

# BIG BOOK OF YOGA - CHAKRA DESCRIPTIONS

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## Contemporary

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- Root
- Sacral
- Solar Plexus
- Heart
- Throat
- Brow
- Crown



### Root

**Location:** Coccyx/Perineum

**Color:** Red

**Mantra:** "I am here now"

**Astrology:** Ruled by Mars

**Related Gland/Organ:** Anus, Prostate

### Description

Accumulator of earthy, stabilizing, vital energy. Related to the quality of "being grounded", or having a strong, steady presence, both physical and psychological. Physically related to muscular strength, durability of bones, nails, and hair. Psychologically slow, patient, and loyal. Conceptually linked to gross matter, animal consciousness, forces of nature.



### Sacral

**Location:** Sacrum/Pelvis

**Color:** Orange

**Mantra:** "I am a force of attraction"

**Astrology:** Ruled by Cancer

**Related Gland/Organ:** Testes, ovaries

### Description

Collection point for sensual and sexual energy in the body. Energy of polarity and opposites. Artistry, creativity, power of the imagination. Physically sinuous and sexy. Psychologically fickle, whimsical, lustful, chaotic. Related to lunar energy and the element of water.



## Solar Plexus

**Location:** Solar Plexus/Upper Abdomen

**Color:** Yellow

**Mantra:** "I know who I am" "I am Power"

**Astrology:** Ruled by the Sun

**Related Gland/Organ:** Adrenals

### Description

Seat of willpower and personal identity. Strong ties to egoic behavior, pride, dominant behavior. Also related to fully awakening into oneself as an individual, and knowing one's place in the world. Associated with aggressive mental energy and fire.



## Heart

**Location:** Chest

**Color:** Green

**Mantra:** "I am Love"

**Astrology:** Ruled by Saturn

**Related Gland/Organ:** Thymus

### Description

Center of love, pure affection and caring. Connectedness with all of life. Channels healing energy from heart, lower chakras. Also imbues a deep sense of calm, peace, and oneness. Considered to be the vital link between lower, human chakras and higher, spiritual chakras.



## Throat

**Location:** Throat center/"Adam's Apple"

**Color:** Blue

**Mantra:** "I express my Truth"

**Astrology:** Ruled by Venus

**Related Gland/Organ:** Thyroid

### Description

Governs ability to communicate clearly and truthfully with others. Also related to creativity and aesthetics. The ability to take responsibility for oneself and one's needs develops here as well. Also related to the capacity to receive and share nourishment, both bodily and psychological.



## Brow

**Location:** Forehead

**Color:** Indigo

**Mantra:** "I am Knowledge"

**Astrology:** Ruled by Jupiter

**Related Gland/Organ:** Pituitary (alt: Pineal)

### Description

Seat of intellectual power and mental insight. Visualization, concentration, and memory are controlled at this level. Paranormal capacities of clairvoyance, precognition, telepathy, and subtle perception are developed through work on this chakra.



## Crown

**Location:** Crown/Bregma (slightly above the head)

**Color:** Violet/White (alt: Green)

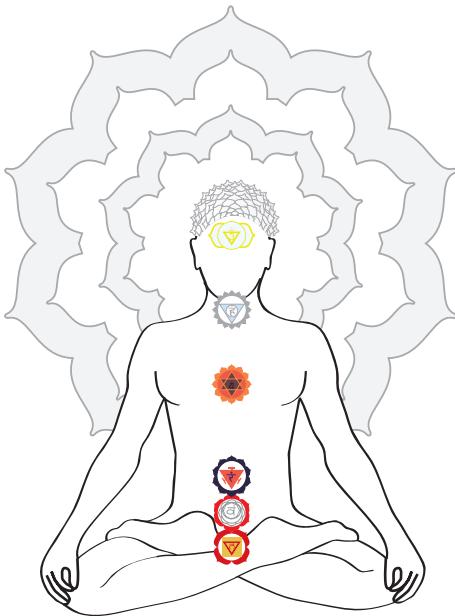
**Mantra:** "I am Divine"

**Astrology:** Ruled by Mercury

**Related Gland/Organ:** Pineal (alt: Pituitary)

### Description

Center for transcendental insight, spiritual revelation, Divine communion. Related to angelic forces. All-being integration, cosmic consciousness, and knowledge of the Infinite are characteristic of this center. Commonly understood as the chakra of enlightenment.



