

## Dharmananda Yoga Chakra Chart

Planet	Saturn	Jupiter	Venus	Mercury	Moon	Sun	Crown
Location	base of spine	small of back	heart-chest	throat	base of skull	forehead	above head
Color	brown-black	green	pink	blue	white-violet	white-yellow	purple
Symbol	square	pyramid	cross	chalice	circle	6 point star	lotus
Sound	LA	BA	YM	HA	RE	AH	OM
Emotion	appropriate discipline	giving well	readiness for love	appropriate commitment	flexibility	humility	spiritual growth
Alignment Statement	I let go well	All I give I receive	It is safe to love	Balance	I bend but do not break	I am one with all	OM and/or All is one
Essential oil	eucalyptus, rosemary	peppermint, sage	bergamot, rose	myrrh, rosewood	chamomileylang-ylang	lavendar spruce	sandalwood
Horary Activity	1-5am	1-5pm	4-8pm	4-8am	7-11pm	7-11am	11am-1pm, 11pm-1am
Mudra	Prithvi	Cup	Buddhi	Ahamkara	Gomukha	Gnana	Om/Namaste