Journey Inward: Exploring the Chakras

with Ashley Turner
The purpose of yoga is to facilitate the profound inner relaxation that accompanies fearlessness. The release from fear is what finally precipitates the full flowering of love. In this state you will love what you see in others, and others will love you for having been seen. This is the softened perception of the world that yoga promotes.

- Erich Schiffmann

**Chakra System**

- A chakra is a center of activity that receives, assimilates and expresses life force energy.
- The chakra system is a map of the human bio-computer. A diagram of how and where the physical body and the psychological body intersect or the relationship between psyche and soma.
1st Chakra
MULADHARA - “Root Support”

Location: Perineum, Base of Spine
Element: Earth ~ (gravity)
Color: Red
Psych. Function: SURVIVAL
Demon: FEAR
Goals/Resulting in: GROUNDING
Associations: FLEXIBILITY, TRANSFORMATION, COHERENCE, STABILITY
Foods: Meat/proteins
Yoga: Hatha
Bija: LAM
Gunas: Tamas
Archetype:
  • functional: The MOTHER
  • dysfunctional: The VICTIM
Essential Oils: Valor, Abundance (apply to bottoms of feet & sacrum)
Minerals: lodestone, ruby, garnet, bloodstone
Metal: Lead
Animals: elephant, ox, bull
Herbs: Cedar
Planets: Saturn, Earth
Deities: Brahma, Ganesha, Lakshmi, Gaia, Demeter/Persephone, Erda, Ceridwen, Hades, Atlas, Dumuzi, Pwyll
Chief Operating Force: Gravity
Addictions: food, gambling, shopping, work

Physical
Glands: adrenals
Body Parts: legs, feet, ankles, knees, bones/teeth (solid parts), large intestine, base of spine
Physical Malfunction: obesity, anorexia, sciatica, constipation, disorders of solid parts of body (bones, teeth), frequent illness, disorders of bowels, anus, large intestine
Asanas: all Hatha Yoga, particularly standing poses -focus on legs & feet, restorative yoga (nurturing, grounding)

Psychological
Identity: Physical identity
Orientation to Self: Self-preservation
Basic Rights: To Have, To Be Here, To Take Up Space
Developmental Stage: womb ~ 12 months
Developmental Tasks: physical growth, motor skills, object permanence
Balanced Charac./Inner State: stillness, feeling of safety & security, stability, vitality, prosperity, right livelihood, good health, well-grounded, comfortable in body, sense of trust in the world, ability to relax and be still
Excessive: obesity, overweight, hoarding, material fixation, greed, sluggish, lazy, tired, fear of change, addiction to security, rigid boundaries

Deficient: disconnection from body, notably underweight, fearful, anxious, restless, can’t settle, poor focus & discipline, financial difficulty, poor boundaries, chronic disorganization

Traumas & Abuses: birth traumas, abandonment, physical neglect, poor physical bonding w/ mother, malnourishment, feeding difficulties, major illness or surgery, physical abuse/violent environment, enema abuse, inherited traumas – parents’ survival fears (Holocaust survivors, war veterans, poverty)

Healing Strategy: reconnect w/ body, physical activity, lots of touch, massage, bio-energetic grounding, Hatha yoga, look at earliest childhood relationship to mother, reclaim right to be here.

Self-Test Questions:
- How often do you go for a walk in the woods, park, beach, or otherwise make contact with Nature?
- How often do you exercise consciously? (work out, yoga, hiking, etc.)
- How would you rate your physical health?
- How is your relationship to money and work?
- Do you consider yourself well grounded?
- Do you love your body?
- Do you feel you have a right to be here?
- Do you feel supported in having what you want in life?
- Do you feel entitled to all the good that life has to offer and that you deserve to enjoy it?
- How often do you prepare your own food?
- How do you look after your belongings? Provide for your emotional needs?
- Do you give yourself the rest and relaxation you truly need?
- Do you graciously accept the care and love others offer without dependency?
- Are you able to separate yourself from highly dependent relationships, which drain and deplete you?

