

Qualities of the Spinal Centers (Chakras)

Center	English Name & Location	Sanskrit Name & Literal Translation	Body Parts & Controlled Functions	Exercise to Help Locate	Musical Note for Chanting Aum	Ashtanga Yoga & Spiritual Aspects	Beneficial & Misdirected Attitudes	Element	Inner Sound
7 th	Crown, 1000-petaled lotus <i>Top of the head</i>	Sahasrara <i>Thousand Fold</i>	Seat of the soul; site of liberation after enlightenment at spiritual eye	Go into <i>samadhi</i>	(none— beyond sound)	Samadhi <i>Liberation</i>	Beyond duality, harmony, free, omnipresent, omniscient, samadhi bliss	Super- ether	Aum, like roar of great bursting sea
6 th (+ pole)	Spiritual/Third eye, Christ center; <i>point between the eyebrows</i>	Ajna <i>To perceive</i>	Seat of enlightenment and intuition; concentration and will power	Knit eyebrows and look up to point between eyebrows	G (above middle C)	Dhyana <i>Divine joy, Enlightenment</i>	Attunement, radiant joy, solution-consciousness <i>Too intellectual, coldly rational, misuse of will</i>		
6 th (- pole)	Medulla oblongata, “Mouth of God”	(same as above)	Entry point of cosmic energy; regulates breath	Contract muscles at base of skull, tilting head back	F	Dharana <i>Ego (self-offering)</i>	Selfless service, divine surrender <i>Ego-involved, proud, vain, “I, my, me, mine.”</i>		
5 th	Cervical center (throat)	Vishudha <i>Purification</i>	Neck, throat, vocal cords; all oral communication	Contract throat and neck, feel bump at top of spine	Eb (E-flat)	Pratyahara <i>Calmness, expansion</i>	Expansive, deeply calm, silence <i>Restless, spacey, bored, mercurial, worldly longing</i>	Ether	Wing through trees, rushing water
4 th	Dorsal Center (heart)	Anahat <i>Unstuck</i>	Heart, lungs, diaphragm, circulation, arms, hands, manual dexterity	Squeeze shoulder blades together	D	Pranayama <i>Divine Love</i>	Devotion, love, compassion <i>Attachments, negative emotions out of control</i>	Air	Deep bell (or higher bell)
3 rd	Lumbar Center (navel)	Manipur <i>Lustrous Jewel</i>	Stomach, intestines, digestion, assimilation	Pull stomach muscles/navel in toward spine	Bb (B-flat)	Asana <i>Fiery self-control</i>	Zest for life, self-control <i>Ruthlessness, abuse of power</i>	Fire	Harp, vina, plucked string instrument
2 nd	Sacral Center (sex organs)	Swadisthan <i>Sweetness</i>	Sexual organs, reproductive system, procreation	Contract sexual muscles	A	Niyama <i>Ability to follow positive observances</i>	Flexible, open, willing, intuitive <i>Ungrounded, wishy-washy, spineless</i>	Water	Flute (crickets, trickling water)
1 st	Coccyx Center (base of spine)	Mulandhara <i>Root/Support</i>	Legs and feet, walking, anus, elimination	Contract anus	G (below middle C)	Yama <i>Ability to follow rules and commandments</i>	Steadfastness, courage, loyalty <i>Stubbornness, heavy-minded</i>	Earth	Bumble-bee (rumbling motor)

Additional Qualities of the Spinal Centers (Chakras)

(I) Coccyx Center (1st Chakra)—Earth Element

Key Beneficial Attitudes: Loyalty, courage, steadfastness, groundedness
Key Misdirected Manifestations: Stubbornness, rigidity

Other Beneficial/Positive Attitudes: Firm in purpose, steadfast, persevering, resolute, determined, strong, tenacious, unswerving, dependable, steady, trustworthy, secure, stable, methodical, patient, enduring, clinging to truth

Other Misdirected or Negative Attitudes: Set (or stuck) in one's ways, too disciplined, perverse, obstinate, dogged, mule-headed, dogmatic, unyielding, bigoted, intolerant, inflexible, obdurate, heavy-minded, dense, addicted to matter, plodding, unchangeable, humorless, judgmental, problem-oriented

(II) Sacral Center (2nd Chakra)—Water Element

Key Beneficial Attitudes: Flexibility, openness, willingness to change
Key Misdirected Manifestations: Wishy-washiness, undependable

Other Beneficial/Positive Attitudes: Fluid, free-flowing, flying, gliding, graceful, changeable, open-minded, mobile, creative, intuitive, willing to change, resourceful, supple, lilting, pliable, adaptable

Other Misdirected or Negative Attitudes: Flighty, flippant, silly, fickle, "so-open minded your brains fall out," indiscriminate, spineless, slipshod, slovenly, unreliable, ungrounded, watery, weak, lacking in purpose, untrustworthy, unable to make or stand by decisions, shallow, unenthusiastic

(III) Lumbar Center (3rd Chakra)—Fire Element

Key Beneficial Attitudes: Self-control, enthusiasm
Key Misdirected Manifestations: Ruthlessness, domination, control of others

Other Beneficial/Positive Attitudes: Self-disciplined, zealous, vigorous, vital, energetic, awake and ready, effervescent, gusto, dedication, verve, eagerness, passion for a right cause, spirited

Other Misdirected or Negative Attitudes: Control issues, cruelty, abuse, negative intensity, fanaticism, dictatorial tendencies, addicted, greedy, relentless, merciless, severe, compassionless, avaricious, abusive

(IV) Dorsal Center (4th Chakra)—Air Element

Key Beneficial Attitudes: Divine love, devotion, compassion
Key Misdirected Manifestations: Emotions out of control

Other Beneficial/Positive Attitudes: Loving feelings toward all, selfless, unselfish, serviceful, forgiving, unconditionally loving, empathetic, sympathetic, generous, healing, unifying, non-attachment

Other Misdirected or Negative Attitudes: Jealousy, lust, anger, fear, selfish love, possessive, attachments, greed, desires, hatred, loathing, sharp-tongued, self-indulgent, divisive, gossipy, judging, complaining, bitterness.

(V) Cervical Center (5th Chakra)—Ether Element

Key Beneficial Attitudes: Dynamic calmness, expansion
Key Misdirected Manifestations: Restlessness, boredom

Other Beneficial/Positive Attitudes: Peace, communicative, lovely voice tones, expansive, broadly aware, placid, serene, unruffled, cooling, expansively centered, ability to relate to others' realities

Other Misdirected or Negative Attitudes: Tired of peace and quiet, longing for excitement in worldly things, pent-up energy, pent-up feelings, uncommunicative, mercurial, spacey

(VI) Medulla/Spiritual Eye (6th Chakra)—Super-Ether Element

Key Beneficial Attitudes: Perfection of divine will, enlightenment
Key Misdirected Manifestations: Total ego-involvement

Other Beneficial/Positive Attitudes: Perfect attunement with God's will/with the universe, receptivity to grace, wisdom, radiance, living each moment in high state of consciousness, solution-oriented

Other Misdirected or Negative Attitudes: Egotism, self-centeredness, inability to relate to others' realities, pride, vanity, self-seeking, "I, my, me, mine"

(VII) Crown/Thousand-Petalled Lotus (7th Chakra)

The seat of the soul, the place where final liberation is achieved, is beyond duality (positives and negative): total unification, harmony, fulfillment, ever-conscious, ever-existent, omnipresent, omniscient, infinite, timeless, formless, all-pervasive, ever-new joy, freedom, *samadhi* bliss.