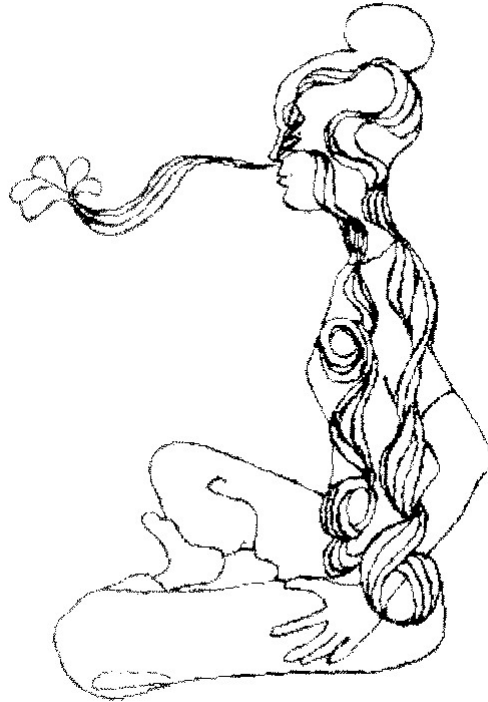


Kundalini Yoga Chakras



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Drawing by Hector Jara (Mukhtiar Singh)

Chakra	Name	Tattva / color	Energy function	Conditions	Location	Key function	Key description	Organigland
1	Muladhara	Earth Red	eliminating energy	fixity, depression, greed, steadiness	The end of the spine between the anus and the sexual organs	Security & survival	Foundations, survival, security, habit, self-acceptance	Organs of elimination
2	Svadisthana	Water Orange	eliminating liquid	guilt, delusion, pitylessness, creativity, affection	The sexual organs	Creativity	To feel, to desire, to create	Sexual organs, reproductive glands, kidneys, bladder
3	Manipura	Fire Yellow	digest food	desire for control, fear, shame, purification	The area of the navel point, solar plexus	Action & Balance	The will of the spiritual warrior	Navel plexus, liver, gall bladder, spleen, digestive organs, pancreas, adrenal glands
4	Anahata	Air Green	promotes circulation, flexibility	indecision, anxiety, attachment, hope, forgiveness	On the breastbone at the level of the nipples	Love & compassion	Love and awakening. From "me to we"	Heart, lungs, thymus gland
5	Vishuddha	Ether Light blue	containment of self	self-control, sense of command, honor, contentment	The throat	Projective power of the word	Hearing and speaking the truth. The Teacher	Trachea, throat, cervical vertebrae, thyroid
6	Ajna	Indigo			Between the eyebrows	Intuition, wisdom & identity	The union of opposites	Brain, pituitary gland
7	Sahasrara	Violet			Crown of the head	Humility & vastness	Transcendence. The Tenth Gate	Brain, pineal gland
8	Aura	White			The electromagnetic field	Radiance		

