








| Sanskrit name | Symbol | English name | Sanskrit Meaning | Approximate location | Sound | Notes | Element | Other Aspects | Organs | Colour | In life | Attributes | Emotional Component | Aroma | Gemstone | Associated Glands | Associated Meridians |
|---------------------------|---|--|--|---|---------|-----------------------|---------|---------------|---|--------|---------|--|---------------------|--|--|-------------------------------|---|
| Muladhara |  | Base Centre | Basis of the root | Base of the spine | Lam | C / Do | Earth | Physical | Spinal Column Legs Feet Bones Teeth Large Intestine | Red | I am | Vitality Courage Self-confidence | Fear | Ylang/Ylang Vetiver | Red Jasper Rose Quartz | Adrenals | Circulation/ Sex |
| Svadhishthana |  | Sex Centre | to taste with pleasure /one's own dwelling place | Between the base of the spine and the navel | Vam | C# or D - Do minor Re | Water | Emotional | Pelvic Area Sex Organs Fluid Function Kidney Bladder | Orange | I feel | Happiness Confidence Resourcefulness | Guilt | Tangerine Petitgrain Geranium Cedarwood | Carnelian Rose Quartz Goldstone | Gonads Ovaries | Bladder Kidney Large Intestine |
| Manipura |  | Solar Plexus Centre | The city of the gems | Just above the navel | Ram | E or Mi | Fire | Ego | Digestive System Spleen, Liver Gall Bladder Autonomic Nervous System Stomach Muscles, Lwr Back | Yellow | I do | Wisdom Clarity Self-esteem | Shame | Rosemary Lemongrass Bergamot Grapefruit | Citrine Tiger's Eye Amber Rose Quartz | Pancreas Liver Adrenals | Stomach Spleen Small Intestine Gall Bladder Liver |
| Anahata |  | Heart Centre | Unhurt / unbeaten | The chest region | Yam | F or Fa | Air | Social | Heart Blood Circulation Lower Lungs Ribcage Skin Upper Back | Green | I love | Balance Love Self-Control | Grief | Eucalyptus Peppermint Rosewood | Aventurine Turquoise | Thymus Boyunalti | Heart |
| Vishuddha |  | Throat Centre | Purification / throw out | The throat | Ham | G or Sol | Sound | Creative | Jaws Neck Throat Airways Upper Lungs Nape of Neck Arms | Blue | I speak | Knowledge Health Communication | Lies | Geranium Sweet Birch Pepper Lemon | Blue Lace Agate Sodalite Kyanite | Thyroid | Lung |
| Ajna |  | Christ Centre or Third Eye | Beyond wisdom | The forehead | Aum | A or La | Light | Fundamental | Face Ears Eyes Nose Sinus Nervous System | Indigo | I see | Intuition Mysticism Understanding | Illusion | Lavender Magnolia Ylang Ylang | Lapis Lazuli Moonstone Silver | Pituitary Hipopifz | Triple Warmer |
| Sahasrara or Brahma-cakra |  | The Crown Centre (also: The Brahma Chakra) | Thousand petaled | Above the head | Silence | B or Si | Thought | Universal | | Violet | I know | Beauty Creativity Inspiration | Attachment | Frankincense Gardenia | Amethyst | Pineal Epifiz | Central Governing |