

	1	2	3	4	5	6		7
sanskrit name	muladhara	svadhisthana	manipura	anahata	vishuddha	ajna	soma	sahasrara/ shunya/ niralambapuri
english	root	dwelling place of the Self	city of gems	unstricken	pure	unlimited power	moon nectar	thousand petaled/ empty void
location	perineum	sacral	navel	heart	throat	3rd eye	above 3rd eye in center of forehead	top of cranium
bija (seed) color	gold	gold	gold	gold	gold	gold		gold
bija petal sounds	vang, shang, kshang, sang	bang, bhang, mang, yang, rang, lang	dang, dhang, rlang, tang, nang, pang, phang	kang, khang, gang, ghang, yong, cang, chang, jang, jhang, uang, tang, thang	ang, ing, ung, ring, lring, eng, aing, ong, aung, ahang	hang, kshang	minor chakra	all pure sounds from <i>ah</i> to <i>ksha</i> , including the vowels
aspects	food and shelter	procreation	form, center,	balance of chakras (3 above and 3 below)	knowledge, creativity			
element (tatva)	earth	water	fire	air	akasha	maha (all 5 elements)		
shape of tatva	square	circle	triangle	hexagram	crescent			
predominant sense	smell	taste	sight	touch	ears			
sense organ	nose	genitals	eyes	hands	mouth (vocal cords)			
vayu	apana vayu *	apana	samana vayu**	prana***	udana****			
loka (plane)	bhu loka (physical)	bhuvar, naga (astral)	sva loka (celestial)	maha loka (balance)	jana loka (human)	tapas loka (austerity)		satyam loka (truth and reality)*****
ruling planet	mars	mercury	sun	venus	jupiter	saturn	rahu	ketu
color of tatva	yellow	light blue	red	colorless	smokey purple	luminescent bluish or camphor white		
bija sound	lang	vang	rang	yang	hang	aum		
vehicle of bija	elephant Airavata	crocodile	ram	deer (antelope)	elephant Gaja	nada (ardhamatra)		bindu
deity	bala bhrama (young brahma)	vishnu	braddha rudra (old shiva)	ishana rudra shiva	panchavaktra shiva	ardhanarishva ra (shiva- shakti)	kameshvara and kameshvari	the guru within
shakti	dakini	rakini	lakini	kakini	shakini	hakini		chaitanya, paramatma or mahashakti
herbs and foods	shells and metals	blood movers	squash	rose ice cream ;-)	pang da hai, jie geng	mint, cilantro		
anterior point	REN 1	REN 4	REN 12	REN 17	REN 23	yin tang,		DU 20
posterior point	DU 1	DU 4	DU 6	DU 11	DU 15	DU 16		DU 20

yoga asana	sitasana, butterfly (baddhokonas ana)	cobra, lotus(padmas ana)	twists, camel,	forward bends	simhasana (lion)	shoulder stand		headstand
color therapy	deep red	red	yellow orange	pink or green	blue	indigo blue		violet
aroma-therapy	clove,cedar	vanilla, patchouli	bergamot, rosemary	rose, gardenia, jasmine	lilac, myrrh	mint, eucalyptus, lavender		
formulas	long gu mu li chai hu tang	ge xia zhu yu tang	si jun zi tang	xue fu zhu yu tang	ban xia hou po tang			
stones	obsidian, agate, black tourmaline	garnet, moonstone,	amber, citrine, gold	green aventurine, rose quarts, watermelon tourmaline	lapis lazulia, blue topaz	ametrine, sapphire		amethyst, diamond
yoga type	hatha,	tantra	karma	pranayama	mantra	yantra, jnana		
organ	anus	gonads	spleen/ stomach	heart/ pericardium	thyroid			
age	1-7 years	8-14 years	14-21	21-28	28-35			

*the energy that pushes out semen, urine, and the child from the womb.

**the energy that resides in the upper abdomen and assists the digestive system in transforming and transporting food around the body (similar to the function of the SPLEEN in TCM)

***the energy that resides in the chest and derives from the breast. (qing qi or zhong qi in TCM)

****the energy in the throat that has the tendency to carry air up through the head giving rise to sound

*****planes recognized by one who has attained 7th chakra consciousness include:

1. *Tejas Loka- radiation - light, fire or sight*
2. *om kara - primal vibrations*
3. *vayu loka- gaseous plane. -prana becomes so subtle that even if one brought a glass under the yogis nose no vapors would appear on it*
4. *subuddhi loka -plane of the positive intellect where dualistic perceptions and value judgements are balanced*
5. *sukha loka- happiness through a balance in body, psyche, and mind is established*
6. *tamas loka - in a state of samadhi the physical body becomes totally inactive*