



THE CHAKRA MANUAL



A simple practical guide



Traditional writings mention 88,000 chakras. Most of these are extremely small and only have a minor role to play in the energy system. Only approximately 40 secondary chakras can be considered significant. The most important ones are located in the area of the spleen, the back of the neck, the palms of the hands and the soles of the feet.

The 7 primary chakras are situated along a central, vertical axis at the front of the body. Their true seat is in the ethereal body (bearer of the energies of life). They resemble funnel-shaped blossoms with energy channel (called **Nadis** in Sanskrit) attached to them, through which energy can flow.

From the deepest point at the center of each chakra, a channel extends to the spine and merges with it, connecting the chakras with the most important energy channel: the **Shushumna**, which rises within the spine to the top of the head.

The chakras are in a constant state of rotation (chakra means “wheel” in Sanskrit). Their rotating attracts energy and draws it in, or gives it off, depending on the direction of the rotation. They either rotate RIGHT (clockwise) or LEFT (anticlockwise).

Every clockwise rotation is primarily MALE, or YANG in nature and represents WILLPOWER and ACTIVITY, as well as the negative aspects of AGGRESSION and FORCE.

Every anticlockwise rotation is FEMALE or YIN in nature and represents RECEPTIVENESS and AGREEMENT, as well as the negative aspects of PASSIVITY and WEAKNESS.

Most people’s chakras extend about 4 inches in all directions from their point of origin. The size and vibration rate of the chakras determine the amount and quality of the energy they can absorb from various sources. These energies come from the cosmos, the stars, nature, from all things and people in our environment, our different subtle bodies, and the non-manifest basis of all beings. These energies partially reach the chakras via the Nadis, but they also flow into them directly.



The 2 most important and fundamental forms of energy enter the human system via the root center and the crown center. These 2 chakras are connected by the Shushumna, which in turn is connected to the chakras to provide them with vital energy (**Prana**).

The first one: The **Kundalini** enters the system through the root center. It represents the creative cosmic energy, referred to as **Shakti**, the female expression of the Creator in Indian teachings. The Kundalini supplies the chakras with the vibration that man has needed during his evolution to gain various energetic and material capabilities and integrate them into his life.

The second one is the energy of pure Divine being, the un-manifested aspect of the Creator, the energy which enables man to recognize the unformed aspect of Divine Being as the unchangeable, and omnipresent basis of all levels of manifestation. This energy enters the body through the crown chakra and is referred to as **Shiva**, the great destroyer of ignorance.

Besides the Shushumna, there are 2 additional energy channels known as **Ida** and **Pingala**.

Ida is the carrier of lunar energy which is cool and calming. This channel begins on the left side of the root chakra and ends in the left nostril.

Pingala is the carrier of solar energy which is full of heat and drive. This channel begins on the right side of the root chakra and ends in the right nostril.

Ida and Pingala can take Prana directly from the air via our breath and discharge toxic matter when we breathe out. Together with the Shushumna they represent the 3 main channels of the energy system.

The chakras also take up direct vibrations from the environment when these correspond to their individual frequencies. In this respect, chakras act as receivers of the energy, vibrations and information transcending the physical realm. They are the opening that connect us with the unlimited world of subtle energies. To experience wholeness, creativity, knowledge, strength, love and bliss, the chakras must be open and work together harmoniously.



Muladhara

Sanskrit: Root Support

Color: Red

Associated Element: Earth

Sense: Smell

Basic Principle: Physical will of being

Message:

Ground the spirit in the material world

Physical Aspects:

Body parts: Skeletal system, legs, knees, feet, teeth, skin, anus, rectum, colon.

Glands: Adrenal located on top of the kidneys. They produce adrenaline which helps the body adjust to sudden stress and cortisol which helps with immunity, metabolism and blood pressure.

