

# THE CHAKRAS

— from the teachings of Paramhansa Yogananda and Sri Kriyananda —

English Name	Sanskrit Name	Body Parts and Functions Controlled	Exercise to Help Locate Chakra	Spiritual Aspect and Pandava	Associated Step of Ashtanga Yoga	Positive and Negative Qualities	Element	Inner Sound	Inner and Outer Colors	Astrological Signs; Ruling Planet	Metals; Gem-stones; # of Rays
Crown chakra, 1,000-Petaled Lotus, Center of Divine Union	Sahasrara	Seat of the soul; site of liberation after enlightenment at spiritual eye	Go into samadhi	Divine Union		Beyond duality, harmony, free, omnipresent, omniscient, samadhi bliss	Super-ether		N/A White		1,000
Spiritual eye, point between the eyebrows, Christ consciousness center, 3rd eye	Ajna	Seat of enlightenment and intuition; Concentration, willpower	Knit the eyebrows and look up to point between the eyebrows	Divine joy	Samadhi	Attunement, radiant joy, solution-consc.; <i>Too intellectual, coldly rational, ruthless</i>		Aum (Om); like the roar of a great, bursting sea	Gold, blue & silvery white Violet	Leo (+) Sun	Gold Ruby
Medulla oblongata, "Mouth of God"	(negative pole of the Ajna chakra)	Entry point of prana; regulates the breath	Contract muscles at base of skull, tilting head back	Ego	Dhyana	Selfless service, divine surrender; <i>Ego-involved, proud, vain, "I, Me, Mine"</i>			Indigo	Cancer (-) Moon	Silver Pearl 2
Cervical Center (Throat)	Vishudha	Neck, throat, vocal cords, all oral communication	Contract throat & neck muscles; feel bump at top of spine	Peace, calmness <i>Yudhisthira</i>	Pratyahara	Expansive, calm, peaceful, centered <i>Restless, spacey, bored, mercurial, worldly longing</i>	Ether	Wind through the trees, rushing water	Smoke with checks of light Blue	Gemini (+) Virgo (-) Mercury	Mercury Emerald 16
Dorsal Center (Heart)	Anahata	Heart, lungs, diaphragm, circulation, arms, hands, manual dexterity	Squeeze shoulder blades together	Divine love <i>Bhima</i>	Pranayama	Devotion, love, serviceful; <i>Attachments, emotions, contractive, selfish</i>	Air	Deep bell (or higher bell)	Blue Green	Libra (+) Taurus (-) Venus	Copper Diamond 12
Lumbar Center (Navel)	Manipura	Stomach, intestines, digestion, assimilation	Contract stomach muscles near navel	Fierce self-control <i>Arjuna</i>	Asana	Enthusiasm, creativity, self-control; <i>Fanaticism, abuse of power</i>	Fire	Harp, vina, plucked string instrument	Red Yellow	Aries (+) Scorpio (-) Mars	Iron Coral 10
Sacral Center	Swadisthana	Sexual organs, reproductive system, procreation	Contract sexual muscles	Ability to follow Niyamas; <i>Nakula</i>	Niyama	Flexible, open, willing, intuitive <i>Not grounded, wishy-washy</i>	Water	Flute (crickets, trickling water)	White Orange	Sagittarius (+) Pisces (-) Jupiter	Tin Yellow Sapphire; 6
Coccyx Center	Muladhara	Legs & feet, walking, anus, elimination	Contract anus muscles	Ability to follow Yamas; <i>Sahadeva</i>	Yama	Steadfastness, courage, loyalty; <i>Inflexible, heavy-minded</i>	Earth	Bumble-bee (rumbling motor)	Yellow Red	Aquarius (+) Capricorn (-) Saturn	Lead; Blue Sapphire; 4

Kundalini — Negative pole in the spine; "The Dragon"; the coiled serpent power; associated with Draupadi, wife of the Pandavas.

Ida — Upward current on the left side of the spine (inhalation); dragon's tail; north node of the moon (Rahu); gemstone: cinnamon garnet

Pingala — Downward current on the right side of the spine (exhalation); dragon's head; south node of the moon (Ketu); gemstone: catseye