Affirmations:
- “It is safe for me to be here.”
- “The earth supports me and meets my needs.”
- “I love my body and trust its wisdom.”
- “I am immersed in abundance.”
- “I’m here and I’m real.”
- “I honor myself at all times. I am now doing the very best for myself that I possibly can.”
- “I choose the present and fill it with fun, joy and light.”
- “The universe is a safe and benign place for me to be, I am always protected and guided. I know that I belong.”
- “The universe supports my growth and development. This situation has taught me to be free and happy with myself.”
- “I take responsibility for who I am and how I choose to live my life.”
- “I honor my need for care, kindness, gentleness and consideration.”
- “I am not a Victim. I love and honor who I am. I am thankful for my life.”
- “I release all doubts and fears that block the way for love and abundance to come into my life.”
- “I am able to take responsibility for looking after myself in all ways.”

Practical Lifestyle Suggestions:
- Go for a walk, dance, swim, workout, play tennis, run, do yoga, aerobics.
- Go camping.
- Do some gardening.
- Take a holiday to a place you have always wished to visit.
- Have a massage or some form of bodywork which is gentle and non-intrusive.
- Lovingly prepare food for yourself.
2nd Chakra
SVADHISThana – “Sweetness”

Location: Sacrum
Element: Water
Color: Orange
Psych. Function: DESIRE
Demon: GUILT
Goals/Resulting In: EMOTIONS, SEXUALITY, DESIRE, NEED, PLEASURE, MOVEMENT, SENSATION
Associations: PURITY, NOURISHMENT, CHARM, MERGING
Foods: Liquids
Yoga: Tantra
Bija: VAM
Gunas: Tamas
Archetype:
- functional: The EMPEROR/EMPRESS
- dysfunctional: The MARTYR

Essential Oils: Peace + Calming, Believe (apply below the navel)
Minerals: carnelian, moonstone, coral
Metals: Tin
Animals: Makara, fish, sea creatures
Herbs: Orrisroot, gardenia, damiana
Planets: Moon
Deities: Indra, Vishnu, Rakini, Diana, Jemaya, Tiamat, Mari, Poseidon, Lir, Dionysius, Pan, Ganymede,
Chief Operating Force: Attraction of Opposites
Addictions: alcohol, sex, heroin

**Physical**
Glands: Ovaries, testes
Body Parts: Womb, genitals, kidney, bladder, low back
Physical Malfunction: sexual problems, impotence, premature ejaculation, frigidity, non-orgasmic, rigidity, urinary trouble, disorders of urinary system & reproductive organs, low back pain, knee trouble, lack of flexibility, deadened senses, loss of appetite for food, sex & life.
Asanas: supta badha konasana, fluid motion (rolling through hips),

**Psychological**
Identity: Emotional Identity
Orientation to Self: Self-gratification
Basic Rights: To Feel, To Experience Pleasure (“sweetness”)
Developmental Stage: 6 – 24 months
Developmental Tasks: sensate exploration of the world, locomotion
Balanced Charac./Inner State: graceful movement, emotional intelligence, ability to experience pleasure, nurturance of self and others, ability to change, healthy boundaries.
**Excessive:** sexual acting out, sexual addiction, pleasure addiction, excessively strong emotions, ruled by emotions, excessively emotionally sensitive, poor boundaries, invasion of others, seductive manipulation, emotional dependency, obsessive attachment.

**Deficient:** rigidity in body and attitudes, frigidity, fear of sex, poor social skills, denial of pleasure, excessive boundaries, fear of change, lack of desire, passion, excitement.

**Traumas & Abuses:** sexual abuse (covert or overt), emotional abuse, volatile situations, neglect, coldness, denial of child’s feeling states, lack of mirroring, enmeshment, emotional manipulation, overuse of playpen or restricting normal movement, religious or moral severity (anti-pleasure), physical abuse, alcoholic families, inherited issues – parents who have not worked out issues around sexuality, untreated incest cases.