## Hindu

- **Muladhara**
- **Svadhithana**
- **Manipura**
- **Anahata**
- **Vishuddha**
- **Ajna**
- **Sahasrara**



## Muladhara

**Location:** Perineum

**Color:** Red, Yellow

**Spokes:** 4

**Mantra:** LAM

**Element:** Prithivi (Earth)

**Ruling Deities:** Brahma, Dakini

**Activity:** Smell, Excretion

### Description

Resting place of Kundalini Shakti, which coils around Svayambhu Lingam in the middle of traipura trikona, or Mahayoni. Connected to apana vayu and kandarpa vayu. Frequently (though not always) assigned as the seat of kanda.



## Svadhishthana

**Location:** Clitoris, Base of Penis

**Color:** Vermilion, white

**Spokes:** 6

**Mantra:** VAM

**Element:** Apas (Water)

**Ruling Deities:** Vishnu, Rakini

**Activity:** Taste, Urination

### Description

Seat of the passions and unconscious desires. Development here brings mastery over base instinct, one becomes an object of adoration and love, fearless, and achieves fluent and compelling communication skills. Connected to vyana vayu.



## Manipura

**Location:** Navel

**Color:** Dark grey, red, blue (also gold)

**Spokes:** 10

**Mantra:** RAM

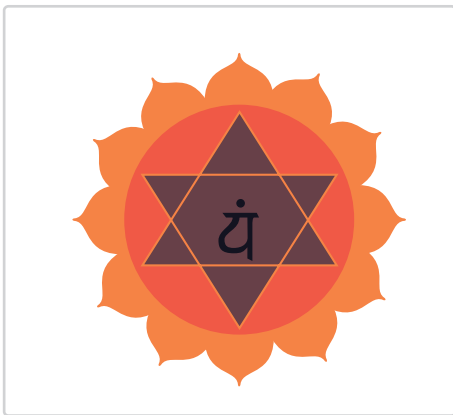
**Element:** Tejas (Fire)

**Ruling Deities:** Rudra, Lakini

**Activity:** Vision, Walking

### Description

Considered the seat of all fires: digestion, willpower, solar resonance, etc. Contains the power of creation and destruction. Shining, powerful, forceful. Mastery brings freedom from disease, alchemical ability, clairvoyance, and lasting happiness. Related to samana vayu.



## Anahata

**Location:** Chest

**Color:** Deep red, gold, smoke

**Spokes:** 12

**Mantra:** YAM

**Element:** Prana (Air)

**Ruling Deities:** Ishvara, Kakini

**Activity:** Touch, Moving Arms

### Description

Considered to be the seat of the individual soul (for details, see Secondary Chakras). Governs qualities of wisdom, nobility, and control of the senses. Mastery of this center makes one endearing to the opposite sex, brings inspired speech, and the ability to enter another's body. Also, full knowledge of past, present, and future, and powers of levitation are available from contemplating on this center. Related to prana vayu.



## Vishuddha

**Location:** Throat

**Color:** Smoky purple, Blue, White

**Spokes:** 16

**Mantra:** HAM

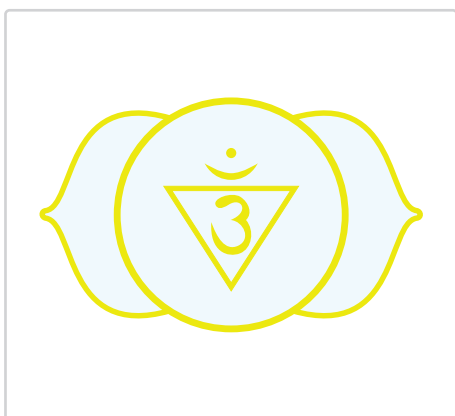
**Element:** Akasha (Void)

**Ruling Deities:** Sadashiva, Shakini

**Activity:** Hearing, Speech

### Description

Center of pristine purity and the first “gateway” to significant spiritual realization. Contains the foundational energy for manifestation – Akasha – as the background unifying essence of the lower four elements of earth, water, fire, and air. Mastery brings about enduring peacefulness and sagacious wisdom. Related to udana vayu and soma.



