

CHAKRA	1° CHAKRA	2° CHAKRA	3° CHAKRA	4 ° CHAKRA	5° CHAKRA	6° CHAKRA	7° CHAKRA
SANSKRIT NAME	MULADHARA	SVADHISHTHANA	MANIPURA	ANAHATA	VISHUDDHA	AJNA	SAHASRARA
COLOR	Red (also black)	Orange	Yellow	Green (also pink)	Blue - blue	Indigo-purple	White-yellow
NOTE	DO	RE	MI	FA	SOL	LA	SI
MANTRA	LAM	VAM	RAM	IAM	HAM	OM	M
LOCATION	Base of the spine	2-3 cm below the navel	Solar plexus	Heart area, in the middle of the chest	Throat, neck	3 cm above the eyes, on the forehead;	Top of head
FUNCTION	Connects our earth and its energy; governs our instinct for self-preservation and material existence	Considered the center of sexuality, emotion, pleasure and movement	It oversees our personal power, willpower, relationships with other people and with the environment. It is associated with needs such as security, social validation, acceptance, gratification and success and power.	He oversees love for ourselves and for every form of life.	He oversees communication and creativity.	It oversees the ability of vision and intuition, clairvoyance and sixth sense.	Responsible for understanding, knowledge and attitude to spiritual life.
GRUNTS	Adrenal	Ovaries, testicles	Pancreas	Thymus	Thyroid, parathyroid	Pineal gland	Pituitary gland

<b>ORGANS AND INSTRUMENTS</b>	Legs, feet, bone structure in general and the last section of the intestines,	Uterus, genitals, kidneys, bladder, prostate gland and circulatory system	Liver, stomach, gall bladder, intestines and spleen	Heart, circulatory and respiratory systems, lungs and upper limbs	Throat, ears, mouth, face, neck and shoulders	Eyes, skull base and forehead	The cerebral cortex and the central nervous system
<b>DYSFUNCTIONS</b>	Overweight, anorexia, bulimia, hemorrhoids, ischias, constipation, arthritis, leg and knee problems, inability to stand still	Impotence, frigidity, sexual dysfunction in general, uterine problems, malfunction of reproductive organs, bladder or kidney problems, and lower back problems	Related to metabolism (diabetes, hypoglycemia), eating disorders, digestive problems, chronic fatigue, ulcers, cirrhosis, hepatitis and colitis	Asthma, hypertension, heart and lung problems, shoulder and chest pains, immune system deficiency, thymus problems, feeling short of breath, breast problems	Sore throat, neck and hearing problems, colds, thyroid problems, aphasia and voice problems, jaw clenching, oral problems, toxicity and poisoning	Vision problems, headache, night terrors and sinusitis	Depression, confusion, apathy, inability to learn, mental and nervous illnesses, migraines, amnesia, brain-related physical problems
<b>INDEPENDENCE</b>	Underweight, inability to set goals, lack of discipline, perpetual financial problems, chronic disorganization	Rigidity in body and in behavior, impotence, fear of sexuality, very limited social life, fear and denial of pleasure, lack of passion and desire.	Lack of energy and strength, weak willpower, lack of self-respect and self-discipline, difficult and prolonged digestion, tendency to abuse stimulants, victim mentality, inability to finish projects,	Antisocial behavior and isolation, difficulties in sentimental relationships, intolerance towards themselves and others, depression, lack of empathy, fear	Introversion, shyness, fear of discussing and expressing one's own opinion and feelings, difficulty finding words and sentiments, lack of sense of rhythm and	Lack of sensitivity, poor eyesight, poor memory, lack of imagination, inability to visualize, denial of reality, inability to look ahead and develop	Spiritual cynicism, learning difficulties, apathy, overly rigid thinking systems and patterns, energy components and attention paid only to the lower

			emotional and physical frigidity	of relationships, inability to accept.	musical hearing, weak voice.	alternatives.	chakras.
<b>SUPERNATURAL</b>	Overweight, excessive appetite, attachment to material aspects, greed, laziness, chronic fatigue, fear of change, dependence on a sense of security.	Exhibitionism, obsessive search for sexual adventures, domination, over-dependence on emotions, emotional addiction, manipulation by seduction.	High aggressiveness, domineering behavior, tendency and dependence on tranquilizers, excessive excitability, ambition to rule, uncontrolled anger attacks, ignorance.	Excessive jealousy, high demands, difficulty setting boundaries, excessive willingness to sacrifice for others.	Excessive talkativeness, use of words as a means of self-defense, inability to listen to others, dominant tone of voice, tendency to gossip.	Hallucinations, illusions, frequent night terrors, difficulty concentrating.	Spiritual obsessions, frenetic search for esoteric messages, excessive intellectualization, confusion, dissociation from the physical component.
<b>FUNDAMENTAL RIGHTS</b>	To be and to have	Feel the pleasure	Act, manifest your individuality and will	To love and be loved	Speak and listen to the truth	See	Opportunities for learning and knowledge
<b>DEMON</b>	Fear	Guilt	Shame	Pain	Lies	Illusion	Attachment
<b>WORD</b>	I have	I feel	I can	I love	I speak and am listened to	I see	I'm
<b>ASSIGNED ANIMAL</b>	Elephant	Dolphin	Lion	Deer	Howling wolf	Hawk	Butterfly

