solar Plexus	Chakra 4 Heart	Chakra 5 Throat	Chakra 6 Third Eye	Chakra 7 Crown
Location	Base of Spine	Lower Abdomen Sacrum	Upper Abdomen	Center of Chest	Throat	Brow	Top of Head
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Main Issue	Survival	Sexuality Emotions	Power Energy	Love	Speech	Intuition	Knowing
Goals	Grounding Stability Prosperity	Fluidity Pleasure Relaxation	Vitality Will Purpose	Balance Compassion Acceptance	Clear Speech Creativity	Perception Imagination	Wisdom Spiritual Connection
Color	Red	Orange	Yellow	Green	Blue	Violet	Golden White
Stones	Garnet Hematite Bloodstone	Coral Carnelian	Topaz Amber Citrine	Emerald Rose Quartz	Turquoise	Amethyst	Clear Quartz
Animals	Elephant Ox Bull	Fish Alligator	Ram Lion	Antelope Dove	Elephant Bull	Owl Butterfly	Elephant Ox Bull

The Healing Triad

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CHAKRAS + Elements	PHYSICAL	EMOTIONAL	MENTAL	COLOUR + Yin/Yang	MALFUNCTION (+Phys Emo Ment)	TONAL	PLANETS + Zodiac	CRYSTALS
CROWN Air	Skull Skin Upper Brain Pineal Gland Cerebral Cortex Nervous System	Clarity Peace Divine Acceptance All Consciousness Angel Energy Cosmic Healing	Higher Self Sum of all chakras Perception Angelic Cosmic Divine Perception	 Gold + Dark Purple UV Yin/Yang	Idealism Confusion Spiritual Obsession/ Atheism Depression Irrationality Apathy Alzheimers Epilepsy	B	Uranus Mercury Aquarius Gemini	<u>Clear Quartz</u> <u>Clear Calcite</u> <u>Apophyllite</u> <u>Selenite</u> Sugilite
3rd EYE Air	Eyes Sinuses Ears Nose Lower Brain Upper Neck Pituitary Gland	Intuition Inspiration Truthfulness Dreams states Perceptiveness	Wisdom Insight Intellect Intuition Mind Power	 Light Purple/Dark Blue Yin/Yang	Headache Insomnia Nightmares Vision Hallucinations Dizziness Amnesia Nervous breakdown	A	Neptune Jupiter Moon Pisces Sagittarius	<u>Amethyst</u> <u>Iolite</u> <u>Azurite</u> <u>Sodalite</u> <u>Kyanite</u>
THROAT Air + Water	Breathing Throat Jaw Lower Neck Vocal Chords Thyroid Lungs	Sharing Angel Creativity Expression Power of Choice Communication	Innovation Self-Expression Stores memories as Fear or Love Communication	 Royal Blue Light Blue Yin/Yang	Misguidance Creative blocks Not hearing Angels Sore Throats Colds	G	Moon Venus Gemini Aquarius	<u>Lapis Lazuli</u> <u>Blue Calcite</u> <u>Celestite</u> <u>Aquamarine</u> <u>Turquoise</u>
HEART Water	Breathing Circulation Heart Lungs Arms Hands Fingers Ribs Immune System	Self Love. Love of Nature+others Forgiveness Compassion Vulnerability Trust Empathy	Self Love. Love of Nature+others Fear Isolation Centered-ness In/co-dependence Self-maintenance	 Green and Pink Yin	Lack of Self Love Cardiac / Breath / or Lung problems Trust/openess fear Depression Lonely Lack of Self Love	F	Venus Earth Cancer Libra Sagittarius	<u>Dioptase</u> <u>Aventurine</u> <u>Malachite</u> <u>Calcite</u> <u>Rhodonite</u> <u>Rose Quartz</u>
SOLAR PLEXUS Fire	Stomach Digestion Gall Bladder Pancreas Liver Nervous System	Joy Anger Fear Self-belief Will Ego Spontaneity Empowerment Seat of Emotions	Intention Will Intelligence Manifestation Ambition Focus Critical/defensive	 Peach + Yellow Yin/Yang	Control Issues Stomach ulcers Fatigue Anxiety Action Imbalance Hyper-sensitivity	E	Mercury Sun Mars Leo Aries Gemini	<u>Rhodochrosite</u> <u>Sunstone</u> <u>Tiger's Eye</u> <u>Citrine</u> <u>Calcite</u>
SACRAL Fire + Water	Bladder Lower Back Ovaries Testes Womb Uterus Fluid Functions	Raw Creativity Passion Sexuality Desire Attraction Isolation Victim Guilt Fear Anger	Wisdom Creation Interaction Relationships Seat of stored sexual memories	 Orange Yin	Creative balance Lower back pain Fertility Passion Sex-related issues Emotional stability	D	Moon Pluto Cancer Scorpio	<u>Moonstone</u> <u>Vanadinite</u> <u>Calcite</u> <u>Carnelian</u> <u>Aragonite</u>
BASE Earth	Feet Knees Hips Spine Intestines Legs Vitality Stamina Strength Energy	Protection Foundations Grounded-ness Stability Trust Survival Security	Foundations Contentedness Grounded-ness Inability to let go Lack /Abundance	 Red and Black Yin/Yang	Lack of Vitality Security or survival issues. 'Spaciness' Food/health issues Un-grounded-ness	C	Earth Pluto Saturn Scorpio Capricorn Taurus	<u>Ruby</u> <u>Garnet</u> <u>Smokey Quartz</u> <u>Hematite</u> <u>Obsidian</u>