## Ajna

**Location:** Forehead (alt: between eyebrows)

**Color:** White

**Spokes:** 2

**Mantra:** OM

**Element:** Manas (Mind)

**Ruling Deities:** Paramashiva, Hakini

**Activity:** Consciousness

### Description

Control center for all mental activity, including regulation of sense faculties (indriyas). Unification point of ida, pingala, and sushumna nadis. Seat of polarity archetypes – masc./fem., Shiva/Shakti, etc. Mastery of this center eradicates karma, and gains all the powers of the lower five chakras.



## Sahasrara

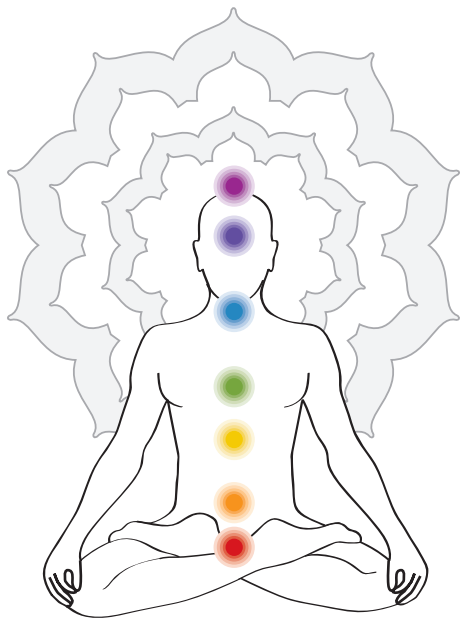
**Location:** Above head, facing down

**Color:** White

**Spokes:** 1,000

### Description

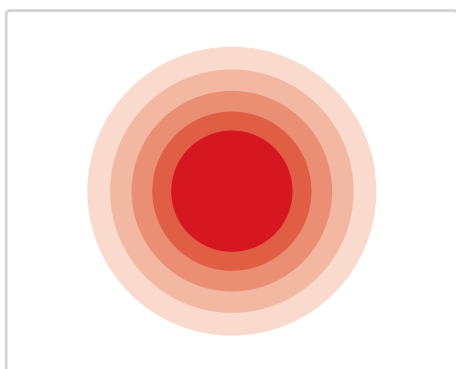
Seat of Atman. Center of enlightenment – not technically a chakra as it is completely transcendent and unrelated to the standard makeup of the lower six centers. Abode of pure, unqualified existence, liberation from suffering, total unification.



## Reiki

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### Root

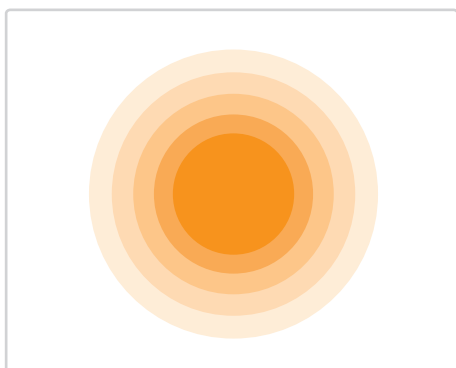
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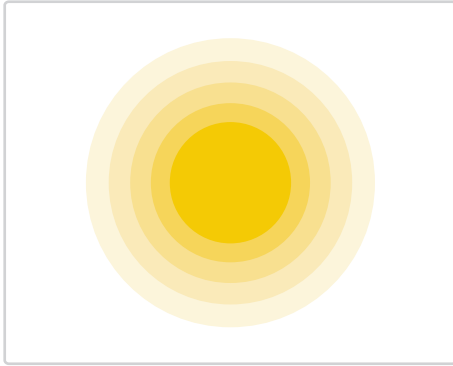
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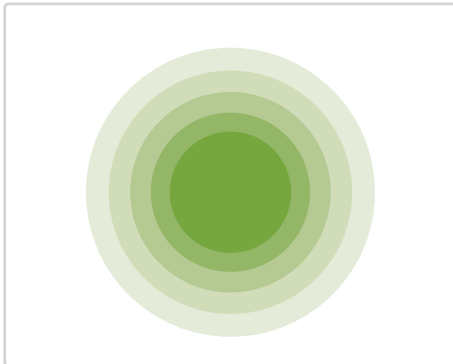
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## Heart

