

– The Chakras –

CROWN CHAKRA

Sahasrarapadma (“thousand petaled lotus”)

- ♦ **LOCATION:** crown of head
- ♦ **ELEMENT:** causal ether
- ♦ **AGE:** calling to consciousness
- ♦ **BIJA:** Aum
- ♦ **COLOR:** purple or white (beyond color)

THROAT CHAKRA

Vishuddha (“very pure”)

- ♦ **LOCATION:** throat
- ♦ **ELEMENT:** ether
- ♦ **AGE:** connectedness between physical reality and the subtle body
- ♦ **BIJA:** Ham
- ♦ **COLOR:** blue (smoky gray)

THIRD EYE CHAKRA

Ajna (“command”)

- ♦ **LOCATION:** center of forehead
- ♦ **ELEMENT:** astral ether
- ♦ **AGE:** connectedness between physical and subtle bodies
- ♦ **BIJA:** Ksham
- ♦ **COLOR:** dark blue (silvery white)

SOLAR PLEXUS CHAKRA

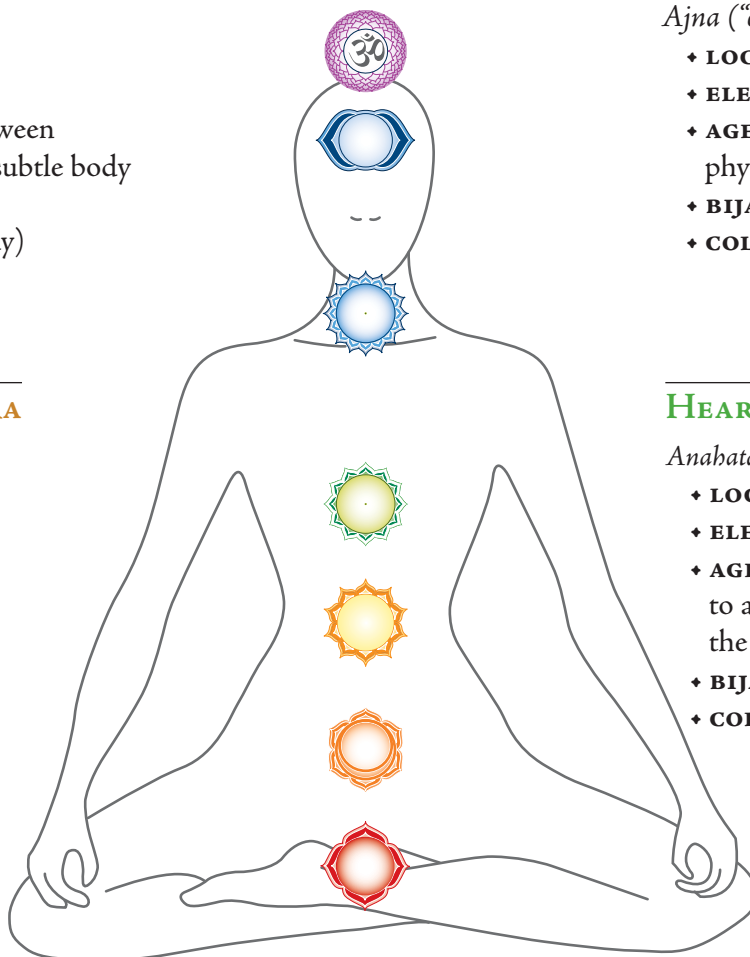
Manipura (“city of gems”)

- ♦ **LOCATION:** solar plexus
- ♦ **ELEMENT:** fire
- ♦ **AGE:** 14–21 (tribe/ community time)
- ♦ **BIJA:** Ram
- ♦ **COLOR:** yellow (blue)

HEART CHAKRA

Anahata (“unstruck chord”)

- ♦ **LOCATION:** center of chest
- ♦ **ELEMENT:** air
- ♦ **AGE:** 21–death (relationships to and with other, including the divine)
- ♦ **BIJA:** Yam
- ♦ **COLOR:** green or pink (deep red)



SACRAL CHAKRA

Swadisthana (“self,” “abode”)

- ♦ **LOCATION:** posterior sacrum
- ♦ **ELEMENT:** water
- ♦ **AGE:** 7–14 (father time)
- ♦ **BIJA:** Vam
- ♦ **COLOR:** orange (dark blue)

ROOT CHAKRA

Mulaadahara (“root,” “containing”)

- ♦ **LOCATION:** perineum/ tip of coccyx
- ♦ **ELEMENT:** earth
- ♦ **AGE:** 1–7 (mother time)
- ♦ **BIJA:** Lam
- ♦ **COLOR:** red

