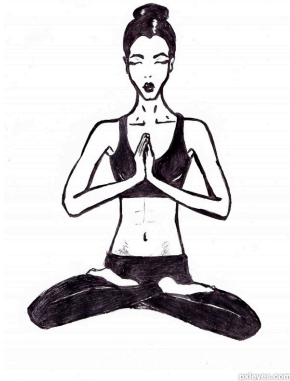


Yoga: The 7 Chakras

Salutation



“NAMASTE” - Sanskrit word meaning literally” I bow to you.”

Other interpretations:

"I honor the Spirit in you which is also in me."

"Your spirit and my spirit are ONE."

"All that is best and highest in me greets/salutes all that is best and highest in you."

"I bow to you. The light within me honors the light within you."
(Wikipedia)

Vocabulary

Chakras: Centers of radiating life force or energy that relate to major nerve plexuses and glands in the physical body. There are seven chakras that store and release life force, energy. Simplified, they are: the top of the head; the brow, slightly above and between the eyebrows; the throat, the heart, the solar plexus, digestive center; the base of the spine; and the sacral center, located three to four inches above the base of the spine.

Dharma: Self-discipline, the life of responsibility and right action.

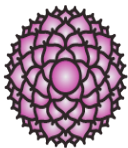
Karma: The sum of a person’s actions in this and previous states of existence, viewed as deciding their fate. The law of cause and effect.

Meditation: Inward attention to enable a person to get more out of life and move more completely in the direction one intends to.

Mantra: Sacred chant words.

Seven Chakras

I. Sahasrara: The Crown Chakra



Sahasrara is generally considered to be the chakra of pure consciousness. Symbolized by a lotus with one thousand petals, it is located at the crown of the head. Sahasrara is represented by the color violet and it involves such issues as inner wisdom and the death of the body. Sahasrara's inner aspect deals with the release of karma, physical action with meditation, mental action with universal consciousness and unity, and emotional action with "beingness".

II. Ajna: The Brow Chakra



Ajna is also known as the third eye chakra. Ajna is symbolized by a lotus with two petals, and corresponds to the color white, indigo or deep blue. Ajna's key issues involve balancing the higher & lower selves and trusting inner guidance. Ajna's inner aspect relates to the access of intuition. Mentally, Anjan deals with visual consciousness. Emotionally, Ajna deals with clarity on an intuitive level.

III. Vishuddha: The Throat Chakra



Vishuddha may be understood as relating to communication and growth through expression. Symbolized by a lotus with sixteen petals. Vishuddha is characterized by the color light or pale blue, or turquoise. It governs such issues as self-expression and communication, as discussed above. Physically, Vishuddha governs communication, emotionally it governs independence, mentally it governs fluent thought, and spiritually, it governs a sense of security.

IV. Anahata: The Heart Chakra



Anahata is related to the **thymus**, located in the chest. Anahata is symbolized by a lotus flower with twelve petals. Anahata is related to the colors green or pink. Key issues involving Anahata involve complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and well being. Physically Anahata governs circulation, emotionally it governs unconditional love for the self and others, mentally it governs passion, and spiritually it governs devotion.

V. Manipura: The Solar Plexus Chakra



Manipura is related to the metabolic and digestive systems. Symbolized by a lotus with ten petals. The color that corresponds to Manipura is yellow. Key issues governed by Manipura are issues of personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex. Physically, Manipura governs digestion, mentally it governs personal power, emotionally it governs expansiveness, and spiritually, all matters of growth.

VI. Svadhisthana: The Sacral Chakra



Svadhisthana is located in the sacrum and is considered to correspond to reproductive system. The Sacral Chakra is symbolized by a lotus with six petals, and corresponds to the color orange. The key issues involving Svadisthana are relationships, violence, addictions, basic emotional needs, and pleasure. Physically, Svadisthana governs reproduction, mentally it governs creativity, emotionally it governs joy, and spiritually it governs enthusiasm

VII. Muladhara: The Base Chakra



Muladhara or root chakra is related to instinct, security, survival and also to basic human potentiality. This centre is located in the region between the genitals and the anus. Muladhara is symbolized by a lotus with four petals and the color red. Physically, Muladhara governs sexuality, mentally it governs stability, emotionally it governs sensuality, and spiritually it governs a sense of security.