

# Chakra Reference Chart

Chakra Number & Name	Physical Location	Physical Areas Governed	Associated Psychological Function	Associated Color/ Element/ Sense	Associated Bija Sound & Vowel	Postures that Open the Chakras
1 Muladhara	Base of the spine	Adrenal glands, Spinal column, kidneys	Survival, security, Primal instinct "I exist"	Red/ Earth/ Smell	Lam o "rope"	Posterior stretch, Seated Wide Angle, Frog, Bound Angle
2 Swadhishtana	Just below the navel and above the pubic bone	Ovaries/ Prostate Reproductive system	Sensuality and desire for pleasure, Sexual energy "I feel"	Orange/ Water/ Taste	Vam oo "due"	Sphinx, Cobra
3 Manipura	Solar plexus	Pancreas, stomach, liver, gall bladder, nervous system	Creativity, drive, self-empowerment, ego "I control"	Yellow/ Fire/ See	Ram ah "father"	Boat, Bow, Upward Dog, Pigeon, Warrior 1
4 Anahata	Heart	Thymus, heart, vagus nerve, lungs, circulatory sys.	Compassion, un-conditional love for self and others "I love"	Green/ Air/ Touch	Yam ay "play"	Fish, Camel, Bridge, Back bends that open the chest
5 Vishuddha	Throat	Thyroid gland, Vocal apparatus	Communication, talking responsibly "I create and express"	Blue/ Ether/ Hear	Ham ee "see"	Half & full Shoulder Stand, Plow, Bridge, Camel, Poses that open or pinch the throat
6 Ajna	Space between the eyebrows	Pituitary gland, lower brain	Knowledge, insight, awakening intuition "I am the witness"	Purple/ Sound/ Mind	om (short) mmmm	Yoga Mudra kneeling, Rabbit, Child w/ head on hands
7 Sahasrara	Crown of the head Fontanel	Pineal gland, Upper brain	Pure awareness, integration of total personality "I am that I am"	White/ Beyond elements/ Consciousness	om (long) ing "sing"	Half & Full Headstand Full Yoga Mudra