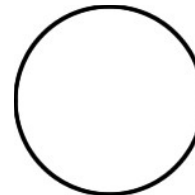


## The Chakras

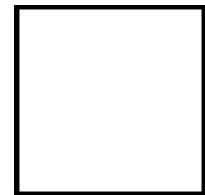
Chakra (pronounced ShOK-ra) is Sanskrit for "wheel". The Chakras are energy centers of the body. It is thought that all personal magic, health, and energy emanates these energy centers. To the left is a diagram of the Chakras on a model.

## Tatwas

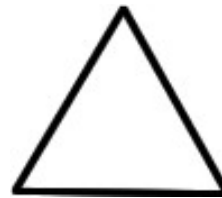
Some eastern magical systems use the following symbols to represent the four magical elements. These symbols are also used in the depiction of the chakras.



Air



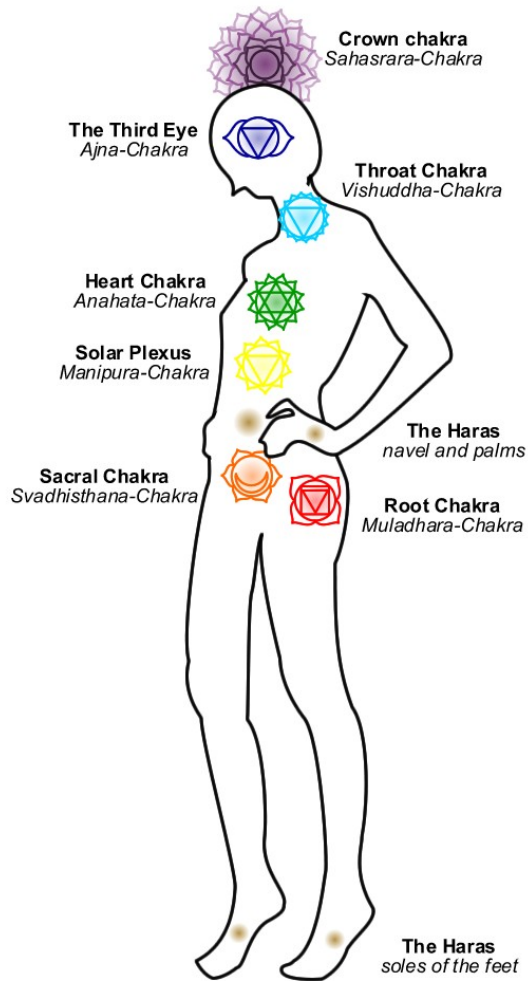
Earth



Fire

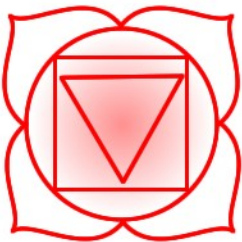


Water



## The Seven Chakras

### The Root Chakra *Mudlahara*



Located at the base of the spine, the Root Chakra houses the mythic energy serpent Kundalini. When the Kundalini energy is awakened it travels up the spine and opens all other Chakras. It corresponds to the adrenal glands.

Rules: Life force, energy, vigor, confidence, overall health and well-being

Color: Red

Sephira: Malkuth

Sense: Sight

Gemstones: red jasper, ruby, garnet, bloodstone

Mantra: I am a strong and stable person.

Chant: E (long e as in "be")

Note: C – do

### **The Sacral Chakra** *Svadhithana*



The Sacral Chakra is located in the sexual organs. It corresponds to the gonads.

Rules: Sexuality, animal instinct, competition, contentment

Color: Orange

Sephira: Yesod

Sense: Smell

Gemstones: carnelian, tigers eye, amber

Mantra: I am a sensual and successful person.

Chant: Eh (short e as in "bet")

Note: D – re

### **The Solar Plexus**

#### *Manipura*



The Solar Plexus is located midway between the navel and the tip of the breastbone. If you have trouble finding it, vibrate the letter "M". The vibrations emanate from the Solar Plexus. It corresponds to the pancreas.

Rules: Digestion, hunger, perception of self, cleansing

Color: Yellow

Sephira: Hod & Netzach

Sense: Taste

Gemstones: topaz, yellow jasper

Mantra: I am a pure and fulfilled person.

Chant: Ah (short a as in "ball")

Note: E – me

### **The Heart Chakra** *Anahata*



The Heart Chakra, located under the breastbone corresponds with the thymus gland. The Heart Chakra is depicted with the Seal of Solomon in the center of it, as it is the Chakra that unites the energies of the base Chakras and the Higher Chakras; 'As above, so below'. This Chakra was thought to be the animating force, and the center of thought to Ancient Egyptians.

Rules: Love, emotion, friendship, humanity, affection, feeling, empathy

Color: Green

Sephira: Tiphareth

Sense: Touch

Gemstones: jade, emerald, rose quartz

Mantra: I am a loved and loving person.

Chant: A (long a as in "hay")

Note: F – fa

### **Throat Chakra** *Vishuddah*



The Throat Chakra is located just below the Adam's apple, near the divot at the base of the neck. The Throat Chakra corresponds to the thyroid gland.

Rules: Communication, vocalizing, opinions, ideas, inspiration, creativity

Color: Light to true blue

Sephira: Gevurah & Chesed

Sense: Sound

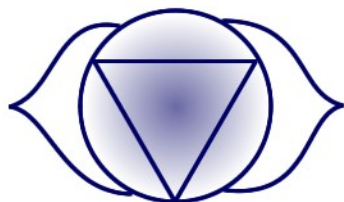
Gemstones: turquoise, blue topaz, sodalite

Mantra: I am a creative person with valuable ideas.

Chant: O (long o as in "no")

Note: G – sol

### **The Third Eye Chakra** *Anja*



The Third Eye Chakra is near the center of the forehead. It is with this "eye" that you see when dreaming. Opening this Chakra is an integral part of developing your intuition. The Third Eye corresponds to the pineal gland.

Rules: Intuition, divination, astral travel, dreams, psychic power

Color: Dark blue to indigo

Sephira: Binah & Chokmah

Sense: Intuition

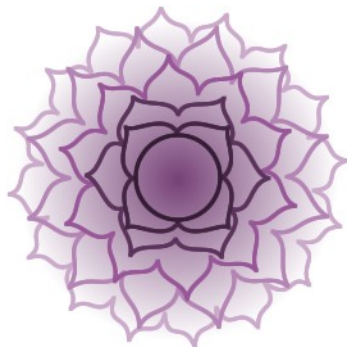
Gemstones: lapis lazuli, sapphire

Mantra: I am open to listening to my inner wisdom.

Chant: OM (as in "home")

Note: A – la

### **The Crown Chakra** *Sahasrara*



The Crown Chakra, or the "Thousand Petaled Lotus", represents the body in contact with the Divine Spirit. Enlightenment is said to be achieved when the Crown Chakra is fully opened. The Crown Chakra corresponds with the pituitary gland.

Rules: Communion with the Divine, enlightenment, intelligence, wisdom

Color: Violet and white

Sephira: Kether

Sense: Spirit

Gemstones: amethyst, quartz, diamond, pearl

Mantra: I am at one with the Divine.

Chant: U (long u as in "you")

Note: B - ti