<table>
<thead>
<tr>
<th>Name (translation)</th>
<th>Location</th>
<th>Color</th>
<th>Bija sound</th>
<th>Element</th>
<th>Gland</th>
<th>Body parts</th>
<th>Themes</th>
<th>Malfunctions</th>
<th>Positive affirmation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahasrara</td>
<td>crown of head</td>
<td>iridescent white; gold; violet</td>
<td>silence: the trailing off of the sound of OM into the ALL-THAT-IS</td>
<td>none</td>
<td>pineal gland</td>
<td>skull, cerebral cortex, central nervous system</td>
<td>awareness of higher self, connection to Source</td>
<td>depression, alienation, mental illness, neuralgia, confusion</td>
<td>“I am connected to Source, All is well.”</td>
</tr>
<tr>
<td>Ajna</td>
<td>between eyebrows</td>
<td>indigo</td>
<td>OM</td>
<td>light</td>
<td>pituitary gland</td>
<td>eyes, nose, ears, sinuses, forebrain, autonomic nervous system</td>
<td>intuition, psychic abilities, self realization, understanding, memories, dreams, visions</td>
<td>poor vision, blindness, migraines, nightmares, sleep disorders, bipolar disorder</td>
<td>“I courageously follow my unique path and guidance.”</td>
</tr>
<tr>
<td>Vishuddha</td>
<td>throat</td>
<td>blue</td>
<td>HAM</td>
<td>ether</td>
<td>thyroid and parathyroid</td>
<td>vocal system, mouth, jaw, tongue, neck, shoulders, lymph system, atlas</td>
<td>communication, wisdom, speech, trust, creative expression, planning, organization</td>
<td>thyroid issues, flu, fevers, blisters, infections, tonsillitis, toothaches</td>
<td>“I speak my truth with courage, and soothe my words with love.”</td>
</tr>
<tr>
<td>Anahata</td>
<td>heart</td>
<td>green</td>
<td>YAM</td>
<td>air</td>
<td>thymus</td>
<td>lungs, heart, bronchia, arms, hands, respiration, hypertension, muscles</td>
<td>love, compassion, altruism, devotion, acceptance of divine guidance, renewal, growth</td>
<td>high blood pressure, emphysema, heart problems, chest pain, feelings of alienation, guilt</td>
<td>“I open my heart fully to give and receive love unconditionally.”</td>
</tr>
<tr>
<td>Manipura</td>
<td>solar plexus</td>
<td>yellow</td>
<td>RAM</td>
<td>fire</td>
<td>pancreas</td>
<td>digestive tract, liver, stomach, diaphragm, nervous system, metabolism</td>
<td>personal power, will, optimism, self control, feelings about authority</td>
<td>ulcers, diabetes, hepatitis, hypoglycemia, constipation, timidity, parasites, toxicity, jaundice</td>
<td>“I stand in my personal power.”</td>
</tr>
<tr>
<td>Svadhisthana</td>
<td>pelvic bowl</td>
<td>orange</td>
<td>VAM</td>
<td>water</td>
<td>gonads &amp; ovaries</td>
<td>womb, kidneys, urinary tract, spleen, gallbladder</td>
<td>intimacy, feelings, sexuality, procreation, sensuality, freedom</td>
<td>impotence, uterine problems, eating disorders, gout, discomfort with gender roles</td>
<td>“I flow with the rhythms of life.”</td>
</tr>
<tr>
<td>Muladhara</td>
<td>base of spine</td>
<td>red</td>
<td>LAM</td>
<td>earth</td>
<td>adrenals</td>
<td>legs, feet, bones, large intestines, coccygeal nerve plexus, prostate</td>
<td>survival, vitality, grounding, security, support, stability, belonging</td>
<td>inability to take care of oneself, ungrounded, not wanting to be on the planet, constipation</td>
<td>“I am always safe at the center of my being.”</td>
</tr>
</tbody>
</table>