

F=feminine energies
M=masculine energies

CHAKRA ASSOCIATIONS CHART

Chakra Indian Name	Energy Body Who am I...	Meridian Pair (yin/yang)	Functioning; Impeded	Associated Gland & Plexus	Note & Mantra	Crystal & Colour	Element	Sense & Psychic Sense	Rotation
1 – Root Muladhara	Physical ...in a family, tribe, group?	Heart (yin) Small Intestine (yang)	Grounded, stable, courageous; greedy, violent, fearful	Adrenals coccygeal	C LAM	Red Jasper Red	Earth ..smell the red earth..	Smell Clairalient (clear smelling)	F- ccw M- cw
2 – Sacral Svadhastana	Astral ...in a relationship with another?	Pericardium (yin) Triple Warmer (yang)	Passionate, trusting, creative; jealous, envious, obsessive	Ovaries/Testes splenic	D VAM	Carnelian Orange	Water ..taste the orange water..	Taste Clairgustus (clear tasting)	F- cw M- ccw
3-Solar Plexus Manipura	Etheric ... on my own in the world?	Spleen/Pancreas (yin) Stomach (yang)	Knowledgeable, powerful, controlled; angry, fearful, controlling	Pancreas Solar Plexus	E RAM	Citrine Yellow	Fire ..see the yellow fire..	Sight Claircognizant (clear knowing)	F-ccw M-cw
4 – Heart Anahata	Emotional ...with my Higher Power, God, Source Energy?	Liver (yin) Gall Bladder (yang)	Forgiving, loving, accepting; unstable, repressed, judgmental	Thymus Cardiac, Brachial	F YAM	Aventurine Rose Quartz Green Pink (for the Etheric Heart)	Air ..touch the green air..	Touch Clairsentient (clear feeling)	F- cw M-ccw
5 – Throat Vishuddha	Mental ...as a teacher, communicator, one who shares?	Lung (yin) Large Intestine (yang)	Truthful, creative, expressive; sullen, withdrawn, ignorant	Thyroid Parathyroid Pharyngeal, Cervical	G HAM	Blue-laced agate Blue	Ether ..hear the earth song in the ether..	Sound Clairaudient (clear hearing)	F- ccw M- cw
6 – Third Eye Ajna	Etheric Template ...as an intuitive, sensing Be-ing?	Conception Vessel (yin) Governing Vessel (yang)	Perceptive, intuitive, peaceful; narrow-minded, chaotic, tense	Pituitary Hypothalamus Carotid	A KSHAM	Sodalite Indigo	Thought ..divinely inspired thought..	ESP Clairvoyant (clear seeing)	F- cw M- ccw
7 – Crown Sahasrara	Celestial ...as a Spiritual Being?	Kidney (yin) Bladder (yang)	Fulfilled, inspirational, compassionate; Confused, apathetic, depressed	Pineal Choroid	B OM	Amethyst Violet	Light ..working within the Light..	Spiritual Connection All psychic senses flow down from here.	F- ccw M- cw