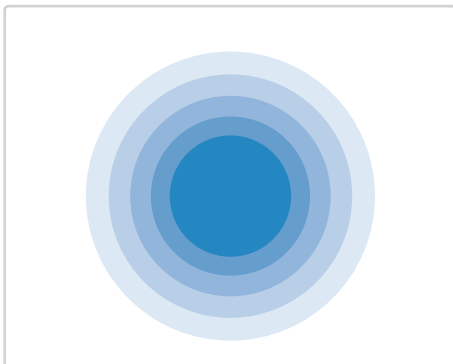
**Location:** Chest

**Color:** Green

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### Description

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## Throat

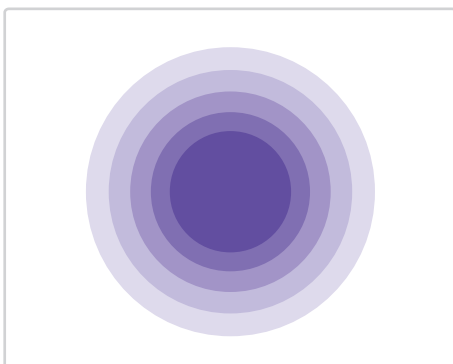
**Location:** Throat center/"Adam's Apple"

**Color:** Blue

**Related Gland/Organ:** Thyroid

### Description

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## Brow

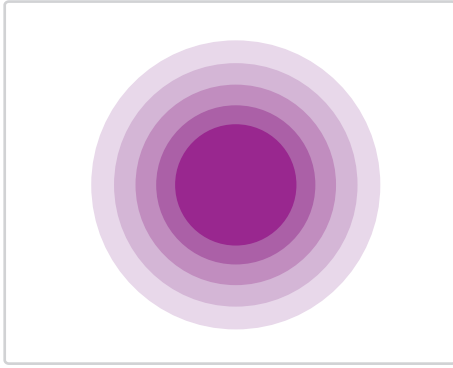
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### Description

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## Crown

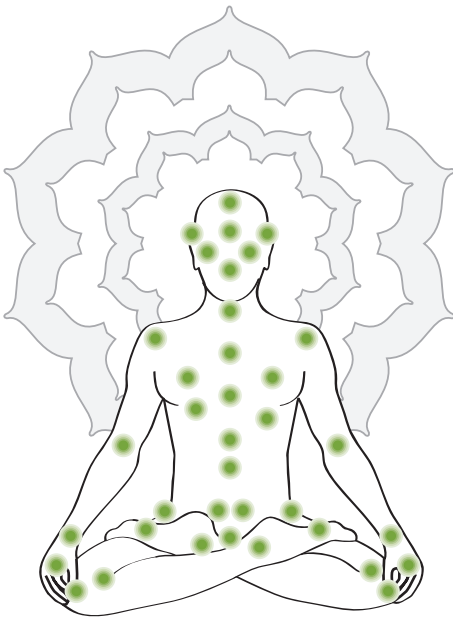
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### Description

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## Secondary Chakras

### Hrid Chakra

**Location:** Chest

#### Description

Varying accounts describe it as beneath, behind, or to the right of the Anahata chakra (Hindu). Related to Jivatman, the seat of the individual soul. Its 8 spokes represent the 8 mahasiddhis (supernatural powers) that come with the liberation of the soul from the illusion of separate existence.

### Manas Chakra

**Location:** bridge of the nose

#### Description

Related to certain mental abilities, including hypnotic power and visualization. Used frequently in internal martial arts for offense and deception. Related to Ajna chakra (Hindu) .

### Talu/Lalana:

**Location:** upper airway/sinuses

#### Description

Seat of soma, life-giving nectar. Can be stimulated by khechari mudra, also microcosmic orbit, inverted asanas, and other tantric practices



## **Arm joints**

**Location:** shoulders, elbows, wrists

### **Description**

Related to physical functioning; possibly related to Anahata chakra (Hindu).

## **Leg joints**

**Location:** hips, knees, ankles

### **Description**

Related to physical functioning; possibly related to Manipura chakra (Hindu).

## **One at the back of each knee**

### **Description**

Function unknown; possibly related to Swadhisthana Chakra (Hindu) and sensual arousal; possibly related to emotional self-support.

## **Surya chakra**

**Location:** solar plexus

### **Description**

Function unknown; possibly related to solar energy; possibly related to 3rd chakra (Contemporary/Reiki); possibly related to C12 point in acupuncture.

## **Bindus above ajna**

**Location:** upper forehead

### **Description**

At least 7 separate points here, related to different aspects of illumined consciousness; related to Ajna chakra (Hindu) and Sahasrara chakra (Hindu).