Dysfunctions: Osteoporosis, skin problems, legs or joints problems, dental issues, sciatica, varicose veins

Emotional Aspects: Survival and security

Balanced: Self-mastery, high energy, good physical health, grounded, secure

Too Open: Overly materialistic, self-centered

Blocked: Feeling sluggish, needy, low self esteem

Negative Emotion: Fear

Associations:

Goals: Grounding, stability, health and fitness, security

Social Aspect: Finding your tribe, fitting in, family

Learning Curve: Stand up for yourself

Archetypes:

Unbalanced: The Victim: Reliant on external world, helpless state, fear, disempowered. Victims let themselves become vulnerable, needy and ungrounded. They feel that they cannot exert influence, effect change, or take control of situations, that life is unfair, that it is always people's fault, that everyone is against them.

Balanced: The Mother: Ability to nourish, take care of life, sensitivity, harmony, balance vigilance, responsibility. This archetype is associated with nourishment, caring, and unconditional love. Attending to one's own inner child by mothering oneself and keeping safe and comforted, nurtures this positive archetype.

Mantra: LAM

Mudra: Bhu Mudra: Gesture of Mother Earth. Place the fingertips of your right index and middle fingers on the floor, pressing them gently against the Earth, while the other fingers can naturally curl into the palm of the hand, to be held in place by the thumb. The palm of the left hand rests on the top of the left knee.



Focus of Attention: Base of the body, perineum.

Affirmation: I am always safe, grounded and protected at the very core of my Being.



Svadhishthana

Sanskrit: Self dwelling place or One's own abode

Color: Orange

Associated Element: Water

Sense: Taste

Basic Principle: Creative reproduction of being

Message:

Pleasure, well-being, sexuality, and abundance

Physical Aspects:

Body parts: Bladder, lower back, womb, kidneys, reproductive organs

Glands: Gonads (Ovaries and Testes) for reproductive and sensual functions

Dysfunctions: Lower back pain, fertility problems, UTI, kidney, spleen and gallbladder dysfunction

Emotional Aspects: Pleasure and well-being

Balanced: Creative, sensual, intelligent, attuned to your feelings

Too Open: Emotional imbalance, fantasizing, manipulative, addictions

Blocked: Overly sensitive, too hard on yourself, closing off to pleasure

Negative Emotion: Guilt

Associations:

Goals: Allowing pleasure and creative expression

Social Aspect: One to one relationships

Learning Curve: What motivates your choices

Archetypes:

Unbalanced: The Martyr: Full of suffering, unable to make changes, stays enmeshed, relinquishes happiness. Martyrs revel in self-pity, they are the "poor me" of society. They make what they regard as sacrifices for others that are rarely appreciated or even acknowledged. They feel they deserve all the bad, to be unhappy.

Balanced: The Sovereign: Worldly power, earthly pleasure, delights in abundance, strong emotional sense of life, pleasure and fun. These individuals are not necessarily any luckier than anybody else, but they will always see the positive in life. They focus on beauty and gratitude.

Mantra: VAM

Mudra: Yoni Mudra: Gesture of the Womb. Interlace the fingers inward in front of the lower abdomen.



Extend the index fingers, placing the fingertips together. Do the same with the thumbs.

Focus of Attention: Four fingers below the navel.

Affirmation: I flow with the rhythms of life, totally open to the goodness around me.



Manipura

Sanskrit: City of Jewels

Color: Yellow

Associated Element: Fire

Sense: Sight

Basic Principle: Shaping of being

Message:

Self-esteem, worth, confidence, decision-making, personal power

Physical Aspects:

Body parts: Abdomen, digestive system, stomach, liver, spleen, gallbladder, muscles, autonomic nervous system

Glands: Pancreas located behind the stomach. It secretes insulin, which regulates our sugar level and digestive enzymes which balances fats and proteins.

