

Chakras - General Concepts

Chakra = Sanskrit for 'wheel'. Depicted as whirling vortices of energy.

"There are 7 bodies & 7 chakras & within them lie all the means as well as the barriers. There are no barriers outside." Osho.

Chakra system is a map of consciousness. A system of seven (with some variations).

Chakras are located where the body & mind meet. They are an interface between the body, mind & feelings.

3 lower chakras limit & confine us. They represent our earthly connection. Enable us to manifest & act in the material world, to bring abstracts into solidity. Govern outer pursuits & the external world.

3 upper chakras liberate & expand us. Govern our inner pursuits & inner worlds.

4th chakra is the connecting bridge between the lower & the upper. Place where the animal/human & the divine human meet.

Chakras may be too open or too closed, creating a 'stuckness' in that area. This creates repeating patterns & behaviours which bind us to that level of consciousness.

Chakras may be prematurely opened (e.g. from sexual abuse, trauma, yogic practices or drugs). This can create difficulty in containing or channelling that type of energy, until the other corresponding chakras are opened & balanced.

Energy is neutral. Energy manifests differently through each chakra.

Ida = lunar/feminine/yin energy with an upward flow

Pingala = solar/masculine/yang energy with a downward flow

In west 3 lower chakras predominate: money (1), sex (2) & power (3) - produces a materially rich, sexually obsessed & spiritually dead culture.

In east (until recently) higher centres predominate: creativity (5), spirituality (7) - produces a spiritually rich culture but materially poor & with sexual taboos.

Major challenge now - to open the heart chakra. Use of ecstasy by teenagers. Romantic love. Heart disease biggest killer in the western world

Base Chakra - Muladhara

Issues & Attributes: Survival. Instinct. Self-awareness. Grounding. Solidity. Gravity. Form. Structure. Materialisation. Fears. Insecurity. Fight or flight.

Endocrine: Adrenal glands.

Anatomy: Colon. Rectum. Legs & feet. Bones. Lower Back. Sciatic nerve.

Ailments: Obesity. Piles. Constipation. Sciatica. Lumbago. Exhaustion. Lack of energy.

Colour: Red **Element:** Earth **Gems:** Ruby. Garnet.

Miasms: Psora. Syphilis. **Planets:** Saturn.

Practices: Hatha yoga. Bodywork. Walking. Healthy diet. Gardening. Massage. Chi Kung.

Sacral Chakra - Svadisthana

Issues & Attributes: Sexuality. Reproduction. Relationship. Duality. Self-respect. Fluidity. Flexibility. Sensory pleasure. Desires. Feelings. Emotions. Tears.

Endocrine: Ovaries. Testes.

Anatomy: Kidneys. Bladder. Pelvis. Uterus. Sexual organs. Prostate. Venous circulation.

Ailments: Cystitis. Urethritis. Prostatitis. Gonorrhoea. Infertility. Impotence. Endometriosis. Fibroids. Menstrual disorders.

Colour: Orange **Element:** Water **Gems:** Coral.

Miasms: Sycosis. **Planets:** Venus. Moon.

Practices: Tantra yoga. Swimming. Water sports. Rebirthing. Tai chi. Emotional release.

Solar Plexus Chakra - Manipura

Issues & Attributes: Power. Self-worth. Will. Assertiveness. Action. Combustion. Metabolism. Heat. Anger. Irritability. Domination. Authority. Responsibility. Helplessness. Indecision. Isolation.

Endocrine: Pancreas.

Anatomy: Stomach. G-I tract. Liver. Gall-bladder. Duodenum.

Ailments: Diabetes. Ulcers. Hypoglycaemia. Colic. Hepatitis. Gall stones. Hiatus hernia. Indigestion.

Colour: Yellow **Element:** Fire **Gems:** Amber. Topaz.

Miasms: Psora. Cancer. **Planets:** Mars. Jupiter. Sun.

Practices: Karma yoga. Firewalking. Sunbathing. Relaxation.

Heart Chakra - Anahata

Issues & Attributes: Love. Compassion. Joy. Empathy. Balance. Wholeness. Unity. Self-love. Hurt. Grief. Pride. Arrogance.

Endocrine: Thymus.

Anatomy: Heart. Arteries. Lungs. Chest. Arms.

Ailments: Angina. Heart failure. Hypertension. Asthma. Emphysema. Pneumonia. Bronchitis. Pleurisy.

Colour: Green

Element: Air **Gems:** Rose quartz. Emerald.

Miasms: Tuberculosis. Syphilis.

Planets: Sun. Venus.

Practices: Bhakti yoga. Devotion. Service. Pranayama. Aerobic exercise.

Throat Chakra - Visuddha

Issues & Attributes: Communication. Self-expression. Creativity. Freedom. Rhythm. Vibration. Telepathy. Frustration.

Endocrine: Thyroid. Parathyroid.

Anatomy: Throat. Neck. Shoulders. Hands. Tonsils. Naso-pharynx.

