

Chakra Seven: Sahasrara

Thought, Universal identity, oriented to self-knowledge

This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. Bija Mantra: Silence

Chakra Six: Ajna

Light, Archetypal identity, oriented to self-reflection

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us “see the big picture.” Bija Mantra: A-U-M

Chakra Five: Vishuddha

Sound, Creative identity, oriented to self-expression

This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language. Bija Mantra: HAM

Chakra Four: Anahata

Air, Social identity, oriented to self-acceptance

This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, and have a deep sense of peace and

centeredness. Bija Mantra: YAM

Chakra Three: Manipura

Fire, Ego identity, oriented to self-definition

This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power. Bija Mantra: RAM

Chakra Two: Svadhisthana

Water, Emotional identity, oriented to self-gratification

The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change. Bija Mantra: VAM

Chakra One: Muladhara

Earth, Physical identity, oriented to self-preservation

Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence. Bija Mantra: LAM