Dysfunctions: Stomach ulcers, fatigue, allergies, diabetes, obesity, digestive problems

Emotional Aspects: Power and self-worth

Balanced: Self-respect, personal power, balance, spontaneity

Too Open: Feelings of superiority, control issues, workaholic

Blocked: Feelings of being judged

Negative Emotion: Anger

Associations:

Goals: Effectiveness, endurance, self-respect

Social Aspect: Individuality, relationship to self

Learning Curve: Have courage to be yourself and take risks

Archetypes:

Unbalanced: The Drudge: Undervalues itself, does not honor basic worth, neglected and receives little acknowledgement. When life is a drudge, we are experiencing no power to make up our mind whether to get into the experience or not. This affects ourselves and those around us. "As within, so without." The drudge gives power to others and waits for validation.

Balanced: The Warrior: Hero, heroine, take control, harness willpower, empowered. The warrior has power over themselves. The warrior element enables us to be successfully assertive with ourselves and with others by not being judgmental, not taking things personally, not allowing abuse from others and by having grace and dignity.

Mantra: VAM

Mudra: Matangi Mudra: Gesture of the Goddess of Transformation. Interlace the fingers in front of the solar plexus. Extend the middle fingers, pressing them together.



Focus of Attention: Solar Plexus

Affirmation: I align my personal energies and find my place in the world.



Anahata

Sanskrit: Unstuck sound
Color: Green or Pink or Gold
Associated Element: Air
Sense: Touch
Basic Principle: Devotion, self-abandon

Message:

Love, joy, unity, kinship, and peace

Physical Aspects:

Body parts: Heart, lungs, upper arms, shoulders, chest, thorax, blood circulation system

Glands: Thymus located behind the sternum, between the lungs. It regulates growth and controls the lymphatic system. It also stimulates the immune system.

Dysfunctions: High blood pressure, respiratory disorders, heart problems, cancer, upper back, shoulder or arm pain.

Emotional Aspects: Form loving bonds with others

Balanced: Compassionate, nurturing, unconditional love

Too Open: Possessive, conditional love, over dramatic

Blocked: Feeling unworthy and fearful

Negative Emotion: Grief

Associations:

Goals: Compassion, forgiveness, love

Social Aspect: Unconditional acceptance of others

Learning Curve: Forgive yourself and others

Archetypes:

Unbalanced: The Performer: Hide dark feelings, hidden agendas of power and dominance, incapable of intimacy, everything is an act.

Balanced: The Lover: Love ourselves, free of spirit, generous, happy, in touch with feelings, sense of movement. Love is real, genuine, non-judgmental, kind.

Mantra: YAM

Mudra: Padma Mudra: Gesture of the lotus flower. Place the palms of the hands together in front of the heart. Keep the base of the palms together, with the thumbs and the little fingers joined, while spreading the other fingers wide, like an unfolding flower.



Focus of Attention: Energetic heart at the center of the chest, slightly to the right.

Affirmation: I expand the boundaries of my heart to accept myself, others, and the world as they are.



Vishuddha

Sanskrit: Especially pure Color: Light or teal blue Associated Element: Ether Sense: Hearing Basic Principle: Resonance of being	Message: Truth, communication, integrity, will power, and creativity
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Physical Aspects:

Body parts: Ears, nose, throat, jaw, thyroid, neck, voice, gums, esophagus

Glands: Thyroid located at the base of the neck. It primarily influences the metabolic rate and protein synthesis. It also plays an important part in growth and development of the skeleton and inner organs.

Dysfunctions: Sore throat, hearing problems, tinnitus, thyroid dysfunction, gum disorders

Emotional Aspects: Express feelings clearly and honestly

Balanced: Communicate well, easily inspired, mind still, speak truth with love

Too Open: Over talkative, dogmatic, arrogant, self-righteous

Blocked: Unreliable, afraid to speak our truth, fickle

Negative Emotion: Distrust

Associations:

Goals: Harmony with others and knowledge of self

Social Aspect: Relationship with self

Learning Curve: Personal expression

Archetypes:

Unbalanced: The Masked Self: Suppresses and holds on to feelings, does not reveal hurt, pain or anger openly, hides in pain and shame. Insincerity, not speaking their truth, not heard.

