

## Chakra Chart

	1 <sup>st</sup> Chakra	2 <sup>nd</sup> Chakra	3 <sup>rd</sup> Chakra	4 <sup>th</sup> Chakra	5 <sup>th</sup> Chakra	6 <sup>th</sup> Chakra	7 <sup>th</sup> Chakra
Chakras	Red	Orange	Yellow	Green	Blue	Violet	White
	LAM	VAM	RAM	YAM	HAM	OM	SILENCE
	MULADHAR	SVADDHISTAR	MANIPURA	ANAHATA	VISHUDDI	AJNA	SAHARSARA
Physical Location	The perineum at the base of the spine	The sacral spine	Navel/solar plexus	Centre of the chest	Throat	Centre of the forehead projecting forwards	Centre of the head projecting upwards
Body Associations	Bones, feet immune system, large intestine, legs, rectum	Bladder genitals kidneys prostate uterus	Digestive system, liver, muscles	Arms, hands heart, lungs	Neck, shoulders	Eyes	Brain, nervous system

Physical, Emotional & Mental Correspondences							
Physical	Constipation, haemorrhoids, obesity, sciatica, lower back pain	Pelvic, low back pain, urinary problems	Diabetes, hepatitis indigestion, ulcers	Asthma, circulatory system	Ear, nose & throat problems	Eye problems, headaches sinusitis	Apathy, alienation, hypochondria
Emotional	Fear, Calm	Possessiveness, expansiveness	Anger, guilt, passion trust	Bitterness, grief, joy, love	Courage, frustration	Confusion, inadequacy Clear, calm,	Despair, doubt, Bliss, joy, peace
Mental	Self-awareness	Self-respect	Self-worth	Self-love	Self-expression	Self-responsibility	Self-consciousness