

## THE SEVEN MAIN CHAKRAS OF THE SUBTLE BODY

| Name (translation)  | Location         | Color                          | Bija sound  | Element | Gland                   | Body parts  | Themes   | Malfunctions   | Positive affirmation  |
|---|------------------|--------------------------------|---|---------|-------------------------|---|--|--|---|
| <b>Sahasrara</b><br>(dwelling place without support; thousand petals)   | crown of head    | iridescent white; gold; violet | silence; the trailing off of the sound of OM into the ALL-THAT-IS | none    | pineal gland            | skull, cerebral cortex, central nervous system                          | awareness of higher self, connection to Source   | depression, alienation, mental illness, neuralgia, confusion                                     | "I am connected to Source. All is well."                          |
| <b>Ajna</b> (to perceive or to command)                                 | between eyebrows | indigo                         | OM  | light   | pituitary gland         | eyes, nose, ears, sinuses, forebrain, autonomic nervous system          | intuition, psychic abilities, self realization, understanding, memories, dreams, visions | poor vision, blindness, migraines, nightmares, sleep disorders, bipolar disorder                 | "I courageously follow my unique path and guidance."              |
| <b>Vishuddha</b><br>(pure place)  | throat           | blue                           | HAM   | ether   | thyroid and parathyroid | vocal system, mouth, jaw, tongue, neck, shoulders, lymph system, atlas  | communication, wisdom, speech, trust, creative expression, planning, organization        | thyroid issues, flu, fevers, blisters, infections, tonsillitis, toothaches                       | "I speak my truth with courage, and soothe my words with love."   |
| <b>Anahata</b><br>(unstruck, as in the calm, serene sound of stillness) | heart            | green                          | YAM   | air     | thymus                  | lungs, heart, bronchia, arms, hands, respiration, hypertension, muscles | love, compassion, altruism, devotion, acceptance of divine guidance, renewal, growth     | high blood pressure, emphysema, heart problems, chest pain, feelings of alienation, guilt        | "I open my heart fully to give and receive love unconditionally." |
| <b>Manipura</b> (mani = gem or jewel; pura = city)                      | solar plexus     | yellow                         | RAM   | fire    | pancreas                | digestive tract, liver, stomach, diaphragm, nervous system, metabolism  | personal power, will, optimism, self control, feelings about authority                   | ulcers, diabetes, hepatitis, hypoglycemia, constipation, timidity, parasites, toxicity, jaundice | "I stand in my personal power."                                   |
| <b>Svadhithana</b><br>(sva = self or prana; adhithana = dwelling place) | pelvic bowl      | orange                         | VAM   | water   | gonads & ovaries        | womb, kidneys, urinary tract, spleen, gallbladder                       | intimacy, feelings, sexuality, procreation, sensuality, freedom                          | impotence, uterine problems, eating disorders, gout, discomfort with gender roles                | "I flow with the rhythms of life."                                |
| <b>Muladhara</b><br>(mul = root or base; adhara = support)              | base of spine    | red                            | LAM   | earth   | adrenals                | legs, feet, bones, large intestines, coccygeal nerve plexus, prostate   | survival, vitality, grounding, security, support, stability, belonging                   | inability to take care of oneself, ungrounded, not wanting to be on the planet, constipation     | "I am always safe at the center of my being."                     |