

Table of Correspondences for the Chakras

| | Chakra 1 Muladhara | Chakra 2 Svadisthana | Chakra 3 Manipura | Chakra 4 Anahata | Chakra 5 Vishuddhi | Chakra 6 Ajna | Chakra 7 Sahasrara |
|------------------------------------|---|--|--|---|---|---|--|
| Sanskrit Meaning | Root | Self abode Sweetness | Jewelled city Lustrous Gem | Unstruck | Great Purifier | Commander Perceiver | Thousand-fold |
| Location | Between sacrum & coccyx; coccygeal plexus | Between L5 & sacrum; sacral plexus | Behind navel, between T12 and L1; solar plexus | Behind heart, between T4 & T5; cardiac plexus | Base of neck, between C7 and T1: cervical ganglia medulla plexus | Third eye between eyebrows at level of top of ears: ciliary plexus | Juncture of fontanel at top of head |
| Endocrine Organ | Adrenals | Testes or Ovaries | Pancreas | Thymus | Thyroid & Parathyroid | Pineal | Pituitary |
| Element | Earth | Water | Fire | Air | Ether | Mind Space | Consciousness |
| Colour | Red | Orange | Yellow | Green | Pale blue | Indigo | Violet to pure white |
| Sense Organ Jnanendriya | Nose | Tongue | Eyes | Skin | Ears | Mind | Consciousness |
| Sense Quality | Smell | Taste | Sight | Touch | Sound | Subtle sound | Causal sound |
| Motor Organ Karmendriya | Excretory | Reproductive/Urino- genital | Feet | Hands | Vocal organs | Mind | Consciousness |
| Bija Sound | Lam | Vam | Ram | Yam | Ham | Ksham/Om | Om into Silence |
| Shape | Red Square | White Crescent moon | Yellow triangle | Blue gray six pointed star | Dark blue circle | Dark blue spot | Sri Yantra |
| Natural Image | Mountain | Sea | Sun | Clouds in Sky | Blue Sky | Sun & Moon | Sun |
| Animal | Elephant, Ox, Bull | Fish, Crocodile | Ram, Lion | Antelope, Dove | Elephant | | |
| No. of Petals | 4 | 6 | 10 | 12 | 16 | 2 | 1000 |
| Meaning of petals | 4 states of mind | Negative qualities to overcome | 10 Pranas | 12 Qualities of the heart | 16 Potential abilities | Jivatman & Paramatman | Transcendental Self |
| Prana | Apana | Apana | Samana | Vyana | Udana | | |
| Dosha | Kapha | Kapha | Pitta | Vata | Vata | | |
| Gems & stones | Garnet, Ruby, Bloodstone, | Copper, Coral | Amber, Topaz, Gold | Emerald, Rose Quartz, Jade | Sapphire, Lapis Lazuli, Blue Agate Turquoise | Quartz Crystal | Amethyst |
| Scents | Patchouli, Geranium | Sandalwood, Jasmine | Chamomile, Eucalyptus | Rose, Ylang Ylang | Chamomile, Eucalyptus | Juniper, Rosemary | Frankincense, Lavender |
| Issue | To have | To feel | To act | To love | To communicate | To see | To know |