**Healing Strategy:** movement therapy, assign healthy pleasures
- **Psychotherapy:** emotional release or containment as appropriate, inner child work, boundary work, 12-step programs for addictions, develop sensate intelligence

**Self-Test Questions:**
- How would you rate your ability to feel and express emotions?
- How much time do you create for simple pleasure in your life?
- How would you rate your physical flexibility?
- How would you rate your emotional flexibility?
- Are you able to nurture and be nurtured by others in balance?
- Do you struggle with guilt or shame about your feelings or sexuality?
- Do you accept your need for love and appreciation?
- Do you feel that you are entitled to happiness? Do you feel like you are worthy of happiness?
- What is it that you really want which will bring you happiness and joy?
- Are you willing to put up with a chronically bad situation without making changes to facilitate your freedom and joy?
- Do you feel that you are worthy of receiving the things you want in life? Do you feel you have to sacrifice to receive them or give your life up in some way?

**Affirmations:**
- “I deserve pleasure in my life.”
- “I absorb information from my feelings.”
- “I embrace and celebrate my sexuality.”
- “My sexuality is sacred.”
- “I move easily and effortlessly.”
- “Life is pleasurable.”
- “I release the doubts and fears which hold me back from experiencing the love I know I deserve.”
- “I forgive the past and embrace myself unconditionally at all times.”
- “I am capable of healing my life. I choose to seek assistance and help where I feel it will benefit my awareness and growth.”
- “I am prosperous and love having money. Money loves me.”
- “Life is sweet and I enjoy it!”
- “I enjoy my body and feel good about my sexuality.”
- “I am easy with myself and enjoy being free and open.”

**Practical Lifestyle Considerations:**
- Visiting with a friend.
- Replanting your houseplants.
- Go shopping.
- Swimming and holding an affirmation in your mind while you glide through the water.
- Cycling, skating, skiing or playing tennis.
- Walking through nature and empty the mind of all thoughts so that you can experience the pleasure of being in the present moment.

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3rd Chakra
MANIPURA – “Lustrous Gem”

Location: Solar Plexus
Element: Fire
Color: Yellow
Psych. Function: WILL
Demon: SHAME
Goals/Resulting In: PERSONAL POWER, WILL, SELF-ESTEEM, PURPOSE
Associations: DESIRE, WILL, INTENTION, DESTINY
Foods: Starches
Yoga: Karma
Bija: RAM
Gunas: Rajas
Archetype:
  • functional: The WARRIOR
  • dysfunctional: The SERVANT
Essential Oils: Harmony, En-R-Gee (apply below the sternum & behind the stomach)
Minerals: amber, topaz, yellow citrine, rutilated quartz
Metals: Iron
Animals: Ram
Herbs: dragon’s blood, saffron, musk, sandalwood, cinnamon, ginger
Planets: Mars, Sun
Deities: Agni, Surya, Rudra, Lakini, Brigit, Athene, Helios, Apollo, Amaterasu, Belenos, Apis, Ra
Chief Operating Force: Combustion
Addictions: amphetamines, cocaine, caffeine, work, anger

Physical
Glands: pancreas, adrenals
Body Parts: digestive track, liver, gall bladder, muscles
Physical Malfunction: digestive troubles, chronic fatigue, hypertension, gall bladder/liver/pancreas disorders, ulcers, hypoglycemia, IBS, Crone’s/Colitis, muscle spasms/disorders,
Asanas: twists, abdominals, running, aerobic activity, sun salutations

Psychological
Identity: Ego Identity
Orientation to Self: Self-definition
Basic Rights: To Act & To Be Free (as an individual)
Developmental Stage: 18 – 42 months
Developmental Tasks: Realization of separateness, establishment of autonomy
**Balanced Charac./Inner State:** responsible, reliable, balanced, effective will, good self-esteem, balanced ego-strength, warmth in personality, confidence, spontaneity, playfulness, sense of humor, appropriate self-discipline, sense of one’s personal power, able to meet challenges