Ailments: E.N.T. problems. Tonsillitis. Otitis. Glossitis. Gingivitis. Hearing & speech disorders. Autism. Thyroid dysfunction.

Colour: Turquoise.

Element: Sound. Ether.

Gems: Turquoise.

Miasms: Tuberculosis. Cancer.

Planets: Mercury.

Practices: Mantra yoga. Japa. Chanting. Singing. Art. Music. Voice dialogue.

Brow Chakra - Ajna

Issues & Attributes: Perception. Intuition. Self-responsibility. Insight. Clarity. Clairvoyance. Memory. Inner vision. Dreaming. Confusion.

Endocrine: Pineal.

Anatomy: Head. Brain. Eyes. Nose. Sinuses.

Ailments: Migraine. Headache. Sinusitis. Vision disturbance. Hallucination.

Nightmare. Insomnia. Sleepwalking. Periodic ailments. Seasonal depression. Lunacy.

Colour: Indigo.

Element: Light.

Gems: Lapis lazuli. Quartz.

Miasms: Sycosis. Syphilis.

Planets: Moon. Sun.

Practices: Yantra. Visualisation. Colour healing. Mandalas. Lucid dreaming.

Crown Chakra - Sahasrara

Issues & Attributes: Thought. Awareness. Understanding. Self-knowledge. Life's purpose. Bliss. At-one-ment. Cosmic consciousness. Unmanifest. Breakdown. Depression. Confusion. Boredom.

Endocrine: Pituitary. Hypothalamus.

Anatomy: Head. Brain.

Ailments: Alzheimers disease. Mental confusion. Spaciness. Apathy. Despair. Loss of purpose or meaning in life.

Colour: Violet.

Element: Thought.

Gems: Amethyst. Diamond.

Miasms:

Planets:

Practices: Jnana yoga. Self-enquiry. Meditation. Satsang. Mysticism.

Chakras table

	Base	Sacral	Solar Plexus	Heart	Throat	Brow	Crown
Number	One	Two	Three	Four	Five	Six	Seven
Sanskrit	Muladhara	Svadisthana	Manipura	Anahata	Visuddha	Ajna	Sahasrara
Meaning	Root	Sweetness	Lustrous gem	Unstruck	Purification	Perceive, know	Thousandfold
Petals	Four	Six	Ten	Twelve	Sixteen	Two	Thousand
Colour	Red	Orange	Yellow	Green	Turquoise	Indigo	Violet
Element	Earth	Water	Fire	Air	Sound/Ether	Light	Thought
Key Issues	Survival	Sexuality	Power	Love	Communication	Intuition	Awareness
Emotions	Fear, Insecurity	All Feelings; Tears	Anger, Irritability	Joy, Hurt, Grief	Frustration	Confusion	Bliss
Attributes	Self-awareness	Self-respect	Self-worth	Self-love	Self-expression	Self-responsibility	Self-knowledge
	Grounding	Relationship	True Will	Compassion	Freedom	Insight, Clarity	Understanding
Gland	Adrenals	Gonads	Pancreas	Thymus	Thyroid	Pineal	Pituitary
Anatomy	Colon	Genitalia	Stomach, Digestion	Heart, Arteries	Throat, tonsils	Head, Eyes	All endocrines
	Legs, feet	Kidneys	Liver, Gall bladder	Chest, Arms	Mouth	Sinuses	Hypothalamus
	Bones	Bladder	Small intestine	Lungs	Neck, shoulders		
Ailments	Obesity	Impotence	Ulcers	Angina	Thyroid dysfunction	Migraine	Depression
	Piles	Cystitis	Diabetes	Hypertension	Speech problems	Nightmares	Confusion, Apathy
	Constipation	Gonorrhoea	Blood sugar	Asthma	Hearing problems	Sight problems	Forgetfulness
	Energy lack	Infertility	Irritable bowel	Emphysema	Throat problems	Sinusitis, S.A.D.	Incomprehension
Planets	Saturn, Earth	Moon, Venus	Mars, Sun	Sun, Venus	Mercury, Neptune	Moon, Sun	Uranus
Gems	Ruby, garnet	Coral	Amber, Topaz	Rose Qrtz, Emerald	Turquoise	Lapis, Quartz	Amethyst, Diamond
Practices	Hatha Yoga	Tantra	Karma	Bhakti	Mantra, Japa	Yantra	Jnana
	Bodywork	Emotional release	Right Action	Devotion	True speech	Perception	Self-inquiry
	Walking	Swimming	Firewalking	Breathing	Chanting, Singing	Visualisation	Meditation
	Diet, Nutrition	Rebirthing	Assertiveness	Retreat	Art, Creativity	Sunbathing	Satsang
	Gardening	Moonbathing	Sunbathing	Service	Voice dialogue	Dreaming	Channelling
	Massage, Shiatsu	Water Sports	Relaxation	Aerobics	Music	Colour Healing	
	Osteopathy	Tai Chi			Divination		
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