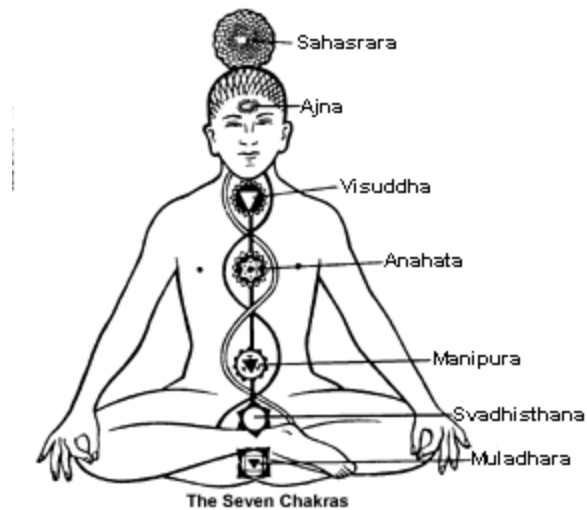


The Chakras of the Human Body



1. Muladhara controls the solid factor of the body.
2. Svadisthana controls the liquid factor of the body.
3. Manipura controls the luminous factor of the body.
4. Anahara controls the aerial factor of the body.
5. Vishuddha controls the ethereal factor of the body.
6. Ajina is the 'seat of the mind'.
7. Sahasrara is the 'thousand petal lotus' which is the controlling point of all one's propensities (vrittis).

Note: In addition to the above each cakra is associated with particular propensities such as fear (bhaya), shyness (laja), compassion (karuna), or love (mamta or prem). Each cakra also has a particular shape and color.