**Excessive:** overly aggressive, dominating, controlling, need to be right, have last word, manipulative, power hungry, deceitful, attraction to sedatives, temper tantrums, violent outbursts, stubbornness, driving ambition (type-A personality), competitive, arrogant, hyperactivity

**Deficient:** low energy, weak will, easily manipulated, poor self-discipline and follow through, low self-esteem, cold, emotionally and/or physically, poor digestion, collapsed middle, attraction to stimulants, victim mentality, blaming others, passive, unreliable

**Traumas & Abuses:** shaming, authoritarianism, volatile situations, domination of will, physical abuse, dangerous environment, fear of punishment, enmeshment, emotional manipulation, age inappropriate responsibilities (parentified child), inherited shame from parents

**Healing Strategy:** risk taking, grounding and emotional contact, deep relaxation, stress control, vigorous exercise (running/aerobics), martial arts, sit-ups,

  - **Psychotherapy:** build ego-strength, release or contain anger, work on shame, strengthen will and encourage autonomy

**Self-Test Questions:**

- How would you rate your general energy level?
- How would you rate your metabolism/digestion?
- Do you accomplish what you set out to do?
- Do you feel confident?
- Do you feel comfortable being different (if need be) from those around you?
- Do others intimidate you?
- Are you reliable?

**Affirmations:**

- “I honor the power within me.”
- “I accomplish tasks easily and effortlessly.”
- “The fire within me burns through all blocks and fears.”
- “I can do whatever I will to do.”
- “I am worth all the good and wonderful things I want.”
- “I refuse to let other people project their negativity onto me. I am my own person, free to choose what is best for me.”
- “I am the prime decision maker in my life.”
- “I have the power to remove myself from all abusive & negative situations.”
- “I value myself and I know what is best for me.”
- “I love myself. I love myself. I love myself.”
- “I value who I am.”

**Practical Lifestyle Suggestions:**

- Try a sport that is adventurous and new.
- Take a trip somewhere you haven’t been on your own. Enjoy exploring.
- Sell or give away things that no longer hold allure for you.
- Talk to someone who frightened you in the past.
- Make some decisions about your life that involve going for what you want.
- Walking, jogging, weight lifting, swimming, dancing, yoga, massage, Alexander Technique.
4th Chakra
ANAHATA – “Unstruck”

Location: Heart
Element: Air
Color: Green
Psych. Function: LOVE
Demon: GRIEF
Goals/Resulting in: PEACE
Associations: PEACE, HARMONY, LAUGHTER, LOVE
Foods: Vegetables
Yoga: Bhakti
Bija: YAM
Gunas: Rajas/Sattva
Archetype:
• functional: The LOVER
• dysfunctional: The ACTOR/ACTRESS
Essential Oils: Joy (apply to center of chest at heart level)
Minerals: emerald, tourmaline, jade, rose quartz
Metals: Copper
Animals: antelope, birds, dove
Herbs: lavender, jasmine, orrisroot, yarrow, marjoram, meadowsweet
Planets: Venus
Deities: Vishnu, Lakshmi (as Preservers), Krishna, Isvara, Kama, Vayu, Aphrodite, Eros, Asclepius, Isis, Christ
Chief Operating Force: Equilibrium
Addictions: tobacco (smoking), sugar, love, marijuana

Physical
Glands: thymus
Body Parts: chest, lungs, heart, pericardium, circulatory system, arms, hands
Physical Malfunction: asthma, coronary disease, lung disease, disorders of the heart, lungs, thymus, breasts, arms, shortness of breath, sunken chest, circulation problems, high blood pressure, immune system deficiency, tension between shoulder blades, pain in chest
Asanas: backbends, pranayama

Psychological
Identity: Social Identity
Orientation to Self: Self-acceptance
Basic Rights: To Love & Be Loved
Developmental Stage: 3.5 – 7 years
Developmental Tasks: forming loving peer & family relationships, developing persona

