

## Chakras Overview

Chakra	Sanskrit Name	Location	Color	Glands/Organs	Positive Behaviors	Negative Behaviors	Exercise
1 <sup>st</sup> 	Muladhara <i>(Root chakra)</i>	End of the spine between anus and sex organs	Red	Organs of elimination.	Grounded, centered, secure, loyal, stable. Healthy functions of elimination.	Fear, insecurity. Life feels like a burden: feeling of not belonging. Weak constitution, elimination problems, reduced physical and mental resistance, sexual perversions.	Mulbandh, frog pose, crow pose, chair pose
2 <sup>nd</sup> 	Svadisthana <i>(Sacral chakra)</i>	Sex organs	Orange	Sex organs, reproductive glands, kidneys, bladder.	Positive, relaxed attitude to sexual functions; patience; creativity; responsible relationships.	Rigid emotions, frigidity, guilt, no boundaries, irresponsible relationships. Problems with reproductive organs, or kidneys.	Frog, cobra, butterfly, sat kriya
3 <sup>rd</sup> 	Manipura <i>(Navel chakra)</i>	Area of the navel point, solar plexus	Yellow	Navel plexus, liver, gall bladder, spleen, digestive organs, pancreas, adrenals.	The center of personal power and commitment. Self-esteem, identity, judgment. This is where the strength for inner balance, inspiration and good health develop.	Anger; greed, shame, despair. Obstacles everywhere. Not enough strength and spontaneity. Conforming in order to be recognized. Refuting ones own wishes and emotions. Problems with digestion, the liver, the gallbladder, and the pancreas.	Stretch pose, sat kriya bow pose, breath of fire
4 <sup>th</sup> 	Anahata <i>(Heart chakra)</i>	Middle of chest on the breast bone at the level of the nipples	Green	Heart, lungs, thymus gland.	Compassion; kindness; forgiveness; service; love. Recognizing and understanding these qualities in others. Sacred transformation. Awakening to spiritual awareness.	Grief. Attachment. Closed to surroundings. Easily hurt. Dependent on love and affection from others. Fear of rejection. Helper syndrome. Heartlessness.	Ego eradicator, yoga mudra, bear grip, pranayam
5 <sup>th</sup> 	Vishuddha <i>(Throat chakra)</i>	Throat	Light blue	Trachea, throat, cervical vertebrae, thyroid.	Center for truth, language, knowledge and the ability to communicate effectively. Authenticity. Healthy self-expression and interactions. Inspiring, teaching. Embodying God's Will.	Lethargy, weakness in expressive and descriptive abilities, shyness, voice problems, insecurity, fear of other people's opinions and judgments. Throat problems, neck problems, thyroid problems.	Chanting, cobra, cat/cow, neck rolls
6 <sup>th</sup> 	Ajna <i>(3<sup>rd</sup> eye chakra)</i>	Between eyebrows	Indigo	Brain; pituitary gland.	Center of intuition, clairvoyance; visualizing; fantasizing; concentration and determination. Self-initiation. Power of projection. Understanding your purpose.	Confusion, depression. Rejection of spirituality. Over-intellectualizing.	Meditating on 3 <sup>rd</sup> eye, archer pose, whistle breath, forehead to floor
7 <sup>th</sup> 	Sahasrara <i>(Crown chakra)</i>	Crown of the head	Violet	Brain; pineal gland.	Seat of the soul. Connection to the Higher-self. Enlightenment. Unity. Elevation. Relationship to the Unknown.	Grief. The feeling of being separated from existence, and from abundance. Fear of death.	Ego eradicator, meditation, sat kriya, concentrate on tip of nose
8 <sup>th</sup> 	The Aura	Electro-magnetic field	White	n/a	The aura combines the effects of all the chakras, and constitutes their total projection. The aura projects and protects.	Shy, withdrawn, vulnerable.	Triangle, ego eradicator, archer pose, all meditation