

The Pituitary Body, ruled by Uranus. The Thyroid Gland, ruled by Mercury. The Thymus Gland, ruled by Venus. The Spleen, ruled by the Sun. The two Adrenals, ruled by Jupiter.

Nāḍī matching is one of the most important factor in **Aṣṭa Kūṭa**. Broadly it indicates Health but in fact it signify the total prakṛti (nature) of an individual.

Husband – Wife both having same group of Nāḍī, known as **Nāga Nāḍī Doṣa**

Parents with Nāga Nāḍī Doṣa & Child's Nāḍī same to the parents; Affects Female child, if born in Āddyā Nāḍī, Male child, if born in Antya Nāḍī AND affects both in Madhya Nāḍī. Even child have different Nāḍī to Nāga Nāḍī Doṣa parents, it affects.

Co bom brothers with same Nāḍī, affects both.  
Co bom brother—sister, do not have Nāḍī Doṣa.

Āddyā (Piṅgalā)	Madhya (Suṣmanā)	Antya (Idā)
Vāta	Pitta	Śleṣmā
Ākāśa Yamunā	Ākāśa Sarasvatī	Ākāśa Gaṅgā
Brahmā	Viṣṇu	Rudra
Production Creativity, Rebirth	Sustenance	Dissolution Meditation, Moksa
Movement ↑	Transformation ↔	Solidity ↓
Right Nostril, Male dominant	Both Nostril, True thoughts	Left Nostril, Female dominant
Short of Resources	Perfect Resources	Surplus Resources

Cakrā	Ruler	Loka	Glands	Psychology	Nakṣatra	Nakṣatra	Nakṣatra
Mūladhāra	Mars	Bhur	Adrenals	Survival	Aśvinī	Bharaṇī ★	Kṛttikā
Svādhiṣṭhāna	Sun	Bhuvar	Gonads	Emotions	Ārdra ★	Mrgaśīrā	Rohiṇī ★
Maṅḍipura	Venus	Svar	Pancreas	Will power	Punarvasu	Puṣya ★	Aśleṣā ★
Anāhata	Mercury	Mahar	Thymus	Compassion	Uttara Phalgunī	Pūrva Phalgunī	Maghā
Viśuddha	Moon	Janar	Thyroid	Creativity	Hasta ★	Citra	Svātī
Ājñā	Saturn	Tapar	Pineal	Intuition	Jyēṣṭha ★	Anurādhā	Viśākha
Sahasrāra	Jupiter	Satya	Pituitary	High Conscious	Mūla ★	Pūrvāṣāḍha ★	Uttarāṣāḍha
Soma	Rahu	★ Sensitive Nakṣatra for Nāga Nāḍī Doṣa			Śatabhiṣā ★	Dhaniṣṭha ★	Śravaṇa
Kāmeśvarī	Ketu				Pūrva Bhādrapada	Uttara Bhādrapada	Revatī

Nāḍī Symbolize: Human Walking Posture.  
Brain – Hari & Harā, Hand – Rāma\* & Kṛṣṇa\*\*, Foot – Tārā & Kālī (śaktī) – HORA SHASTRA

Left half of the brain (Hari)	Right half of the brain (Harā)
Right Nostril, Hand* and right side of the body (Rāma)	Left Nostril, Hand** and left side of the body (Kṛṣṇa)
Left foot (Tārā)	Right foot (Kālī)
Sun (Solar Nadi), Āddyā (Piṅgalā)	Moon (Lunar Nadi), Antya (Idā)
Extroverted (Active)	Passive
Sun Lineage – Rama	Moon Lineage – Krishna
Right eye - denotes for outer world view	Left eye - denotes for inner world view
Dynasty and fortune	Longevity and health
Day – Jupiter – knowledge, faith	Night – Venus - creativity
Dakṣiṇāmūrti	Dattātreya

Āddyā (Piṅgalā) Nāḍī represents physical energy. Excessive constant flow makes a person aggressive and egoistic. The nature of this Nāḍī is too much hot (Sun). It creates fruitless thoughts, resulting in wasting/ short of resources. (High Blood Pressure). Natives with Āddyā Nakṣatra are prone to these symptoms.

Antya (Idā) Nāḍī represents mental energy. Excessive flow of this channel makes a person emotional who often dwell on the past, feel guilty and are easily dominated by others. In extreme cases, they may fall to lethargy and depression because this channel feeds into the skull area; pressure on the brain becomes excessive. The entire system is thrown off balance causing problems, such as mental breakdown, epilepsy, and senility (decay of the brain). This Nāḍī is too cool (Moon) and timely needs to be heated. (Low Blood Pressure). Natives with Antya Nakṣatra could face these symptoms.

