



nadis influence this chakra and it establishes a higher sense of awareness or insight, called the 'third eye'. The connection to the psychic is here. Distribution of prana happens at this center. The Bija mantra to activate this chakra is 'Kshami'. See the chart below for the physical and mental influences of this chakra

The Sahasrara chakra is located at the crown of the head and is not part of the spinal column. It is the highest point of consciousness, what we call self-realization. It is associated with the Anandamaya kosha, the endocrine system and causal ether. Pingala nadi is the control. The Bija mantra to activate this chakra is 'Ohmi' (Table 1).

Chakra	Balanced Flow; Physical/Psychological	Low Flow; Physical/Psychological	High Flow; Physical/Psychological
Mooladhara	Normal elimination, urination, ejaculation, parturition, healthy bones; Mild and stable mind	Decreased elimination etc. Weak bones and loss of smell; Hyperactivity, unfocused, fearful, nervous	Increased elimination etc. Strong bones and increased smell sense; attachment, lethargic and lazy
Svadhishthana	Healthy body water content; ambition, emotions, relations, devotion	Increased water in local tissues; Deep emotions held in	Water held body dryness occurring within time; Deep expressive emotions that dry out
Manipura	Normal digestion and chemical functions; Focus, goal oriented	Low metabolism, reduced liver, spleen and gallbladder function; Loss of focus and drive	High metabolism with increased liver, spleen and gallbladder function; Intense focus and burnout
Anahata	Balanced circulation, respiration, thymus gland; steady movement of thought and expression	Decreased circulation etc. Touch sense lessened; Sluggish, cloudy thought movement	Increased circulation etc. Sensitivity of touch; Increased thought movement with little control
Vishuddhi	Normal muscular function; Fulfilled expression of ego	Decreased thyroid and para-thyroid function, bronchial constriction, loss of hearing; Repressed ego expression and speech	Increased thyroid and parathyroid function, bronchial dilation, hypersensitive hearing; inflated expression of ego and speech
Ajna	Balanced hormonal and autonomic functions; experiential and belief driven perceptions	Decreased pituitary, hypothalamus glands and autonomic output; dampened creativity and limited outlook	Increased pituitary, hypothalamus glands and autonomic output; Analytical with increased creativity, imagination and sees potential
Sahasrara	Balanced biorhythms and cortical function; grounded self-awareness	Decreased pineal and cortical function; Decreased self-awareness	Increased pineal and cortical function; Increased self-awareness

**Table 1:** The relationship between flow of energy through the Chakras and their effect on the physical and psychological functions of the body and mind.

In Ayurveda, Bija mantras are used to balance the doshas and target various organs and tissues. Vata dosha typically has an excess of flow through the Anahata and Vishuddhi chakra, thus to bring e.g. more water qualities to a vata imbalance, the Svadhishthana chakra would be

activated using the Bija mantra 'Vani'. Pitta dosha typically shows an excess flow through the Manipura chakra and Kapha dosha typically shows an excess flow through the Mooladhara and Svadhishthana chakra