

FIGURE 0.3. TABLE OF CORRESPONDENCES

	CHAKRA ONE	CHAKRA TWO	CHAKRA THREE
SANSKRIT NAME (MEANING)	<i>Muladhara</i> (root)	<i>Svadhithana</i> (sweetness)	<i>Manipura</i> (lustrous gem)
LOCATION	Base of spine, coccygeal plexus	Abdomen, genitals, low back, hips	Solar plexus
CENTRAL ISSUE	Survival	Sexuality, emotions	Power, will
ORIENTATION TO SELF	Self-preservation	Self-gratification	Self-definition
GOALS	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem
RIGHTS	To be here, to have	To feel, to want	To act
DEVELOPMENTAL STAGE	Womb to 12 months	6 months to 2 years	18 months to 4 years
IDENTITY	Physical identity	Emotional identity	Ego identity
DEMON	Fear	Guilt	Shame
ELEMENT	Earth	Water	Fire
EXCESSIVE CHARACTERISTICS	Heaviness, sluggish, monotony, obesity, hoarding, materialism, greed	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Dominating, controlling, aggressive, scattered, constantly active
DEFICIENT CHARACTERISTICS	Fearful, undisciplined, restless, underweight, spacey	Frigid, impotent, rigid, emotionally numb, fearful of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful

CHAKRA FOUR	CHAKRA FIVE	CHAKRA SIX	CHAKRA SEVEN
<i>Anahata</i> (unstruck)	<i>Vissudha</i> (purification)	<i>Ajna</i> (to perceive)	<i>Sahasrara</i> (thousandfold)
Heart area	Throat	Brow	Top of head, cerebral cortex
Love, relationships	Communication	Intuition, imagination	Awareness
Self-acceptance	Self-expression	Self-reflection	Self-knowledge
Balance, compassion, self-acceptance, good relationships	Clear communication, creativity, resonance	Psychic perception, accurate interpretation, imagination, clear seeing	Wisdom, knowledge, consciousness, spiritual connection
To love and be loved	To speak and to be heard	To see	To know
4 to 7 years	7 to 12 years	Adolescence	Throughout life
Social identity	Creative identity	Archetypal identity	Universal identity
Grief	Lies	Illusion	Attachment
Air	Sound	Light	Thought
Codependency, poor boundaries, possessive, jealous	Excessive talking, inability to listen, stuttering	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Overly intellectual, spiritual addiction, confusion, dissociation
Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm, aphasia	Poor memory, poor vision, unimaginative, denial	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy