

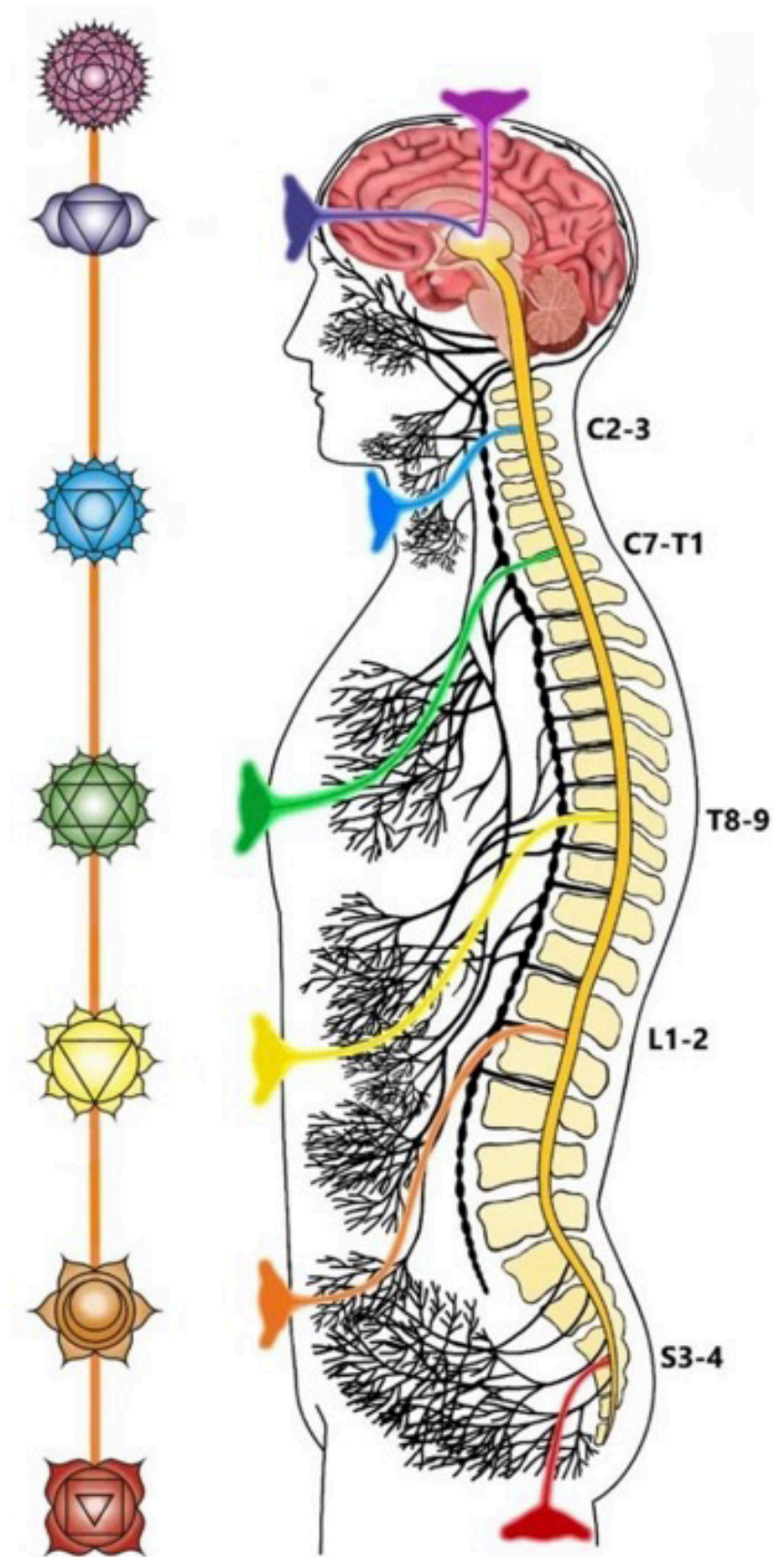


# The Chakras

Presented by Guruwant

# CHAKRAS

- Vortexes of Subtle Energy
- Activated by Interaction of Opposite Energies of Ida and Pingala
- Tridimensional shapes of circulating energy
- Each represents levels of understanding and human experience, related to degrees of attachment and identification



