



Muladhara

ROOT CHAKRA

Physical Existence · Survival · Security · Primal Energy

RED	Age of Resonance	conception to 7	Aspect	personal
	Meaning	foundation, root support		
	Qualities	stability, vitality, loyalty, prosperity, patience, tenacity		
	Shadow Side	fear/mistrust	Right	to have
	Intelligence	administrative	Soul Lesson	service
	Life Issues	to value the material as sacred to find trust in place of despair to preserve		

Excess	Balance	Deficiency
hoarding greed sluggishness fear of change rigid boundaries	vitality stability sense of trust feels at home in the body grounded	chronically restless disconnected from body disorganization weak boundaries fearful

PHYSIOLOGY	Location	perineum; base of spine	Sense	smell
	Associated Body Parts	kidneys, blood skeletal system		
	Associated Ailments	conditions that affect feet/knees/hips, including arthritis kidney stones, osteoporosis, bone problems, and autoimmune deficiency		

ASSOCIATIONS	Musical Note	C	Seed Sound	LAM
	Element	earth	Metals	lead
	Archetypal Animals	elephant		
	Plants	sage	Food Types	proteins, meats
	Stones & Crystals	ruby bloodstone	garnet tourmaline	hematite
	Essential Oils	cinnamon patchouli	sandalwood garlic	woody scents
	Solar System Aspect	earth & saturn	Star Signs	capricorn



Muladhara

ROOT CHAKRA

Physical Existence · Survival · Security · Primal Energy

Physical Activities	<ul style="list-style-type: none"> • yoga • movement that activates head and feet; walk barefoot • any activity that is grounding, physical and demands presence
Mental & Spiritual Activities	<ul style="list-style-type: none"> • noticing the beauty & perfection of the natural world
Other Healing Practices	<ul style="list-style-type: none"> • spend time grounding in nature, with back against tree or rock • receive massage or reflexology • contemplate childhood connection to mother and mother archetypes • if deficient, practice physical activity which stimulates prana or upward energy

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Bridge • Chair • Child • Corpse • Hero • Mountain • Standing Forward Fold • Tree • Warrior 1 <p>many of the standing asanas open the Root</p>	<ul style="list-style-type: none"> • chimney breath in balasana • belly breath in tadasana

Visualizations
<ul style="list-style-type: none"> • roots expanding from soles of feet into red clay earth
Affirmations
<p>I am grounded, safe and secure. I am connected to my body. I am grounded and rooted like a tree. I am grateful for all the challenges that helped me to grow and transform. I have a right to be here; it is safe for me to be here. I trust in the support of the earth. I trust that I am one with the family of things. I am here and I am real.</p>



Svadhishthana

SACRAL CHAKRA

Emotions & Intimacy · Relationships · Sexuality

ORANGE	Age of Resonance	7 - 14	Aspect	personal
	Meaning	one's own place/abode		
	Qualities	joy, abundance, adaptability, sensuality, fertility, pleasure, sexuality		
	Shadow Side	guilt	Right	to feel
	Intelligence	sensation & pleasure	Soul Lesson	peace & wisdom
	Life Issues	to know who you are and what you do are enough to have enough rest, food, exercise, fun and money not to link self-worth with what you do or have to create healthy boundaries to protect your vital force		

Excess	Balance	Deficiency
selfish passive-aggressive pleasure addictions weak boundaries (invaded by outside energies) obsessive	emotionally perceptive healthy boundaries adaptable nurturing graceful expression forgiving	fragility/rigidity social anxieties denial of pleasure fear of change lack of passion/creativity

PHYSIOLOGY	Location	pelvis, sacrum	Sense	taste
	Related Body Parts	sex organs uterus, prostate, bladder		
	Associated Ailments	(F) endometriosis, chronic menstrual cramping, fibroids; cervix problems (M) prostate, sciatica, sexual dysfunction (M+F) sterility		