Balanced: The Communicator: Honest –sincere communication; speaking up, being heard, expressing feelings and thoughts with purpose. Knows their truth, speaks with ease and from the heart. Ability to pass on information in an appropriate manner befitting the occasion and the recipients.

Mantra: HAM

Mudra: Granthita Mudra: Interlace your last three fingers (middle, ring and pinky) together inside of your hands. Interlock the index fingertips and thumbs to form two rings and hold this mudra in front of the base of your throat.



Focus of Attention: Throat

Affirmation: I am totally purified in my inner truth and ready to recognize and share my vocation with others.



Ajna

Sanskrit: To perceive or to command Color: Indigo Associated Element: None Sense: All senses, including extrasensory perception Basic Principle: Knowledge of being	Message: Wisdom, knowledge, intuition, discernment, and imagination
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Physical Aspects:

Body parts: Eyes, sinuses, central nervous system, cerebellum

Glands: Pituitary located at the base of the brain, just below the hypothalamus. The hormones of the pituitary gland help regulate the functions of other endocrine glands.

Dysfunctions: Headaches, poor vision, neurological disorders, neurosis, glaucoma

Emotional Aspects: Connect with spiritual realm

Balanced: Highly intuitive, charismatic, psychic

Too Open: Too logical, dogmatic, authoritarian, arrogant

Blocked: Fear of success, playing small

Negative Emotion: Confusion

Associations:

Goals: To be able to see with our 3rd eye, “hear” our intuition

Social Aspect: Relationship with our soul

Learning Curve: Emotional intelligence

Archetypes:

Unbalanced: The Rationalist: Opinionated, doubt, confusion attempts to master chaos, suppresses feelings, rationalizes, irrational, overthinks, controls. The Rationalist lives by a strict set of rules, does things by the book and lives an increasingly limited life.

Balanced: The Psychic: Inner sight, uses intuition to guide, interprets symbols, uses imagination and intuitive skills to guide others. The Psychic is in tune with their instinctual and emphatic self. They don't just live by the book, they are able to bring their instincts and insights alive to serve life.

Mantra: AUM (OM)



Mudra: Jnana Mudra: Gesture of knowledge. Rest the back of the hands on the top of the knees. Place the tips of the thumbs and index fingers together, extending the other fingers.

Focus of Attention: Point between the eyebrows.

Affirmation: I surrender to each opportunity that life gives me as a gift for clarifying my vision and inner truth.



Sahasrara

Sanskrit: 1000 Petals

Color: Violet or White or Gold

Associated Element: None

Sense: None

Basic Principle: Purest being

Message:

Beauty, spirituality, connection with the Divine Source

Physical Aspects:

Body parts: Cerebrum

Glands: Pineal located deep in the center of the brain. It produces melatonin, which helps maintain circadian rhythm and regulate reproductive hormones.

Dysfunctions: Sleeplessness, inability to wake up, wakefulness

Emotional Aspects: Acceptance of self and inner light

Balanced: Appear to achieve miracles, be at peace

Too Open: Manic depression, living in a dream world

Blocked: Exhausted, difficulty making decision

Negative Emotion: Paranoia

Associations:

Goals: Expanded consciousness

Social Aspect: None

Learning Curve: Selflessness

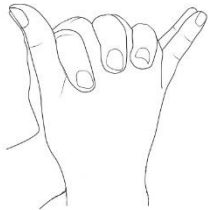
Archetypes:

Unbalanced: The Egocentric: Narcissistic, boastful and ungrateful proud arrogant. Builds their empire for themselves, sees no need for guidance. Self-determination and tight control over their own lives makes egocentrics overvalue materialism.

