

KUNDALINI YOG

The Chakras



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AJNA

The Ajna Chakra is located in the brain directly behind the eyebrow.

Tattva: Mind/Intellect

Colour: Purple

Bija Mantra: OM

Issues: feelings of inadequacy, openness to the ideas of others, emotional intelligence, learn from experience, lacking trust of one's intuition, see past the physical

MOOLADHARA

The Mooladhara Chakra is located in the perineum between the anus and the genitals for males and the posterior side of the cervix for females. It is associated with the sense of smell.

Kundalini resides in the Mooladhara chakra. When the mooladhara awakens the first thing a practitioner may notice is levitation of the astral body. Psychic abilities can be clairvoyance and clairaudience.

The awakening of the mooladhara releases repressed emotions and one may feel/do a variety of things such as a sudden need to sleep deeply for hours, becoming very talkative, or becoming irritable.

Tattva: Earth

Colour: Red

Bija Mantra: LAM

Issues: security drive, possessions, material objects, security, trust, fend for yourself, you have to do it all alone, the world is a scary place, worry about the things you can't change, back pain, sciatica, varicose veins, immune system, teeth, large intestine, feet

SVADHISTANA

Svadhistana Chakra is located at the base of spinal column, at the level of the coccyx or tailbone.

Tattva: Water

Colour: Orange

Bija Mantra: VAM

Issues: According to Swami Satyananda Saraswati this Chakra stores all karma so it is suggested to first awaken the Ajna Chakra. Healthy relationships, healthy sexuality, cultivate abundance, sexual abuse, gender issues, guilt and blame, lower back pain, bladder, uterine, kidney

MANIPURA

Manipura Chakra is located between the navel and solar plexus.

Tattva: Fire

Colour: Yellow

Bija Mantra: RAM

Issues: digestion, self esteem, sense of purpose, sensitivity to criticism, issues of control, personal identity, eyes, vision, liver, diabetes, arthritis, ulcers, colon, intestinal, fatigue, hepatitis, "How do you digest your life?"

ANAHATA

Anahata Chakra is located at the heart.

Tattva: Air

Colour: Green

Bija Mantra: YAM

Issues: take responsibility for actions, free will, no discrimination, everything happens for a reason, cultivate compassion, heart, circulatory system, lungs, shoulders, arms, breast, resentment, self-centered, grief, loneliness,, forgiveness, trust, heartache

VISHUDDHI

Vishuddhi chakra is located in the throat, corresponding closely to the thyroid chakra.

The awakening of the vishuddhi chakra results in the awakening of telepathic powers.

Tattva: Space

Colour: Blue

Bija Mantra: HAM

Issues: communication, feel at home anywhere, talking (intellect + ajna), perception, discernment, speaking your truth

In India the techniques in Kundalini Yoga have been handed down for thousands of years. Through these techniques the dedicated practitioner can not only heal their physical body but also transcend to spiritual enlightenment.