## **Yoni chakra**

**Location:** penis/vagina

### **Description**

Governs energy of manifestation in the body; possibly related to kundalini shakti; possibly related to Muladhara chakra (Hindu); possibly related to Swadhisthana chakra (Hindu).

## **Temples**

### **Description**

Function unknown; possibly related to sixth sense, environmental awareness, sensing danger.

## **Nipples/breast**

### **Description**

Related to sensual energies; left/right points possibly connected to receptive/emissive aspects of Anahata chakra (Hindu); possibly related to Yoni chakra.

## **Palms**

### **Description**

Conduits for the flow of prana in and out of the body; corresponds to nei lao gong points of Taoist system; possibly connected to heaven energy.

## **Soles**

### **Description**

Conduits for the flow of prana in and out of the body; corresponds to yong quan points of Taoist system; possibly connected to earth energy.

## **Hollow of throat**

**Location:** junction of clavicles

### **Description**

Origin point for kurma nadi; connects spiritual heart energy with crown chakra; related to states of pratyahara, emotional and mental regulation.

## **Behind each eye**

### **Description**

Related to vision; exact significance unknown.

## **Gonads (testes/ovaries)**

**Location:** testes/ovaries

### **Description**

Related to sexual/reproductive functioning; possibly related to Swadhisthana chakra (Hindu) and Yoni chakra (Hindu)

## Liver

### Description

Related to glandular functioning; exact significance unknown; related to emotion of anger in Taoist system.

## Stomach

### Description

Related to glandular functioning; exact significance unknown; paired with spleen in Taoist system.

## Two in the spleen

### Description

Related to organ function; exact significance unknown; related to emotion of worry in Taoist system.

## Thymus

### Description

Related to glandular functioning; exact significance unknown.



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## Theosophical Chakras

- Root
- Spleen
- Navel
- Heart
- Throat
- Brow
- Crown



## Root

**Location:** base of spine

**Spokes:** 4

**Color:** Orange-red

### Description

Associated with life energy. Seat of Kundalini. Also the origin of ida, pingala, and sushumna nadis. Responsive to intentionality, willpower.



## Spleen

**Location:** Spleen

**Spokes:** 6

**Color:** Rainbow spectrum

### Description

Receives and distributes the energy of the sun. Also sends vitality to the Root Chakra. Each of the six spokes is a color along the spectrum of the rainbow – red, orange, yellow, green, blue, violet.



## Navel

**Location:** Navel

**Spokes:** 10

**Color:** Red, Green

### Description

Associated with feelings and emotions. Astral (link to Astral Body) energy enters the etheric field at this point.



## Heart

**Location:** Physical heart

**Spokes:** 12

**Color:** Golden

### Description

Related to sense of being, love, and higher consciousness. Visually, reappears in the center of the crown chakra. Connected to the thymus gland.



## Throat

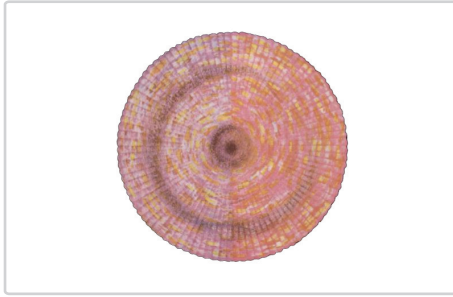
**Location:** Throat

**Spokes:** 16

**Color:** Silvery blue

### Description

Suggestive of moonlight in color. Related to voice, creativity, thyroid, parathyroid.



## Brow

**Location:** Between eyebrows

**Spokes:** 96

**Color:** Rose/Purple-blue

### Description

Has the appearance of being divided into two halves (one rose, one purple-blue), but actually has 48 spokes on each side, totaling 96. Jump in spokes from Throat to Brow indicates a corresponding jump in complexity, higher order energy. Connected to visualization and perception.