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**Balanced Character/Inner State:** unity, kinship, joy, compassionate, loving, empathetic, self-loving, altruistic, peaceful, balanced, good immune system

**Excessive:** codependency, poor boundaries, demanding, clinging, jealous, overly sacrificing, possessive

**Deficient:** shy, antisocial, withdrawn, cold, critical, judgmental, intolerant of self or others, lonely, isolated, depressed, fear of intimacy, fear of relationships, lack of empathy, narcissism

**Traumas & Abuses:** rejection, abandonment, loss, shaming, constant criticism, abuses to any other chakras, unacknowledged grief (including parents' grief), divorce, death of loved one, loveless, cold environment, conditional love, sexual/physical abuse, betrayal

**Healing Strategy:** breathing exercises, work with arms and reaching out/taking in, journaling, self-discovery,

- **Psychotherapy:** examine assumptions about relationships, emotional release of grief, forgiveness when appropriate, inner child work, self-acceptance, anima/anima integration

**Self-Test Questions:**
- Are you able to be open and honest about your feelings with another person?
- Do you love yourself?
- Can you experience love for yourself when you are unhappy or lonely?
- Are you able to sustain a commitment through difficult times?
- Do you know how to stay with someone through the unpleasant and hard times when communication is blocked because of blame or resentment?
- Do you have successful long-term relationships?
- Can you be detached enough to allow your loved ones to be themselves?
- Are you able to accept others the way they are?
- Does your love help you to honor your commitment to work things through when you feel unsure and vulnerable?
- Can you be true to your feelings in a relationship without sacrificing or losing your sense of self?
- Can you love someone as they are and not expect them to change for you?
- Do you feel compassion for those with faults and troubles?
- Are you able to forgive past hurts from others?
- Can you love yourself enough to be the way you are in a relationship?
- Do you carry a lot of grief in your heart?

**Affirmations:**
- “I am worthy of love.”
- “I am loving to myself and others.”
- “There is an infinite supply of love.”
- “I live in balance with others.”
- “I release my pain and forgive the past. I am free to love.”
- “I share my love with all who accept it.”
- “I accept the love of all who give it.”
- “I open my heart and accept others as they are.”

**Practical Life Suggestions**
- Play with a child or a pet.
- Seeing or phoning someone you love and enjoy being with or talking to.
- Writing a letter to someone you miss.
- Taking photos of people and things you love and putting them somewhere you can see often and draw on their love.
- Having a party for someone you love to honor them for their birthday or for an achievement.
- Walk by the ocean/sea.
- Laugh at a funny film.
- Sing!
- Proceed with a creative project.
- Figure out what brings you joy and happiness and take the time to do them!
- Smiling at yourself every time you catch your eye in the mirror.
- Wearing PINK – the color of love.
**5th Chakra**
**VISSUDHA – “Purification”**

- **Location:** Throat
- **Element:** Sound/ Ether
- **Color:** Bright Blue
- **Psych. Function:** COMMUNICATION
- **Demon:** LIERS
- **Goals/Resulting In:** CREATIVITY
- **Associations:** CREATIVITY, AFFLUECE, ABUNDANCE, DISCERNMENT
- **Foods:** Fruits
- **Yoga:** Mantra
- **Bija:** HAM
- **Gunas:** Rajas/Sattva
- **Archetype:**
  - functional: The COMMUNICATOR
  - dysfunctional: The SILENT CHILD
- **Essential Oils:** Believe, Valor (apply to posterior neck & base of occiput)
- **Minerals:** turquoise, aquamarine, celestite
- **Metals:** Mercury
- **Animals:** elephant, bull, lion
- **Herbs:** frankincense, benzoin, mace
- **Planets:** Mercury
- **Deities:** Ganga (river goddess/purification), Sarasvati, Hermes, the Muses, Apollo, Brigit, Seshat, Nabu
- **Chief Operating Force:** Resonance
- **Addictions:** opiates, marijuana

