

1. ROOT CHAKRA: MULADHARA CHAKRA

"All of my needs are met"

The first chakra, where Kundalini lies in a dormant state, is the Muladhara Chakra, or root chakra, and is also known as the support chakra. It is associated with the need for security, in the form of a job, or shelter.... it grounds us.

- Represents our foundation and feeling of being grounded.
- Meaning: Root Support
- Location: Base of spine near the tailbone (at perineum in sacral area)
- Emotional issues: Sense of well-being, the feeling of being grounded or connected to the earth, and survival issues such as financial independence, money, and food.
- Color: Red
- Element: Earth
- Planet: Mars
- Deity: Ganesh
- Sense: Smell
- Flavor: Chai
- Balance Chakra: Sense of well-being
- Under-active: Insecure, easily overwhelmed
- Over-active: Hoarding, obsessed with material things, afraid of all change
- Bija Mantra (Sacred Vowel Sound): LAM
- Mantra: Ek Ong Kar Sat Nam Siri Wahe Guru: "There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom!"
- Asanas: Paschimottanasana, Spinal Rocking
- Healing Foods: Red foods such as apples and beets, hot spices such as cayenne peppers, chai, root vegetables such as potatoes and carrots, and animal proteins



Associated with Mula Bandha

Earth

2. SACRAL CHAKRA: SWADHISTHANA CHAKRA

"I am creative, passionate, and trusting of the universe"

The second chakra, or the Svadhisthana Chakra, is also known as the dwelling place of the self. It is responsible for creativity and passion

- Related to our emotions and sexuality, it is our connection and ability to accept others and new experiences.
- Meaning: Sacred Home of the Self
- Location: the Sacrum
- Emotional issues: Sense of abundance, well-being, intimacy, pleasure, sexuality.
- Color: Orange
- Element: Water
- Planet: Mercury
- Deity: Vishnu
- Sense: Taste
- Flavor: Orange or Tangerine
- Balanced Chakra: Open to intimacy, creative and expressive
- Under-active: Repressed, inhibited, unapproachable, lack of intimacy
- Over-active: Highly emotional, clinging, sexually promiscuous
- Bija Mantra (Sacred Vowel Sound): VAM
- Mantra: **Adi Shakti** Tunes into frequency of the Divine Mother. Chanting it eliminates fears and fulfills desires. Adi Shakti means "Primal Power"
- Asanas: Cobra Pose (Bhujangasana)
- Healing Foods: Orange colored foods such as carrots, oranges, and tangerines, and nuts.



Water

3. SOLAR PLEXUS CHAKRA : MANIPURA CHAKRA

“I claim my personal power.”

The third chakra is the Manipura Chakra, or naval chakra, and is translated as “City of Gems”. It is located in the part of the vertebral column that is in the same plane as the naval region. Its element is Fire, and its color is yellow. Aspects of the Manipura Chakra include vision, form, color and ego and is associated with identification, with ego, and the need for self-betterment.

- Known as the Power Chakra. Rules our personal power, will, confidence and ability to be in control of our lives, and controls our metabolism.
- Meaning: City of Shining Jewels
- Location: Upper abdomen in the stomach area.
- Emotional issues: Self-worth, self-confidence and self-esteem.
- Color: Yellow
- Element: Fire
- Planet: The Sun
- Deity: Braddha Rudra
- Sense: Sight
- Flavor: Ginger/Lemongrass
- Balanced Chakra: Sense of self-esteem and self-respect & identity
- Under-active: Unassertive, passive, unfulfilled, can't make decisions
- Over-active: Domineering, aggressive, abuses power and authority, narcissistic
- Element: Fire
- Bija Mantra (Sacred Vowel Sound): RAM
- Mantra: Hari Har Hari is creation in action; Har is the Creative Infinity
- Asanas: Boat Pose (Navasana)
- Healing Foods: Yellow foods such as corn, whole grains and fiber such as granola, and teas, such as ginger, peppermint and chamomile.



Associated with Uddhyana Bandha

Fire

4. HEART CHAKRA: ANAHATA CHAKRA

“I open my heart fully to all of life, giving and receiving love freely and fully”

The fourth chakra is the Anahata Chakra, of the Heart Chakra, and is located in the area of the heart, or the cardiac plexus. It literally means, “Un-struck.” Generally, the Anahata Chakra is associated with love, devotion and self-confidence.