ASSOCIATIONS	Musical Note	D	Seed Sound	VAM / VWAM
	Element	water	Metals	tin
	Archetypal Animals	crocodile, fish		
	Plants	jasmine	Food Types	liquids
	Stones & Crystals	coral onyx	carnelian moonstone	
	Essential Oils	jasmine neroli	geranium orange blossom	
	Solar System Aspect	jupiter	Star Signs	cancer & scorpio



Svadhithana

SACRAL CHAKRA

Emotions & Intimacy · Relationships · Sexuality

Physical Activities	<ul style="list-style-type: none"> • yoga • dance • swimming • walking
Mental & Spiritual Activities	<ul style="list-style-type: none"> • meditation • celibacy • fasting
Other Healing Practices	<ul style="list-style-type: none"> • music (listening or playing) • expressive arts • addictions therapy • inner child work • free dance, esp movement around hips

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Bound Angle/Butterfly incl. reclined • Cat-Cow • Goddess • Pigeon • Reclined Eye-of-the-Needle <p>some other seated positions may open the Sacral</p>	<ul style="list-style-type: none"> • ujjayi (victorious breath) • diaphragmatic breathing while relaxing pelvic floor on inhale

Visualizations
<ul style="list-style-type: none"> • floating in a pool of warm water with the hue of sunset
Affirmations
<p>I am able to enjoy the pleasures of life. I love and enjoy my body. I feel pleasure and abundance with every breath I take. I value and respect my body. My sexuality is sacred. I embrace and celebrate my sexuality. I deserve pleasure in my life. I honour the intelligence of my emotional body. Emotions are the language of my soul. I move with grace.</p>



Manipura

SOLAR PLEXUS CHAKRA

Power & Identity · Ego · Inner Strength · Self-Control

YELLOW	Age of Resonance	14 – 21	Aspect	personal+interpersonal
	Meaning	lustrous gem		
	Qualities	power, confidence, charisma, strong will, humour, leadership, clarity		
	Shadow Side	shame	Right	to act
	Intelligence	instinctual knowing	Soul Lesson	human & divine love
	Life Issues	to develop a strong and resilient ego to know you are worthy simply because you exist to become content with your own being		

Excess	Balance	Deficiency
selfish unfiltered aggression stubborn intolerant overly ambitious workaholic	responsible confident healthy willpower sense of humour warm personality spontaneity	weak will low self-discipline poor digestion crave stimulants blaming unreliability

PHYSIOLOGY	Location	solar plexus, digestive organs	Sense	sight
	Related Body Parts	stomach, liver, gall bladder, pancreas, small intestine muscles		
	Associated Ailments	indigestion, acid stomach, ulcers, gallstones, diabetes, hepatitis, pancreatitis		

ASSOCIATIONS	Musical Note	E	Seed Sound	RAM	
	Element	fire	Metals	iron & gold	
	Archetypal Animals	tiger, lion, ram			
	Plants	carnation	Food Types	carbohydrates	
	Stones & Crystals	topaz	amber	citrine	
	Essential Oils	lemon basil	grapefruit ginger	juniper bergamot	peppermint rosemary
	Solar System Aspect	mars & sun		Star Signs	aries & leo



Manipura

SOLAR PLEXUS CHAKRA

Power & Identity · Ego · Inner Strength · Self-Control

Physical Activities	<ul style="list-style-type: none"> • sports • competitive programs • qi gong • hiking • cycling • martial arts / self-defence classes • karma yoga / service / volunteering • (if in excess) restorative yoga
Mental & Spiritual Activities	<ul style="list-style-type: none"> • leadership programs • psychotherapy • amateur dramatics/little theatre • appreciating solitude
Other Healing Practices	<ul style="list-style-type: none"> • eye contact when speaking • (if in deficiency) risk-taking