7\_Pineal **Neptune, ruler of the pineal gland, is the higher octave of Mercury.** Pineal, Nearly all endocrinologists admit that the pineal gland is the most difficult to understand and the most difficult to treat. This organ was eyes, ears, in fact it was the nucleus through which the rest of the body was built, also the medium through which man received his life from the Father. **This organ is today called the pineal gland--epiphysis.** Man's energies at that time were, like those of the fetus, directed inward to build future organs, and as the prenatal life of the physical body of today is directed and helped by the mother, so was man assisted during his involutory period by the Divine Hierarchies. He was in direct touch with the higher realms and not yet conscious of his physical environment. In the meantime, eyes, ears, and various organs were taking shape within this ovoid body, while the pineal gland, which is at present such a mystery to medical science, was its only means of communication with the outer world. pineal gland, which is in the center of the brain. The pineal gland is in charge of our endocrine system. It is that mysterious and beautiful leader that manages our metabolism, which manages melatonin, manages our process of sleep; this is key. **The pineal gland manages the sleep of our physical body,** it produces drowsiness-not only that, **the pineal gland is made of the same tissue as your eyes.** **The pineal gland is the Third Eye: the pineal gland is the root of clairvoyance.** It is the gland that is activated in meditation. When you close your eyes and see darkness now, then when the pineal gland becomes active and enflamed with the fire of the Holy Spirit with the fire of Christ, you close your eyes and you see light, you see the superior aspects of all things. **The pineal gland is governed by Aries, is influenced by Aries**

Now here we find a very interesting connection. **The pineal gland, which is within our brain, rules over our endocrine system, and the endocrine system is the energy of the sex, the sexual forces, hormones.** Modern doctors and biologists already **recognize that when someone reaches puberty, the pineal gland begins to degenerate:** but they do not know why. But in Gnosis, we know why that happens, and we know how to avoid it, or reverse it.

Previous to puberty, the pineal gland is very robust, very active, flooding the whole organism with hormones, with life. (By the way, hormone means "the force of being.") So the pineal gland guides the development of the human organism through the first 12 to 14 years. But at the time puberty arrives, that human organisms begins to repeat past mistakes and begins to abuse the Tree of Knowledge, sexuality, and those forces start to drain out, to be thrown out of the human organism through the orgasm. The result is that the pineal gland atrophies; the imagination of that child begins to weaken; the child become conflicted: emotionally, spiritually, mentally. The child then only seeks approval from others, to have its ego fed, to have comfort in the acceptance of others. All the capacities that the vital body was providing through those sexual forces, like imagination, like memory, like self-awareness, all weaken and even go away. Everyone of us can recall how beautiful life was, even if we had a hard time, we had moments of perception as children which were distinctly different from our moments of perception as adults. Everyone can agree on that!

The reason is that the child is saturated with transmuted sexual energies. In the child, the brain, the pineal gland, is saturated with hormones, with those forces which are descending from God. So we have moments of brilliant self-awareness when we are children, of perceiving things that the adults cannot see. The fact is that very young children are quite clairvoyant, There are indications that the pineal gland, which regulates the circadian rhythm and which is involved with the regulation and production of melatonin<sup>20</sup>, is a magneto sensitive system.<sup>21</sup> The nightly

