Qualities of the Spinal Centers (Chakras)

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

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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: Flightly, 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, unrufflable, 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.

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