




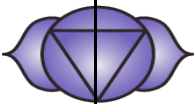
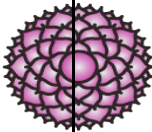


		<b>Chakra</b>	<b>Location</b>	<b>Element</b>	<b>Functions</b>	<b>Sense</b>	<b>Emotion</b>
		<b>Muladhara:</b> Root, Base	Base of spine, perineum	Earth, grounding, stillness	Survival, instinct, basic communications, material security	Smell: earth creates smell	Fear/Courage
		<b>Svadhithana:</b> Dwelling place of self of sweetness	Lower abdomen, pelvic basin	Water	Creativity, pro-creation, likes/dislikes, desire/lust, greed	Taste: especially sweet: water enables taste	Passion, attraction/repulsion
		<b>Manipura:</b> Lustrous Gem	Solar plexus, navel	Fire	Power, vitality	Cognitive thinking, intellect Sight: fire illuminates	Anger, will, happiness
		<b>Anahata:</b> Un-struck, stillness	Heart center	Air	Intuition, love	Touch, feeling: air enables touch	Joy, compassion
		<b>Vishuddha:</b> Purity	Throat	Ether, space	Higher communication, speaking and hearing, listening	Hearing, sounds: space provides the medium in which sound travels	Faith, understanding
		<b>Ajna:</b> Beyond Wisdom	Between eyebrows, center of head: third eye	Light: Command center of the elements	Wisdom	Clairvoyant	Knowing
		<b>Sahasra:</b> Thousand petal lotus, Emptiness	Crown of head and slightly beyond	Cosmic consciousness, beyond the elements	Connection with the infinite		

Chakra	Color	Gland/Organs	Organ of Action	Organ of Knowledge	Foods	Mantra	Yantra	Vayu
<b>Muladhara:</b> Root, Base	Black Red	Adrenal glands, organs of elimination (kidney, skin, colon), bones, hair, nails and legs	Anus	Nose	Proteins, red foods	Lam	Golden squar	Apana: energy of elimination
<b>Svadhithana:</b> Dwelling place of self of sweetness	Orange	Reproductive glands (testes in men; ovaries in women), all liquids in the body	Genitals	Tongue	Liquids, orange foods, sweet	Vam	Silver crescent, points touching	Vyana: circulation
<b>Manipura:</b> Lustrous Gem	Yellow, Gold	Pancreas gland, organs of digestion	Feet and legs	Knowledge, eyes	Oily foods	Ram	Inverted red triangle	Samana: heat and metabolism
<b>Anahatha:</b> Unstruck, stillness	Green, secondary Pink	Thymus gland, heart, lungs, chest	Hands	Skin	Vegetables (esp. green)	Yam	Blue six pointed star	Prana: intake of energy
<b>Vishudda:</b> Purity	Blue (sky)	Thyroid gland, Para thyroid, throat, mouth, tongue, ear, nose, larynx	Vocal cords	Ears	Fruit	Ham	Smoky gray upward pointing egg in a white circle	Udana: communication
<b>Ajna:</b> Beyond Wisdom	Purple, violet	Pituitary gland, eyes, head, lower brain			Light	Ke-Sham	Violet oval, tunnel of light with five beams	
<b>Sahashara:</b> Thousand petal lotus, Emptiness	Clear or opalescence, ultra violet	Pineal gland, upper brain			Light	Om	Thousand petal lotus	