

## Cakras Chart

(Updated October 29, '11)

8 Sahasrara Many Colors	Thousand Petal Top Cranium	Sirsasana Timeless	Caitanya		Pride of Samadhi Blessing Showers Samasdhi Irrelevant
7 Soma-Bindu Silvery Light Blue	Nectar	Yoga Mudra Element-less			
6 Ajna Brt. Blue	Order/Command Third Eye	Yoga Mudra MahaTattva-Space Aumn(g)	Bhramari Infinity Sign Hakini	Shanmukhi Sixth I-Sense	unResolved Time -ve Will Power Time Collapses Time Resolved
5 Vishuddhi Smky Purple	Purification Throat/Carotid Pl.	Viparita Karni Halasana Sarvangasana Setubandha for Relaxing Throat or backbends for stretching throat Akasha-Ether Humn(g)	Crescent Shakini	Hearing Ears/Thorat Thought Locus	Spiritual Impatience  Equanimity Spiritual Pride
4 Anahata Sm. Colorless	Unstricken Cardiac Plex.	Ustrasana Meditative Postures Vayu-Air Yumn(g)	Hexagram Kakini	Touch Skin	+ve Love I does not need Emotional Security
3 Manipur Red	Gem City Navel/Solar Plex.	Backbends Dhanurasana Nauli Agni-Fire Rumn(g)	Triangle Lakini	Sight Eye	Physical Security +ve Fear I does not need Physical Security ve Fear
2 Svadishtana Lt. Blue	Dwelling Hypogastric Genital Plexus	Bhujangasana Supta Badhhakona on Bolster Apas-Water Vumn(g)	Circle Rakini	Taste Tongue	Pleasure/Pain Joy (Non-sensual) Pleasure/Pain
1 Muladhar Golden Yellow	Foundation Anal Plexus	Setubandha Prithvi-Earth Lumn(g)	Square Dakini	Smell Nose	Greed Trustee Generosity
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No Cakra Color	Deity Deity Work Organ	Granthi Vayu	Plane Planet	Plane Aspects	Other Aspects
8 Sahasrara Many Colors	Shiva Guru within	Jyotir  Beyond All	Satyam	Plane of Reality  Non-Separation	+ Seedless  Conciousness
7 Soma-Bindu Silverin Light Blue	Kameshvara/ri		Satyam Ketu/Rahu	Reality With Separation	+ With Seed Conciousness
6 Ajna Brt. Blue	Paramshiva Ardhanarisvara Mind I-Sense	Rudra  All Five	Tapaha Saturn	Plane of Austerity	Witness Austerity Detachment
5 Vishuddhi Smky Purple	Sadashiva Panchavaktra Vocal Chords	Udana	Janaha Jupiter	Human Plane Human Knowledge	Fear-Ego Love-Unity
4 Anahata Sm. Colorless	Ishana Rudra Hands Arms	Vishnu  Prana	Maha Venus	Plane of Balance  Median Balance	Activity  Contentment
3 Manipur Red	Braddha Rudra Feet Legs	Samana	Svaha Sun	Celestial Plane Form-Ego	Anger Radiance
2 Svadishtana Lt. Blue	Vishnu Genitals, kidney	Vyana	Bhuvah Mercury	Astral Plane Procreation	Attachment Purity
1 Muladhar Golden Yellow	Ganesha Bala Bhrama Anus	Brahma Apana	Bhu Mars	Physical Plane Shelter/Food	

Refer to Cakras  
notes at  
[www.yogirama.com/  
CakrasNotes.html](http://www.yogirama.com/CakrasNotes.html)