**Physical**
- **Glands:** Thyroid, Parathyroid
- **Body Parts:** Throat, ears, mouth, shoulders, neck
- **Physical Malfunction:** Sore throats, colds, neck and shoulder pain/stiffness, thyroid problems, hearing problems
- **Asanas:** fish pose, plow, shoulder stand, backbends (open shoulders/throat), Bhakti Yoga (chanting), ashtanga asana, jalandhara bandha

**Psychological**
- **Identity:** Creative Identity
- **Orientation to Self:** Self-expression
- **Basic Rights:** To Speak & Be Heard
- **Developmental Stage:** 7 – 12 years
- **Developmental Tasks:** To speak and hear the truth
Balanced Charac./Inner State: resonant voice, good listener, good sense of timing & rhythm, clear communication, lives creatively
Excessive: too much talking, talking as a defense, inability to listen, poor auditory comprehension, gossiping, dominating voice, interruptions
Deficient: fear of speaking, small/weak voice, difficulty putting feelings into words, introversion, shyness, tone deaf, poor rhythm
Traumas & Abuses: lies, mixed messages, verbal abuse, constant yelling, excessive criticism (blocks creativity), secrets, authoritarian parents, alcoholic, chemical dependent family (don’t talk, don’t trust, don’t feel)
Healing Strategy: loosen neck and shoulders, release voice, singing, chanting, toning, story telling, journal writing, automatic writing, practicing silence, non-goal oriented creativity
  • Psychotherapy: learning healthy communication skills, complete communications, letter writing, inner child communication, voice dialogue, art/drama therapy

Self-Test Questions:
  • Are you a good listener?
  • Are you able to express your ideas to others so that they are able to understand them?
  • Do you speak the truth faithfully, speaking up when you need to?
  • Are you creative in you life? (not limited to doing an art form – ex. Setting a table, writing letters, dress, home décor)
  • Do you engage in an art form? (singing, dancing, painting)
  • Do you have a resonant voice?
  • Do you feel “in sync” with life?

Affirmations:
  • “I hear and speak the truth.”
  • “I express myself with clear intent.”
  • “Creativity flows in and through me.”
  • “My voice is necessary.”
  • “What I have to say is valuable to others.”
  • “Creativity is my birthright.”
  • “By expressing my truth, others find the way to their truth.”
  • “I speak from my heart.”
  • “I open myself to my truth. I listen to and honor myself.”
  • “I select my words with care and love.”
  • “I listen to my feelings and express them in an appropriate way.”
  • “I speak my truth and allow others to speak theirs.”
  • “I speak up for myself.”

Practical Lifestyle Suggestions:
  • Learning the drums.
  • Keeping a journal to safely record your thoughts and perceptions.
  • Saying “NO” to people when they ask you to do something you don’t want to do.
  • Shouting your anger somewhere where you will not be overheard.
  • Reciting a poem out loud.
  • Sharing life stories with trusted friends.
6th Chakra
AJNA – “Command Center”

Location: Brow
Element: Light
Color: Indigo
Psych. Function: INTUITION
Demon: ILLUSION
Goals/Resulting In: WISDOM, IMAGINATION, INTUITION, CLAIRVOYANCE, DISCERNMENT, KNOWLEDGE
Associations: INTEGRATION, TRUTH UNBOUNDEDNESS, KNOWINGNESS
Foods: Entheogens
Yoga: Yantra
Bija: OM
Gunas: Sattva
Archetype:
  • functional: The INTUITIVE or WISE PERSON
  • dysfunctional: The INTELECTUAL
Essential Oils: Frankincense, Peppermint (apply to middle of forehead & above eyebrows)
Minerals: lapis lazuli, quartz, star sapphire
Metals: Silver
Animals: Owl
Herbs: mugwort, star anise, acacia, saffron
Planets: Jupiter, Neptune
Deities: Shakti Hakini, Paramasiva, Krishna, Themis, Hecate, Tara, Isis, Iris, Morpheus, Belenos, Apollo
Chief Operating Force:
Addictions: hallucinogens, marijuana