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Boat • Bow • Downward-facing Dog • Extended Side Angle • Plank, incl Side & Upward • Reverse Table Top • Warrior 1 + 2 incl. Humble Warrior <p>many back bends open the Solar Plexus</p>	<ul style="list-style-type: none"> • kapalabhati (breath of fire) • bhastrika (bellows breath)

Visualizations
<ul style="list-style-type: none"> • At your centre there is a golden, thriving palace beaming with potential and confidence.
Affirmations
<p>I can do anything I set my mind to. I am strong and courageous. I appreciate my strengths; I feel my own power. I am authentic. I direct my own life. I honour my personal power. I can do whatever I will to do.</p>



Anahata

HEART CHAKRA

Love & Connection · Forgiveness · Compassion · Self-Esteem

GREEN	Age of Resonance	28 - 35	Aspect	interpersonal
	Meaning	unstruck chord		
	Qualities	love, trust, healing, equanimity, compassion, peace, connection, surrender		
	Shadow Side	grief	Right	to love
	Intelligence	remembering the good	Soul Lesson	brotherhood & love
	Life Issues	to let love be the centre of your life to find balance and harmony		

Excess	Balance	Deficiency
demanding jealous codependent clinging fearful at others' growth overly empathetic	compassionate forgiving trusting empathetic altruistic healthy immunity	fear of intimacy lack of empathy narcissistic depression intolerant judgemental

PHYSIOLOGY	Location	centre of chest	Sense	touch
	Related Body Parts	pericardium, heart, lungs circulation		
	Associated Ailments	arteriosclerosis, angina, myocardial infarction, heart arrhythmia pneumonia, tuberculosis, chronic bronchitis		

ASSOCIATIONS	Musical Note	F	Seed Sound	YAM
	Element	air	Metals	copper & gold
	Archetypal Animals	deer/doe, antelope		
	Plants	foxglove, rose, carnation, lily	Food Types	vegetables
	Stones & Crystals	jade diamond	emerald peridot	rose quartz
	Essential Oils	rose benzoin	carnation eucalyptus	lily-of-the-valley floral scents
	Solar System Aspect	venus & sun	Star Signs	libra & taurus



Anahata

HEART CHAKRA

Love & Connection · Forgiveness · Compassion · Self-Esteem

Physical Activities	<ul style="list-style-type: none"> • Yoga, esp Bhakti • massage • walking • dancing
Mental & Spiritual Activities	<ul style="list-style-type: none"> • journaling and self-reflection • learning to love the self first, then others • prayer • singing/Kirtan
Other Healing Practices	<ul style="list-style-type: none"> • healing touch • volunteer work • joyful endeavours • spending time with children and animals

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Bridge • Camel • Cat • Cobra • Corpse, supported bolster under back • Fish • Sphinx • Thread-the-Needle 	<ul style="list-style-type: none"> • ujjayi (ocean breath)

Visualizations
<ul style="list-style-type: none"> • picture a white light emanating from your heart, encircling all who you have judged
Affirmations
<p>I am loving and lovable. I am wanted and loved. I am a source of healing in the world. All love resides within my heart. I forgive myself; I forgive others. I am connected with all other human beings. I am worthy of love. I am compassionate. There is an infinite supply of love. We are all doing the best we can, at the time, all the time.</p>



Vishuddha

THROAT CHAKRA

Self-Expression · Life Purpose · Communication

AZURE BLUE	Age of Resonance	35 - 42	Aspect	interpersonal+transpersonal
	Meaning	great purity		
	Qualities	purpose, expression, artistry, service, truthfulness, integrity, will		
	Shadow Side	lies	Right	to express
	Intelligence	will & expression	Soul Lesson	expressing divine will
	Life Issues	to harness your will to express your highest truth to live creatively		

Excess	Balance	Deficiency
talking as self-defence gossiping inability to fully listen dominating interrupting rapid speech	compassionate forgiving trusting empathetic altruistic healthy immunity	constantly feeling unheard unhealthy introversion nasally voice poor rhythm better writing than speaking feelings use of half-truths