## Crown

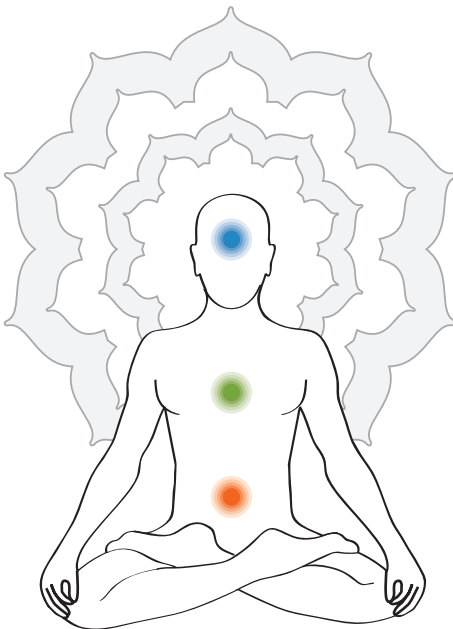
**Location:** Top of head

**Spokes:** 960

**Color:** Violet

### Description

Full of moving colors, "all sorts of prismatic hues." Has a central "whirlpool" which is a minor chakra on its own. Related to spiritual advancement. At first, like other chakras, it appears as a depression in the etheric body, but on awakening, it reverses and becomes a dome, or crown.



## Qi Gong

- **1st Dantian (Lower)**
- **2nd Dantian**
- **3rd Dantian**

### 1st Dantian (Lower)

**Location:** Lower abdomen

### Description

The lower dantian is the most well-known of these three energy centers. It is used widely in both healing and martial arts as a center for storing accumulated energy. Associated with jing and qi energies. Traditionally located roughly 3-4 finger-widths below the navel, and slightly under the surface of the skin. Attempts to correlate this center with one of the major Chakras (from any Chakric system) have been controversial among different groups.

## 2nd Dantian (Middle)

**Location:** Xiphoid

### Description

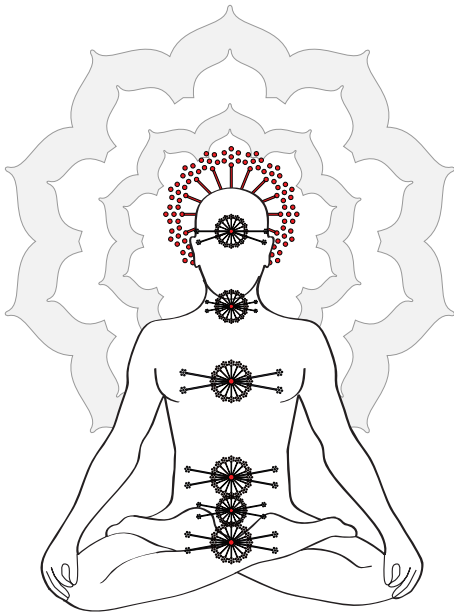
Located at shanzhong point in center of chest, just below the juncture of the ribcage. Collects a more refined quality of energy than lower dantian. Associated with qi energy.

## 3rd Dantian (Upper)

**Location:** Between eyebrows

### Description

Located at yintang point between eyebrows. Collects and emits the most refined quality of energy, shen. Related to spiritual and transcendent states of consciousness. Correlates to Ajna chakra (Hindu) .



## Tibetan

- Crown
- Forehead
- Throat
- Heart
- Navel
- Secret Place
- Sexual Jewel

### Crown

**Petals:** 4

**Color:** n/a

**Mantra:** AH

**Description**

Seat of enlightenment, also abode of root guru and buddha

**Forehead**

**Petals:** 16

**Color:** white

**Mantra:** OM

**Description**

Related to waking state, the body, the world of form; abode of male energy (white essence)

**Throat**

**Petals:** 32

**Color:** red

**Mantra:** AM

**Description**

Related to dream state, speech, sound; female energy (red essence)

**Heart**

**Petals:** 8

**Color:** red & white

**Mantra:** HUM

**Description**

Meeting point of all the major energy channels in the body; related to deep sleep, mind, thought; balanced male / female energy.

**Navel**

**Petals:** 64

**Color:** white

**Mantra:** HUM

**Description**

Related to both waking state and sexual ecstasy; used to regulate and control the shift of these two conditions; related to wisdom, primordial wisdom; female energy.

**Secret Place**

**Petals:** n/a

**Color:** red

**Mantra:** n/a

**Description**

Probably corresponds to lower dantian of Taoism; related to dreams, energetic power; female energy.

## **Sexual Jewel**

**Petals:** 8/32

**Color:** white

**Mantra:** n/a

### **Description**

located at tip of sexual organ (written for men but probably clitoris for women); related to deep sleep; strongly connected to crown chakra in advanced-stage practices; also related to sexual bliss; male energy; 8 petals but also has a branch at the anus with 32 petals there