**IDA** originates at the left nostril

Female/Moon quality to prana  
(life force)

Cool, calm, serene

**PINGALA** originates at the  
right nostril

Male/Sun quality to prana

Hot, active, passionate





# MULADHARA

First Chakra

Color: Red

Element: Earth (Prittvī)

Seed Mantra: Lam / EK

Petals: 4

Animal: Elephant

Sense: Smell

Organs / Gland: Organs of elimination, Adrenals

Qualities: Groundedness, stability, security, trust

Right: To Survive; Security

Talent: Acceptance



# SVADISTHANA

## Second Chakra

Color: Orange

Element: Water (Apas)

Seed Mantra: Wam / ONG

Petals: 6

Animal: Crocodile

Sense: Taste

Organs / Gland: Kidneys, Reproductive Organs  
and Glands

Right: To feel and have pleasure

Talent: Creativity



# MANIPURA

## Third Chakra

Color: Yellow

Element: Fire (Agni)

Seed Mantra: Rang / KAR

Petals: 10

Animal: Ram

Sense: Sight

Organs / Glands: Spleen , Pancreas, Liver, Gallbladder,  
Digestive Organs

Qualities: Connection to self, Self esteem, Personal power

Right: To act and to be an individual

Talent: Commitment / Self Empowerment



# ANAHATA

## Fourth Chakra

Color: Green

Element: Air (Vayu)

Seed Mantra: Yam / SAT

Petals: 12

Animal: Antelope

Sense: Touch

Organs / Gland: Thymus, Heart, Lungs

Qualities: Love, compassion, neutral mind, freedom

Right: To love and be loved

Talent: Compassion



# VISSUDHA

## Fifth Chakra

Element: Akasha (Ether)

Color: Bright Blue

Seed Mantra: Ham / NAM

Petals: 16

Animal: White Elephant

Sense: Hearing / Sound

Organs / Gland: Thyroid, Parathyroid, Mouth, Throat

Quality: Communication, Expression, Elevation. Power of the word, power to bless.

Right: To be heard

Talent: Truth





# AJNA

## Sixth Chakra

Color: Indigo

Seed Mantra: Aum / SRI

Deities: Shiva / Shakti

Petals: 2

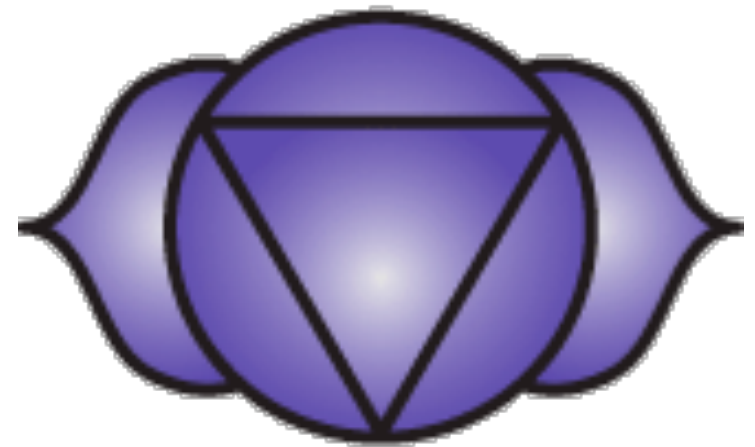
Sense: Clairvoyance, telepathy

Organs / Gland: Brain, Pituitary

Qualities: Concentration, Understanding

Right: To see (the unseen)

