



Quick reference chart for the main charkas

Chakra	Root	Hara (Navel)	Solar Plexus	Heart	Throat	Third Eye	Crown
Symbol	4 petaled Lotus	6 petaled Lotus	10 petaled Lotus	12 petaled Lotus	16 petaled Lotus	96 petaled Lotus	1000 petaled Lotus
Colour	Red	Orange	Yellow	Green	Light blue	Indigo	Violet, white
Location	Between genitals and anus	Slightly above genital area below navel	Slightly up from navel	Center of chest	Between inner collarbone	Between the eyes	Top and center of head
Principle	Physical Entity	Reproduction of being	Formation of being	Loving beyond the self	Expression of being	Knowing of being	Pure being
Purpose	Links the individual with the physical world	Center for sexual energy, creativity and pure emotions	This is where the personality is formed. Feeling and being are integrated here.	The ability to love without fear and self consciousness	Deals with all related to sound both physical and metaphysical	This chakra enables the recognition of being	Here the human being connects with the universe
Element	Earth	Water	Fire	Air	Ether	All elements	All elements
Gems	Agate, Bloodstone, Garnet, Ruby, Smokey Quartz	Moon stone, Carnelian, Tourmaline	Amber, Tiger's eye, Citrine, Yellow Topaz, Agate	Emerald, Green Jade, Rose Quartz	Aquamarine, Turquoise, Chalcedon	Lapis Lazuli, Sodalite, Opal, Indigo Sapphire	Amethyst, Crystal, Topaz, Alexandrite, Sapphire
Oils	Cedar, Clove, Cypress, Marjoram, Myrrh	Sandal wood, Petitgrain, Ylang Ylang	Chamomille, Lemon, Thyme	Geranium, Bergamot, Rose, Clary Sage	Lavender, Sandal wood, Neroli, Sage	Basil, Jasmine, Rosemary, Patchouli	Frankincense, Olibanum, Oakmoss, Lotus
Sense	Smell	Taste	Sight	Touch	Sound	All plus 6th sense	Beyond senses
Effect	Calms, dissolves tension	Stimulates desire, rejuvenates	Eases aggression, pacifies	Brings peace and understanding	Brings harmony to speech and voice	Under standing, harmony	Cosmic aspect - no self limitations
Body parts	Bones, teeth, nails, legs, arms, intestine, anus, prostate, blood, cell structure	Reproductive organs, kidney, bladder, pelvic area, sperm, all liquids and fluids of the body	Abdomen, lower back, stomach, spleen, liver, digestive system, gall bladder, autonomic nervous system	Heart, upper back, rib cage, chest, skin, circulatory system, lower lungs, abdominal cavity	Lungs, vocal cords, bronchials, throat, jaw, neck, thyroid, voice, nape of neck	Face, nose, eyes, sinus, cerebellum, pituitary gland	Brain, cerebellum, skull
Massage direction female	Anti clockwise	Clockwise	Anti clockwise	Clockwise	Anti clockwise	Clockwise	Anti clockwise
Massage direction male	Clockwise	Anti clockwise	Clockwise	Anti Clockwise	Clockwise	Anti clockwise	Clockwise

Mantra	Lam	Vam	Ram	Yam	Ham	Ksam	Om
Tone	C	D	E	F	G	A	Hum
Zodiac and planets	Aries, Mars, Taurus, Scorpio, Capricorn, Saturn	Cancer, Libra, Scorpio, Moon, Venus, Mars, Mercury	Leo, Sagittarius, Virgo, Sun, Jupiter, Mars, Mercury	Leo, Libra, Sun, Venus, Saturn	Gemini, Taurus, Aquarius, mars, Venus, Uranus	Sagittarius, Aquarius, Pisces, Mercury, Venus, Uranus	Capricorn, Pices, Saturn, Neptune

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