PHYSIOLOGY	Location	throat; pharyngeal plexus	Sense	hearing
	Related Body Parts	throat, jaw, teeth, mouth, ears thyroid & parathyroid glands		
	Associated Ailments	sore throat, laryngitis, cervical problems of the neck deafness, tooth decay, gum problems, TMJ		

ASSOCIATIONS	Musical Note	G	Seed Sound	HAM
	Element	ether	Metals	mercury
	Archetypal Animals	white elephant, butterfly, sparrow hawk		
	Plants	gardenia	Food Types	fruit
	Stones & Crystals	sodalite blue agate	celestine aquamarine	turquoise
	Essential Oils	hyssop gardenia	clementine ylang ylang	blue chamomile frankincense
	Solar System Aspect	mercury	Star Signs	gemini & virgo



Vishuddha

THROAT CHAKRA

Self-Expression · Life Purpose · Communication

Physical Activities	<ul style="list-style-type: none"> • yoga, esp Mantra • osteopathic spine alignment • cranio-sacral therapy • qi gong, tai chi
Mental & Spiritual Activities	<ul style="list-style-type: none"> • stream-of-consciousness writing, journaling • story-telling
Other Healing Practices	<ul style="list-style-type: none"> • chanting • silent retreats • public speaking • (deficient) singing with children

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Bridge • Camel • Cobra • Fish • Lion • Plow • Shoulderstand 	<ul style="list-style-type: none"> • bhramari (bee breathing) • chanting

Visualizations
<ul style="list-style-type: none"> • standing on a mountain top, imagine clearly singing out loud all of your most beloved dreams
Affirmations
<p>My voice is necessary and valued. I know my truth, and I share it. I hear and speak truth. I am open, clear and honest in my communication. I express my inner resonance with acceptance and compassion. I am vibrational energy. Sound is part of my human nature.</p>



Ajna

BROW (aka THIRD EYE) CHAKRA

Perception · Perspective · Intuition · Insight · Psychic Awareness

INDIGO BLUE	Age of Resonance	35 - 42	Aspect	transpersonal
	Meaning	command perception		
	Qualities	vision, intuition, imagination, discernment, wisdom, clairvoyance		
	Shadow Side	illusions	Right	to perceive
	Intelligence	control & wisdom	Soul Lesson	detachment & intuition
	Life Issues	to focus your intelligence to know who and what are for your highest good and greatest joy to distill wisdom from your life experiences, both good and difficult		

Excess	Balance	Deficiency
delusions hallucinations obsessive night terrors lack of concentration ambiguous language disconnect to body disconnect to past	intuitive calm/content charismatic sense of self & purpose able to think in symbols able to see future, present, past mind not caught by its roaming tendencies	insensitivity overly analytical difficulty with forethought monopolar (right/wrong) indifferent feels purposeless attachment to past

PHYSIOLOGY	Location	brow; medulla plexus	Sense	intuition/6 th sense
	Related Body Parts	eye, sinuses, temporal lobes, base of skull pituitary gland		
	Associated Ailments	migraine, blindness, eye problems (glaucoma, cataracts) brain tumour, stroke		

ASSOCIATIONS	Musical Note	A	Seed Sound	OM
	Element	light	Metals	silver
	Archetypal Animals	hawk, eagle, cat		
	Plants	almond blossom	Food Types	beauty (sensual feast)
	Stones & Crystals	lapis lazuli opal	sapphire azurite	tanzanite
	Essential Oils	camphor rosemary	sweet pea clary sage	heliotrope ylang ylang
	Solar System Aspect	moon	Star Signs	sagittarius & pisces



Ajna

BROW (aka THIRD EYE) CHAKRA

Perception · Perspective · Intuition · Insight · Psychic Awareness

Physical Activities	<ul style="list-style-type: none"> • yoga • qi gong • tai chi • nature awareness
Mental & Spiritual Activities	<ul style="list-style-type: none"> • meditation • creative use of imagination • dreamwork / dream journals
Other Healing Practices	<ul style="list-style-type: none"> • expressive arts • dietary cleanse • create home altar of things sacred to you