Talent: Intuition, Imagination, Wisdom



# SAHASRARA

## Seventh Chakra

Color: Violet

Seed Mantra: Naad / WAHE

Petals: 1,000

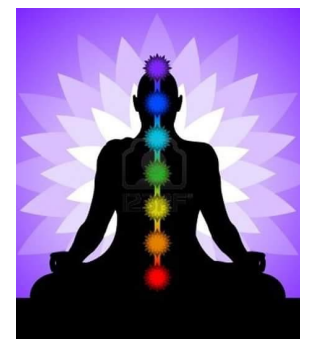
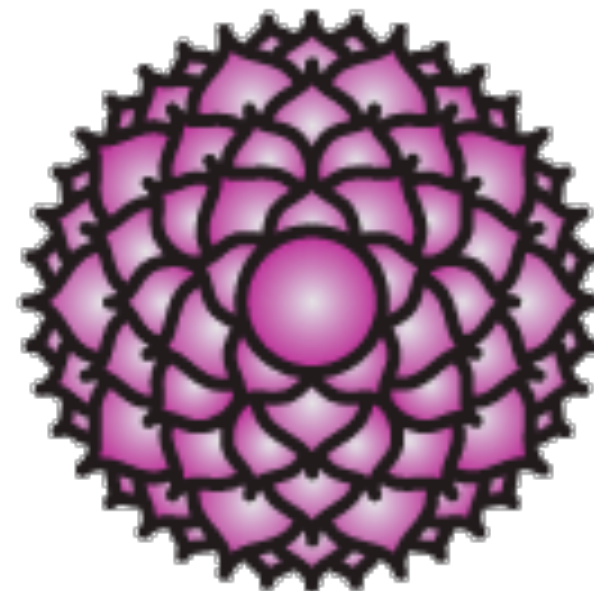
Sense: Multidimensional and extrasensory senses; empathy; oneness

Gland: Pineal

Qualities: Oneness, Spiritual union

Right: To know (the unknown)

Talent: Boundlessness



# AURA

In Kundalini Yoga, we recognize an 8th chakra

Color: white, the color we most often attribute to light itself.

Seed Mantra: GURU

Element: Pure light

Quality: Power of projection, Power of protection

Right: To shine bright; to be a beacon of light

Talent: Radiance



# Kundalini Yoga for the Chakras

Muladhara: Spinal Flex, Crow Squats, Standing poses, Body Drops, Archer Pose, Life Nerve Stretch, Mulband, walking barefoot on earth, being in nature. Kriya for elimination, Kriya for lower back,

Svadhishthana: spinal grinds (circles), flexes, Frogs, sat kriya, lunges, crow squat, pelvic lifts, any posture where the legs are opening wide / hip openers as well. Bath, ocean, water.

Manipura: breath of fire, sat kriya, pumping of stomach, stretch pose, leg lifts, bow pose, sufi grinds.

Anahata: spinal flexes, bear grip with moving elbows up and down like a sea saw, side twists, cobra, bow, wheel pose (back bends), chanting to open the heart, arms up at 60 degrees, hands flat up (meaning wrists flexed) to activate the meridian to the heart, Venus Kriyas. Movement, dancing!

Vishuddha: spinal flexes, twists, shoulder shrugs, chopping wood, neck rolls, camel pose, neck turns. CHANTING

Ajuna: : tuning in as we do at the beginning of class with the mantra: ong namo guru dev namo, focusing at the third eye center which we do throughout the class, meditation, bowing exercises, standing forward bends (inhaling up and exhaling down)

Sahasrara: : chant ONG NAMO GURU DEV NAMO 3 to 31 minutes. We begin each kundalini class by chanting this mantra three times: tunes us into our highest frequency as we call upon infinite creative consciousness and divine wisdom within); Certain meditations from the kundalini yoga tradition where we focus our awareness up at the crown chakra. Kriya for pineal gland, Kirtan Kriya, Bowing.

Aura: Ego Eradicator, Lions Paw Kriya Meditation, moving meditations which include flapping the arms, raising them up and down in various ways, "I Am" meditation.



# Suggested Readings:

Eastern Body, Western Mind by Anodea Judith

Anatomy of the Spirit by Caroline Myss

The Eight Human Talents by Gurmukh Kaur Khalsa

Wheels of Life by Anodeah Judith