- Our ability to love, and the quality and depth of our love.
- Location: Center of chest just above the heart, the center of our bodies and the chakras
- Meaning: Un-struck
- Emotional issues: Love, joy, inner peace.
- Color: Green
- Element: Air
- Planet: Venus
- Deity: Ishana Rudra (Shiva)
- Sense: Touch
- Flavor: Green Tea
- Balanced Chakra: Allows us to love openly and deeply, feel compassion, and helps us feel peaceful and connected to others.
- Under-active: Cold, isolated, detached
- Over-active: Possessive, overly demonstrative, loves from a place of fear of loss
- Element: Air
- Bija Mantra (Sacred Vowel Sound): YAM
- Mantra: Ra Ma Da Sa, Sa Say So Hung: The Siri Gaitri Mantra, chanted for healing. Ra=Sun, Ma=Moon, Da=Earth, Sa=Infinity. Ra Ma Da Sa is the Earth Mantra, Sa Say Ho Hung is the Ether Mantra
- Asanas: Anything that opens your heart. **Ustrasana**.
- Healing Foods: Green foods like leafy vegetables, zucchini, and spinach, and Green Tea



Love

5. THROAT CHAKRA : VISHUDDHA CHAKRA

“I Speak My Truth with Wisdom and Compassion”

The Vishuddha Chakra is the Fifth Chakra, also known as the Throat Chakra or Pure Chakra. It is located in the cervical spine in the area of the throat and neck and it is associated with knowledge and communication.

- Governs creativity and communication. When open, the Throat Chakra allows us to speak our mind, express ourselves well, and feel our own voice.
- Location: Throat.
- Meaning: The Pure Place
- Emotional Issues: The seat of communication, self-expression of feelings, the truth.
- Color: Dark Blue
- Element: Air or Ether
- Planet: Jupiter
- Deity: Shiva
- Sense: Hearing
- Flavor: Peppermint
- Balanced Chakra: Inspirational, Able to communicate freely and truthfully
- Under-active: Shy, introverted, intimidated, may not speak the truth
- Over-active: Dominating, speaks without listening, talks over others
- Bija Mantra (Sacred Vowel Sound): HAM
- Mantra: Sat Nam, Sat Nam, Sat Nam Ji. Wahe Guru, Wahe Guru, Wahe Guru Ji. The Seed Mantra: I call upon the eternal Truth (Sat) that resides in all of us. Wahe Guru (Guru Mantra) Elevates the Spirit
- Healing Asanas and Exercises: Simhasana (Lion) Shoulder Stand (Salamba Svanasana) and Chanting
- Healing Foods: Fruits and Juices and Teas



Associated with Jala Bandha

Sound

6. THIRD EYE CHAKRA: AJNA CHAKRA

“I am guided by my intuition. I follow the path of my highest potential. ”

The Third Eye, or Ajna Chakra, also known as the command chakra, is next. It is the center of self-realization, or self-knowledge. The Ajna chakra is often associated with transcendentalism and is called the stage of the true yogi.

- Our ability to focus on and see the big picture.
- Location: Forehead between the eyes. (Also called the Brow Chakra)
- Meaning: Seat of Wisdom
- Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
- Color: Indigo Blue
- Element: Ether
- Planet: Saturn
- Deity: Ardhanarishvara
- Flavor: Pomegranate
- Balanced Chakra: Allows us to see clearly and put things in perspective
- Under-active: Lack of imagination, easily confused
- Over-active: Lives in fantasy world
- Bija Mantra (Sacred Vowel Sound): SHAM or OM
- Mantra: **Ong Sohung** Creator, I am Thou!
- Healing Asanas and Exercises: Child's Pose (Balasana), Matsyasana (Fish), Forward Fold (Uttanasana), Eye Exercises and Aromatherapy and Oil Treatments
- Healing Foods: Purple colored foods such as grapes, pomegranates and blueberries, dark chocolate, and lavender flavored spices and teas



Light

7. CROWN CHAKRA: SAHASRARA CHAKRA

“I see the divine within me and all around me”

Finally, the last or seventh chakra is the Crown Chakra, or Sahasrara Chakra. This is also known as the thousand-petaled chakra. It is not associated with an element as we commonly classify them, but is often associated with the ether. It's color is all, and none, but often depicted as a white light. It is located at the top of the cranium. It's deity is the guru within, and everything. It is in itself a dichotomy.... it is non-dual consciousness, enlightenment.

- The highest Chakra represents our ability to be fully connected spiritually, and represents full awareness. It is our connection to the Divine.
- Location: The very top of the head.
- Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
- Color: Ultra-Violet
- Element: Ether
- Planet: All and None
- Deity: The Guru Within
- Flavor: Honey Vanilla
- Balanced Chakra: Brings us knowledge, wisdom, understanding, bliss, nirvana, spiritual connection
- Under-active: Unconnected to the spirit, depressed
- Over-active: Head in the clouds, not connected to the world
- Bija Mantra (Sacred Vowel Sound): OM
- Mantra: **Akaal**. Undying, great death. This is a powerful, life-giving chant.
- Healing Asanas and Exercises: Urdva Dhanurasana, Lotus Pose, Meditation
- Healing Foods: Air and Sunshine, the food of the soul



Thought