

# 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. **Anahata** controls the aerial factor of the body.
5. **Vishuddha** controls the ethereal factor of the body.
6. **Ajna** 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.*