Physical
Glands: Pineal
Body Parts: Eyes, base of skull, brow
Physical Malfunction: Vision problems, headaches, nightmares
Asanas: tratak (candle-flame gazing meditation), yantra meditation,

Psychological
Identity: Archetypal Identity
Orientation to Self: Self-Reflection
Basic Rights: To See
Developmental Stage: Puberty
Developmental Tasks: establishing personal identity; ability to perceive patterns
Balanced Charac./Inner State: intuitive, perceptive, imaginative, good memory, able to access and remember dreams, able to think symbolically, able to visualize

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Excessive: hallucinations, delusions, obsessions, difficulty concentrating, nightmares
Deficient: insensitivity, poor vision, poor memory, difficulty seeing future or imagining alternatives, lack of imagination, difficulty visualizing, can't remember dreams, denial (can't see what's going on), mono-polarized (one true right and only way)
Traumas & Abuses: what you see doesn’t go with what you’re told, invalidation of intuition and psychic occurrences, ugly or frightening environment (war zone, violence)
Healing Strategy: create visual art, visual stimulation, meditation
  • Psychotherapy: coloring, drawing, art therapy, working with memory, connecting image with feeling, dreamwork, hypnosis, guided visualizations, past life regression therapy

Affirmations:
  • “I forgive myself for my own limitations.”
  • “I listen to my inner voice and let it guide me to peace and happiness.”
  • “I give over my negativity to my soft and gentle feelings.”
  • “I open to my intuition and trust that goodness is mine.”
  • “I open my imagination to create the best of all possible worlds for myself.”
  • “I am open to my highest awareness and listen.”
  • “I am learning to discern what is for my highest good and greatest joy.”
  • “I have nothing to prove in life. I am free to do what gives me joy and happiness.”
  • “Life is a beautiful experience full of joy and love.”
  • “I am learning with every experience that I am a valuable and lovable being.”
  • “I see all things in clarity.”
  • “I am open to the wisdom within.”
  • “I can manifest my vision!”

Questions to Consider:
  • Do you notice subtle visual details in your surroundings?
  • Do you have vivid dreams (and remember them)?
  • Do you have psychic experiences? (intuitive accuracy, seeing auras, sensing future events, etc.)
  • Are you able to imagine new possibilities as solutions to problems?
  • Are you able to see the mythic themes (bigger picture) of your life?
  • How would you rate your ability to visualize?
  • Do you have a personal vision that guides you in life?
  • Why are you not doing what you love and enjoy the most?
  • Are you working too hard?
  • Do you spend all of your time looking after others?

Practical Lifestyle Suggestions:
  • Listening to music.
  • Doing childish things like finger-painting or walking in puddles.
  • Learning to relax.
  • Make more time for your social life.
  • Read spiritually uplifting books.
  • Take time each day to communicate with your Creator.
  • Be thankful for the good in your life.
**7th Chakra**  
SAHASARA – “Thousand Fold”

**Location:** Top of Head  
**Element:** Thought  
**Color:** Violet/White  
**Psych. Function:** UNDERSTANDING  
**Demon:** ATTACHMENT  
**Goals/Resulting In:** KNOWLEDGE, BLISS, TRANSCENDENT CONSCIOUSNESS  
**Associations:** INFINITE, IMMORTALITY, HOLINESS, ENLIGHTENMENT  
**Foods:** Fasting  
**Yoga:** Inana  
**Bija:** None  
**Gunas:** Sattva  
**Archetype:**  
- functional: The SAGE/GURU  
- dysfunctional: The EGOIST

**Essential Oils:** Frankincense, Lavender (apply to crown of head)  
**Minerals:** Amethyst, Diamond  
**Metals:** Gold  
**Animals:** none  
**Herbs:** Lotus, Gotu Kola  
**Planets:** Uranus  
**Deities:** Shiva, Ama-kala (upward moving Shakti), Varuna, Zeus, Allah, Nut, Enki, Inanna, Odin, Mimir, Ennoia  
**Addictions:** religion, spiritual practices

