

## The Seven Major Chakras : Table of Associations

<b><u>CHAKRA</u></b>	<b><u>ONE</u></b>	<b><u>TWO</u></b>	<b><u>THREE</u></b>	<b><u>FOUR</u></b>
<b>Sanskrit Name</b>	Muladhara	Swadhisthana	Manipura	Anahata
<b>Translation</b>	Root Support	Own Place	Shining Gem	Unstruck Sound
<b>Location</b>	Perineum	Sacral Area (womb)	Stomach Area	Heart
<b>Neural Plexus</b>	Coccygeal, Spinal ganglion	Hypogastric Plexus	Solar Plexus	Cardiac Plexus
<b>Affected Body Area</b>	Legs, feet, lower pelvis, colon	Reproductive tissues, kidney, low back, bladder, central pelvis	Digestive organs, liver, gall bladder, spleen, stomach	Lungs, heart, circulatory system, arms, hands, rib area
<b>Element</b>	Earth	Water	Fire	Air
<b>Related Dosha</b>	Kapha	Kapha	Pitha	Vata
<b>Glands</b>	Coccygeal Body /Adrenal	Gonads (testes, ovaries)	Pancreas (Adrenals)	Thymus, Thoraco body, Atria
<b>Color &amp; Shape</b>	Yellow Square	Midnight Blue Crescent Moon	Red Triangle	6-pointed star, Star of David
<b>Bija Mantra</b>	Lam	Vam	Ram	Yam
<b>Sanskrit Vowel/ Consonant</b>	Oh (ro <u>p</u> e)	Oo (wh <u>o</u> )	Ah (fa <u>t</u> her)	Ay (sa <u>y</u> )
<b>Identification</b>	Physical Self	Relational Self	Individual (Ego) Self	Compassionate Self
<b>Personality Issues</b>	Survival, self preservation, security, grounding	Desire, gratification, secuality, emotionality	Ego, will power, Independence, assertion	Love, acceptance, community, generosity

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<b><u>FIVE</u></b>	<b><u>SIX</u></b>	<b><u>SEVEN</u></b>
Vishuddha	Ajna	Sahasrara
Purification	To see, perceive	Thousand-fold (Petaled) Lotus
Throat	Brow	Crown of Head
Pharyngeal Plexus	Brain Stem, Medulla Oblongata	Cortex
Throat, ears, mouth, shoulders, neck	Eyes, sinuses, lower skull	Brain, CNS, upper skull
Ether (space)	Mind	Transcendent Mind
Vata	---	---
Thyroid, Parathyroid	Pituitary, Mammalary bodies	Pineal
Sky Blue Circle	Clear "Third Eye"	Pink Lotus
Ham	So Hum	Hong-sa
Ee (sheep)	Mm (yum)	Ng (sing)
Expressive Self	Archetypal Self	Transcendent Self
Receptiveness, expressiveness, creativity, communication	Intuition, imagination, inner vision, reflection	Transcendence, peace, joy, knowledge, non- attachement