

	1/Root	2/Sacral	3/Solar Plexus	4/Heart	5/Throat	6/Third Eye	7/Crown
Sanskrit Name	Muladhara	Svadhithana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Colour	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Element	Earth	Water	Fire	Air	Ether	Thought	Light
Symbol	Square	Pyramid	Circle	Cross	Cup / Chalice	Star David	Lotus
Area	Base spine	Womb / Perineum	Below Navel	Heart	Throat	3 rd Eye	Crown
Gland	Testicles / Vagina	Adrenal	Pancreas	Thymus	Thyroid	Pituitary	Pineal
Body Part	Feet / Legs	Kidneys	Digestive System + Liver	Lungs	Ear	Eyes	Nervous System
Crystal	Ruby / Bloodstone	Coral	Amber / Citrine	Tourmaline	Turquoise	Lapislazuli / Quartz	Amethyst / Diamond
Sense	Smell	Taste	Sight	Touch	Auditory	Clairvoyance	Contemplation
Emotion	Sexuality	Trust	Willpower	Love	Expression all emotions	Clarity	Compassion
Planet	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
Metal	Lead	Tin	Iron	Copper	Mercury	Silver	Gold
Food	Proteins	Water, Tea	Grains	Vegetables	Raw Fruit	Air / Chlorophyll	Sunlight / Fasting
Sound	Percussion	Harp, strings	Brass	Wind	Voice	OM	Silence
Mantra	LAM	VAM	RAM	YAM	HAM	AUM	ANG
Musical Note Tone	C / OH	D / OOO	E / AH	F / AY	G / EE	A / MMM	B / AHH
Focus	Grounding	Feelings	Mental Energy	Harmony	Creativity	Intuition	Enlightenment
Mudra	Thumb + Index fingers touch	Palms up right on top of left joint thumbs	Palms together pointing forwards	Index + thumb touch right hand on heart + left on knee	Fingers interlaced thumbs touching hand on stomach	Middle fingers touch rest are bent in front chest	Little fingers together rest interlaced on stomach
Purpose	Survival	Creativity Sexuality Deepest desires	Will Power Balance attitude	Love Relating Sharing	Expression Release	Intuition Wisdom Imagination	Spiritual Connection Wisdom

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