Balanced: The Guru: Acknowledges Divine Source, Grace come from within, mastery, strives for success but not egocentric, takes counsel, listens to their intuition, shares their success, humble, kind, compassionate, grateful. Holds many keys to successful and happy living of this life,

Mantra: AUM (OM or OM OGUM SATYAM OM)

Mudra: Mahamayuri Mudra: Gesture of wisdom. Interlace your fingers to form an internal handclasp then bring the two little fingers and thumbs close together.



Focus of Attention: The Crown. On the inhalation, draw breath from the base of the body all the way to the crown of the head. On the exhalation, from the crown of the head all the way down to the base of the body.

Affirmation: So Ham, I am... Brahman, Unity of Consciousness...already always present.



Additional Associated Factors

Chakra	Theme	Rotation Direction Female - Male		Tone	Gemstones	Aromas	Planets
		YIN (Anticlockwise-Left)	YANG (Clockwise-Right)				
ROOT Muladhara	Primal vital energy, primal trust, relating to Earth and materiality, stability, the power to succeed	YIN (Anticlockwise-Left)	YANG (Clockwise-Right)	C	Agate, Bloodstone, Garnet, Red Coral, Ruby	Cedar, Clove	Mars, Pluto, Saturn
SACRAL Svadhithana	Primal feelings, flowing with life, sensuality, eroticism, creativity, awe, enthusiasm	YANG (Clockwise-Right)	YIN (Anticlockwise-Left)	D	Carnelian, Moonstone	Ylang Ylang, Sandalwood	Moon, Venus, Pluto
SOLAR PLEXUS Manipura	Unfolding of personality, working on feelings and experience, shaping one's being, influence and power, strength, wisdom	YIN (Anticlockwise-Left)	YANG (Clockwise-Right)	E	Tiger's eye, Amber, Yellow Topaz, Citrine	Lavender, Rosemary, Bergamot	Sun, Jupiter, Mercury, Mars
HEART Anahata	Unfolding of qualities of the heart, love, compassion, sharing, heartfelt empathy, selflessness, devotion, healing	YANG (Clockwise-Right)	YIN (Anticlockwise-Left)	F	Kunzite, Emerald, Green Jade, Rose Quartz, Pink Tourmaline	Rose	Sun, Venus, Saturn
THROAT Vishuddha	Communication, creative self-expression, openness, expansiveness, independence, inspiration, access to the subtle levels of being	YIN (Anticlockwise-Left)	YANG (Clockwise-Right)	G	Aquamarine, Turquoise, Chalcedony	Sage, Eucalyptus	Mercury, Mars, Venus, Uranus
3RD EYE Ajna	Functions of recognition, intuition, development of inner senses, mental powers, projecting one's will	YANG (Clockwise-Right)	YIN (Anticlockwise-Left)	A	Lapis Lazuli, Indigo Sapphire, Sodalite	Mint, Jasmin	Mercury, Jupiter, Uranus, Neptune
CROWN Sahasrara	Perfection, highest recognition through inner contemplation, union with the Universal Being, universal consciousness	YIN (Anticlockwise-Left)	YANG (Clockwise-Right)	H	Amethyst, Rock Crystal	Olibanum, Lotus	Saturn, Neptune



There are many ways or therapies for cleansing and activating the chakras. Choose one or more that appeal to you most and practice them as often as possible. Here are listed below a few of them:

- 🌸 Experiencing nature
- 🌸 Sound therapy (listening to and dancing to music, singing, chanting mantras...)
- 🌸 Color therapy (color therapy lamp or glasses, color meditation...)
- 🌸 Gemstone therapy (in meditation, as a jewel or amulet, in a grid...)
- 🌸 Aromatherapy (essential oils, candles...)
- 🌸 Yoga
- 🌸 Reflexology or massage
- 🌸 Reiki
- 🌸 Physical exercises

And many more...

Happy Chakra healing!

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Edited from information found in:

“*The Chakra Handbook*” by Shalila Sharamon & Bodo J. Baginski

“*Chakras and their Archetypes*” by Ambika Wauters

“*Mudra Sequence for balancing Chakras*” by Lilan Le Page