

# KUNDALINI YOGA

## THE CHAKRAS

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ELEMENTS	CHAKRAS	DESCRIPTIONS	SENSE
EARTH	MULADHARA	<ol style="list-style-type: none"> <li>1. BASIC SURVIVAL</li> <li>2. GIFTS OF EARTH</li> <li>3. FACING NEW EXPERIENCES AND THE UNKNOWN</li> </ol>	SMELL
WATER	SVADHISTHANA	<ol style="list-style-type: none"> <li>1. IMAGINATION</li> <li>2. GIFTS OF FINANCIAL AND CREATIVE SUPPORT</li> <li>3. CHANGING IDENTITIES DISCOVERING ONE'S TRUE FACE</li> </ol>	TASTE
FIRE	MANIPURA	<ol style="list-style-type: none"> <li>1. POWER</li> <li>2. GIFTS OF SELF-ESTEEM</li> <li>3. INTIMACY, SENSUALITY AND SEXUALITY</li> </ol>	SIGHT
AIR	ANAHATA	<ol style="list-style-type: none"> <li>1. THE CHOICES OF THE HEART</li> <li>2. GIFTS OF THE HEART</li> <li>3. RELATIONSHIPS – THE CRUCIBLE OF LOVE</li> </ol>	TOUCH
ETHER	VISUDDHA	<ol style="list-style-type: none"> <li>1. COMMUNICATION</li> <li>2. GIFTS OF CHOICE</li> <li>3. CREATIVITY, SERVICE AND GENERATIVITY</li> </ol>	HEARING
	AJNA	<ol style="list-style-type: none"> <li>1. INTUITION</li> <li>2. GIFTS OF WISDOM</li> <li>3. AUTHENTICITY, CHARACTER AND WISDOM</li> </ol>	
	SAHARASRA	<ol style="list-style-type: none"> <li>1. ENLIGHTENMENT</li> <li>2. GIFTS OF THE SPIRIT</li> <li>3. THE PRESENCE OF GRACE – HAPPINESS, SATISFACTION AND PEACE</li> </ol>	

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### References:

1. Kundalini Yoga for The West, Swami Sivananda Radha
2. Invisible Acts of Power, Caroline Myss
3. The Second Half of Life, Angeles Arrien