Chakras! Chakras! Chakras! Chakras! Everywhere

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Seventh Chakra
Sahasrara
("Thousand Petaled" or
"The Unqualified Absolute")

Sixth Chakra
Ajna
("Command" or "The
Qualified Absolute")

Fifth Chakra
Vishuddha
("Purified")

Fourth Chakra
Anahata
("Not Struck" - the
true sound of creation)

Third Chakra
Manipura
("City of the Shining Jewel")

Second Chakra
Svadhisthana
("Her Special Abode")

First Chakra
Muladhara
("Root Support")
What will I talk about

- Chakras
- Chakra Physiology
- Chakra Psychology
- Practice
What’s in a name

- Chakra is a Sanskrit word for discus or wheel
- Root word is car = to move
- In Yogic term it refers to vortex
- Knowledge of chakra is found in the Vedas, Upanishads or early Yogic literature
- Subject itself is discussed in Tantric & Yoga Upanishads & Hatha texts
Chakra Physiology

- Yoga/Ayurveda view body beyond physical
- Physical body Consists of the 7 core constituents or dhatus:
  * Flesh, bone, blood, fat, fluids, marrow & clay
- Plus 5 elements- earth, water, fire, air and ether
Chakra Psychology

Subtle body consists of

- Prana or vital energy
- Manas or mind
- Buddhi or intellect
- Ahamkara or ego
- Chitta or consc.
Prana connects these two layers

- Thru a network called Nadis
- Nadis or flow refers to the channels of energy thru which prana flows
- 3 Nadis are important
  - Ida
  - Pingala
  - Sushumna
Ida, Pingala & Sushumna Nadis
Nadis & Chakras

- Susnumna or Kundalini shakti perceived as running up the centre of spinal cord
- Ida and pingala represent the cooling and heating, moon & sun dynamics
- Intersect at 6 specific points or energy centers = Chakras
Chakra “locations” correspond to the Energy plexus and Endocrine System

- Eye Brow Center - Brain - Pituitary Gland - Ajna
- Throat pit - Laryngeal P - Thyroid - Vishuddhi
- Heart - Cardiac P - Thymus - Anahata
- Navel - Solar P - Adrenal - Manipura
- Pubic Shield - Swadhistana
- Tail bone - Coccyx - Gonads - Mooladhara
Characteristics of Chakras

Chakras micro cosmic reflection of macro cosmos - Subtle to Gross

- Reflects essential constituents of nature - Tattwas
- Mandalas & Yantras
- Colors
- Shakti - Energy & Movements
- Bija Sounds & Vibrations
- Animal representations
- Ruling Planet
- Ruling Deity
- Hierarchical location
Mooladhara - Root Foundation

- Base of spine/ coccyx/tailbone center
- Perineum- males, behind cervix - females
- Circle with Yantra-square + 4 petals- vermillion red
- Petal Sounds - Vam, Sham, Ksham, Sam
- Root Sound - Lam
- Earth element- dense- Yellow
- Nose/smell
Mooladhara
Swadhisthana- one’s own dwelling place

- Genital region
- Yantra- circle + 6 petals, red Base of spine/ coccyx/tailbone center
- Petal Sounds - **Bam, Bham, Mam, Yam, Lam**
- Root Sound **Vam**
- Water element- **Transparent White**
- Tongue/taste
Who rules Swadhisthana

- Mercury – Feminine, Crescent moon
- Vishnu – preserver between creation and destruction
- Crocodile – subterranean + amphibian
Swadhisthana
Manipura – City of Jewels
Tibetan tradition- Mani Padma

- Behind the navel - solar plexus
- Circle with downward triangle + 10 petals - blue.
- Petal Sounds - Dam, Dham, Nam, Pam, Pham, Dam, Tam, Tham
- Root Sound Ram
- Fire element- Red- rising sun
- Eyes/sight/colors/forms
Who Rules Manipura

- Sun – Masculine, Solar
- Mind, Intellect and Ego
- Ram- Peaceful yet determined and takes on a fight “head-on”
- Represents indomitable endurance
Manipura
Anahata – that sound which is unstruck

- Heart region
- Hexagonal Yantra contains 2 intersecting triangle+12 petals, deep vermillion
- Petal Sounds - Kam, Kham, Gam, Gham, Ngam, Cham, Chham, Jam, Jham, Nm, Tam, Tham
- Root Sound Yam
- Air element – smoky, deep gray
- Touch/skin/hands/feelings
Who rules Anahata

- Venus- Moon- Feminine
- Guides emotions & devotion
- Musk, Black Antelope- fleetiness, shyness, easily hurt
Anahata
Vishuddhi Chakra – Purification center

- Throat Pit
- Crescent with 16 petals - lavender/purple
- Petal Sounds - Am, Aam, Im, Eem, Um, Oom, Rim, Rrim, Lrim, Lrrim, Em, Aim, Om, Aum, Angm, Ahm
- Root Sound Ham
- Ether
- Hearing/ears/mouth/speech

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Who Rules Vishuddhi

- Jupiter
- Head which sees in every direction + Sada Shiva
- Guides psychic knowledge, emotions
- White Elephant – pure sound
- Carries the memories and knowledge from time immemorial
Vishuddhi
Ajna – Bhru Madhya – Eye brow center

- Behind eye-brow center, pineal plexus
- Full Moon Yantra - Circle with 2 petals - white
- Petal Sounds – Ham, Ksham (Ham Tham-Ha Tha)
- Root Sound OM
Who rules Ajna

- Half male/half Female
- Represents transcendence of duality
- Primal source of all sounds — A U M — leads to non-dual experience
Pathways of Ida & Pingala

- Ida, pingala and sushumna nadis originate from Mooladhara and converges at Ajna
- They intersect swadhistana, manipura, anahata and vishuddhi
The Lokas

- Vedic philosophy speaks of the 7 levels-Lokas
- Consciousness awakening traverses from
  Gross, dense
  Astral
  Astral
  Higher Astral
  Higher Yet
  Causal
  Highest state of consciousness
There are actually 21 Chakras

- 7 above
- 7 in human “frame”
- 7 below