Asana	Pranayama & Mudra
<ul style="list-style-type: none"> • Downward-facing Dog • Eagle • Warrior 3 	<ul style="list-style-type: none"> • Ujjayi with shambavi mudra

Visualizations
<ul style="list-style-type: none"> • On a mountain top, look down and notice all you see; then turn to face another direction and do the same.
Affirmations
<p style="text-align: center;">I am open to my inner wisdom. I am open to perceive the subtleties and realities of others with sensitivity and grace. I am clear vision embodied. I trust and follow my inner guidance. I am wise, intuitive and connected to my inner guide.</p>



Sahasrara

CROWN CHAKRA

Higher Consciousness & Connection · Enlightenment · Inspiration

VIOLET	Age of Resonance	42 - 49	Aspect	transpersonal
	Meaning	thousandfold		
	Qualities	unity, wisdom, awareness, intelligence, understanding, miracles, bliss		
	Shadow Side	attachment/fear of unknown	Right	to know
	Intelligence	spiritual understanding	Soul Lesson	to be at one with source
	Life Issues	selfless realization of your indelible connection with the greater whole of life creation of a vital and resilient spiritual context for holding your life experiences		

Excess	Balance	Deficiency
spiritual "addiction" (obsession with enlightenment) lack of body awareness lack of spatial/time sense overly intellectual (as a means of defence)	open minded intelligent thoughtful aware of self & others broad understanding wisdom	spiritually skeptic cynical rigid beliefs apathetic fear of knowledge excess in lower chakras (materialistic, image obsess, etc)

PHYSIOLOGY	Location	at, or just above, crown	Sense	none (beyond senses)
	Related Body Parts	pineal gland, cerebral cortex, upper skull skin		
	Associated Ailments	epilepsy, colour blindness, nervous disorders, neuroses alcoholism, insomnia		

ASSOCIATIONS	Musical Note	B	Seed Sound	(silence)
	Element	(none)	Metals	platinum
	Archetypal Animals	owl		
	Plants	lotus flower	Food Types	none (fasting)
	Stones & Crystals	diamond amethyst	clear quartz alexandrite	
	Essential Oils	myrrh lavender	violet lotus	frankinsense
	Solar System Aspect	whole universe	Star Signs	aquarius



Sahasrara

CROWN CHAKRA

Higher Consciousness & Connection · Enlightenment · Inspiration

Physical Activities	None (Crown is beyond the physical)
Mental & Spiritual Activities	<ul style="list-style-type: none">• meditation• prayer• reflection
Other Healing Practices	

Asana	Pranayama & Mudra
<ul style="list-style-type: none">• Corpse• Headstand• Lotus & Half-Lotus• Warrior 3	

Visualizations
<ul style="list-style-type: none">• Visualize one of the most beautiful things you've ever seen, then practice believing you are innately and wholly connected to this beauty... you are part of it, not separate from it.
Affirmations
I am infinite, eternal, and whole. I trust in the beautiful mysteries yet to be revealed. I contain, embody and express divinity. I am one with everything.

Formatted for double-sided printing.

The following sources were used to create the content of these chakra summary leaflets:

- *Chakra Yoga: A Beginner's Guide to Chakral Healing*. Alanna Kaivalya. Kindle eBook.
- *The Keys to the Chakras*. Vicki Howie. Fair Winds Publications.
- *Wheels of Life: A User's Guide to the Chakra System*. Anodea Judith. Llewellyn Publications.
- *The Complete Guide To Chakras: Unleash The Positive Power Within*. Ambika Wauters. Barron's Educational Series
- chakra-anatomy.com

Permission is granted to freely distribute these leaflets in print or electronic form under the condition that they are unaltered in any way, and that they are not sold.

soultrail.ca/yoga