**Physical**  
**Glands:** Pituitary  
**Body Parts:** Central Nervous System, Cerebral Cortex  
**Physical Malfunction:** Depression, alienation, confusion  
**Asanas:** Half-Lotus/Lotus, Meditation, “follow your thoughts”

**Psychological**  
**Identity:** Universal Identity  
**Orientation to Self:** Self-Knowledge  
**Basic Rights:** To Know  
**Developmental Stage:** Throughout Life  
**Developmental Tasks:** assimilation of knowledge, development of wisdom  
**Balanced Charac./Inner State:** ability to perceive, analyze, and assimilate information, intelligent, thoughtful, aware, open-minded, able to question, has a sense of spiritual connection, wisdom and master, broad understanding

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**Excessive:** over-intellectualization, spiritual addiction, confusion, dissociation from body

**Deficient:** spiritual cynicism, learning difficulties, rigid belief systems, apathy, excess (in lower chakras) materialism, greed, domination/power over others

**Traumas & Abuses:** withheld information (adoption), education which thwarts curiosity, forced religiosity, invalidation of one’s beliefs, blind obedience (no right to question or think for oneself), misinformation, lies, spiritual abuse

**Healing Strategy:** reestablish physical/emotional connection, reestablish spiritual connection, program of learning and study, spiritual discipline, meditation

- **Psychotherapy:** examine belief systems, develop inner witness, goal setting

**Questions to Consider:**
- Do you meditate?
- Do you feel a strong connection with some kind of higher or greater power, god, Goddess, Spirit, etc.?
- Are you able to work through and release attachments easily?
- Do you enjoy reading and taking in new information?
- Do you learn quickly and easily?
- Does your life have significant meaning beyond personal gratification?
- Are you open-minded in regard to other ways of thinking or being?
- Are you primarily identified with your work, sex, nationality, economic status, education or profession?
  Or, do you experience yourself as more than this?

**Affirmations:**
- “I am truth, freedom, love and beauty.”
- “I open myself to experience the depths of my being.”
- “I tune my will to that of infinite intelligence.”
- “My path is made gentle and easy as I lift my spirit to the highest levels of awareness.”
- “There is no separation between my love and the love in the universe. We are one.”
- “I am at peace knowing that I am protected and guided at all times.”
- “My power rests in being who I am.”
- “Who I am is me.”
- “Gratitude awakens the good to unfold in my life.”
- “I acknowledge that all my past experiences have brought me to this moment of love and total acceptance.”
- “I am love. I am joy. I am freedom.”
- “Divinity resides within me.”
- “I am open to new ideas.”
- “Information I need comes to me.”
- “The world is my teacher.”
- “I am guided by higher power & inner wisdom.”

**Practical Lifestyle Suggestions:**
- Find time every day to be with yourself.
- Meditate 15 – 20 minutes every day.
- Reflect on the nature of your true Self.
- Pray for peace and well being for yourself and all beings.
- Develop compassion for all of life.
- Read books by the world’s spiritual leaders.
- Laugh with others and share your joy!
**Resources**


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**Chakra Associations + Seed Mantras**

(as given by Deepak Chopra)

1st – flexibility, transformation, coherence, stability
2nd – purity, nourishment, charm, merging
3rd – desire, will, intention, destiny
4th – peace, harmony, laughter, love
5th – creativity, affluence, abundance, discernment
6th – integration, truth unboundedness, knowingness
7th – infinite, immortality, holiness, enlightenment

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**Alchemy in Jungian Psychology**

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<thead>
<tr>
<th>Chakra</th>
<th>Planet</th>
<th>Metal</th>
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<tr>
<td>Muladhara</td>
<td>Saturn</td>
<td>Lead</td>
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<tr>
<td>Svadhistana</td>
<td>Mars</td>
<td>Iron</td>
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