|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 abodeSweetness | Jewelled cityLustrous Gem | Unstruck | Great Purifier | CommanderPerceiver | 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 gangliamedulla plexus  | Third eye between eyebrows at level of top of ears: ciliary plexus | Juncture of fontanels 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 |

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