Chakra	Name	Qualities	Shadow	Yoga asanas	KY kriyas / breath / chant / Meditation
1	Muladhara	Grounded, centered, secure, loyal, stable. Healthy functions of elimination	Fear, insecurity. Life feels as a burden; feeling of not really belonging on Earth or in one's culture or family. Weak contitution, elimination problems, reduced physical and mental resistance, sexual perversions.	<u>Crow Pose</u> , <u>Chair Pose</u> , Body drops, <u>Frog Pose</u> , <u>Mulbhandh</u> , <u>Front Stretches</u> , Lying on stomach with feet kicking buttocks.	<u>Healthy Bowel System</u> , <u>Flexibility and the Spine</u> , <u>Disease Resistance &amp; Heart Helper</u>
2	Svadhithana	Positive, relaxed attitude to sexual functions; patience; creativity; responsible relationships.	Rigid emotions, frigidity, guilt, no bounderies, irresponsible relationships. Problems with reproductive organs or kidneys.	<u>Frog Pose</u> , <u>Cobra Pose</u> , <u>Butterfly</u> , <u>Cat-Cow</u> , <u>Maha Mudra</u> , <u>Pelvic Lifts</u> .	<u>Sat Kriya</u> , <u>Releasing Premenstrual Tension &amp; Balancing Sexual Energy</u> , <u>Sex Energy Transformation</u>
3	Manipura	The center of personal power and commitment. Self-esteem, identity, judgment. This is where the strenght for inner balance, inspiration and good health is developed.	Anger, greed, shame, despair. Obstacles everywhere. Not enough strenght and spontaneity. Conforming in order to be recognized. Refuting ones own wishes and emotions. Problems with digestion, the liver, the gallbladder and the pancreas.	<u>Stretch Pose</u> , <u>Peacock Pose</u> , <u>Bow Pose</u> , <u>Fish Pose</u> , Diaphragm Lock; all exercises which train the abdominal muscles.	<u>Breath of Fire</u> , <u>Sat Kriya</u> , <u>Nabhi Kriya</u> , <u>Nabhi Kriya for Prana-Apana</u>
4	Anahata	Compassion; kindness; forgiveness; service; love. Recognizing and understanding these qualities in others. Sacred transformation. Awakening to spiritual awareness.	Grief. Attachment. Closed to surroundings. Easily hurt. Dependent on love and affection from others. Fear of rejection. Helper syndrome. Heartlessness. Heart problems; lung problems; blood pressure problems.	<u>Ego Eradicator</u> , <u>Yoga Mudra</u> , <u>Bear Grip</u> , <u>Baby Pose</u> (strengthens the heart muscles). All arm exercises, and exercises which twist the upper torso.	<u>All Pranayam</u> , <u>Magnetic Field &amp; Heart Center</u> , <u>The Essence of Self</u>
5	Vishuddha	The center of truth, language, knowledge and the ability to communicate effectively. Authenticity. Healthy selfexpression and interactions. Inspiring, teaching. Embodying God's Will.	Lethargy, weakness in expressive and descriptive abilities, shyness, voice problems, insecurity, fear of other people's opinions and judgements. Throat problems, neck problems, thyroid problems.	<u>Shoulder Stand</u> , <u>Cobra Pose</u> , <u>Plow Pose</u> , <u>Camel Pose</u> , <u>Cat-Cow</u> , <u>Neck Rolls</u> , Neck Lock, nose to knees.	All chanting, <u>Wahe Guru Kriya</u> , Kriya for Creativity
6	Ajna	Center of intuition, clairvoyance; visualizing; fantasizing; concentration and determination. Self-initiation. Power of projection. Understanding your purpose.	Confusion, depression. Rejection of spirituality. Over-intellectualizing.	<u>Archer Pose</u> , <u>Yoga Mudra</u> . All exercises where the forehead rests on the floor.	Meditating on the Third Eye, Long Chant, <u>Kirtan Kriya</u> , Whistle Breaths, <u>Pituitary Gland Series</u> , <u>Ajna Stimulation</u>
7	Sahasrara	The seat of the soul. Connection to the highest Self. Enlightenment. Unity. Elevation. Relationship to the Unknown.	Grief. The feeling of being separated from existence, and from abundance. Fear of death.	<u>Ego Eradicator</u> , <u>Maha Mudra</u> . Concentrating on the tip of the nose.	<u>All meditation</u> , <u>Sat Kriya</u> , <u>Foundation for Infinity</u>
8	Aura	The aura combines the effects of all the chakras, and constitutes their total projection. The aura projects and protects.	Shy, withdrawn, vulnerable.	<u>Triangle Pose</u> , <u>Ego Eradicator</u> , <u>Archer Pose</u> . All arm exercises.	All chakras: <u>KY basic spinal energy series</u> , <u>KY for sex energy transformation</u>  Aura: <u>All meditation</u> , <u>Strengthening the Aura</u> , <u>Exercise Set for Balancing the Aura</u> , <u>Exercise Set for Electromagnetic Frequancy</u>