production and secretion of melatonin by the pineal gland provides information regarding the time-of-day and time-of-year to the rest of the body, thus acting as a time-cued or 'Zeitgeber' function.<sup>22</sup> In mammals the circadian rhythm of melatonin is synchronized by the prevailing light: dark environment with the retina of the eyes doing the photoreception required for the induction of this rhythm.<sup>22</sup> Besides visible light, certain ultra violet wavelengths as well as extremely low frequency electric and magnetic fields may be involved with the melatonin rhythm.<sup>22</sup> Circadian abnormalities may result from a failure in the entrainment processes of internal clocks by environmental time cues.<sup>23,24</sup> It has been demonstrated that individuals placed in an underground bunker, thus shielded from the ambient electromagnetic field, showed gradual DE synchronization and lengthening of circadian rhythms, which could be re-synchronized when exposed to artificial magnetic fields. According to Kay<sup>4</sup>, storms in spring would enhance the suppressing effect of increasing daylight on melatonin synthesis, leading to a phase advance in the circadian rhythm, while the effect of storms in autumn would tend to be partially compensated for by the pineal response to decreasing light intensity. The pineal gland was shown to be sensitive to changes in magnetic field exposure in laboratory animals.<sup>21</sup> Alteration of the direction of the geomagnetic field is associated with a reduction of spontaneous electrical activity in the pineal gland, induction of ultrastructural changes in the pineal gland, reduction of N-acetyltransferase and hydroxyindole-O-methyltransferase, reduction of nocturnal cyclic adenosine 3,5-monophosphate content in the pineal gland, inhibition of melatonin secretion, increase glucose uptake in the pineal gland, inhibition of rhythmicity of responses of Purkinje cells to melatonin in the cerebellum and to inhibition of the enhanced nocturnal analgesic response to morphine in mice.<sup>21</sup> **The seat of the Human Spirit is primarily in the pineal gland** and secondarily in the brain and the cerebrospinal nervous system, which controls the voluntary muscle.

At the present time **the right cerebral hemisphere is governed by Mercury, and the pineal gland, its higher octave, is ruled by Neptune** who also has dominion over the spinal canal which is the avenue whereby one pole of the

creative energy was originally turned upward for the building of the brain. The ray of Neptune carries what occultists know as the Father fire, the light and life of the Divine Spirit, which expresses itself as will. This it focuses in the voluntary nervous system of the physical body governed by its lower octave Mercury which acting through the right brain galvanizes the body into speech and action, expressing the will of the indwelling spirit.

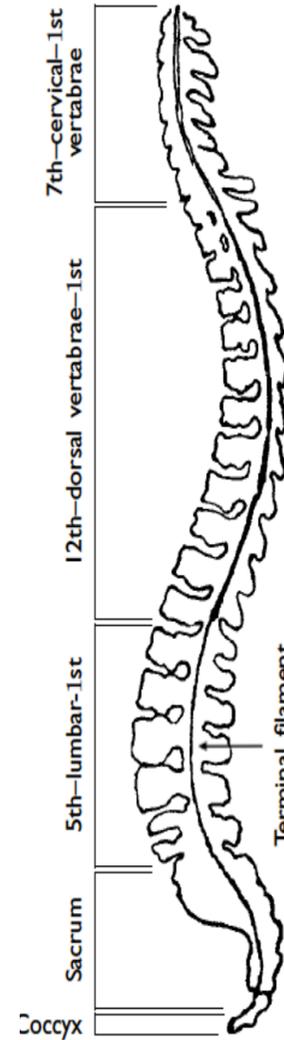
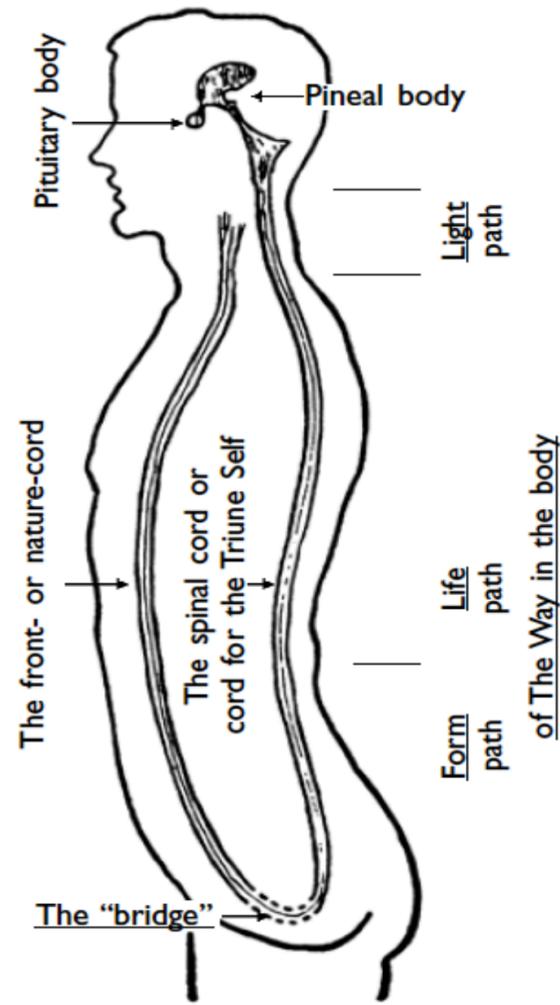
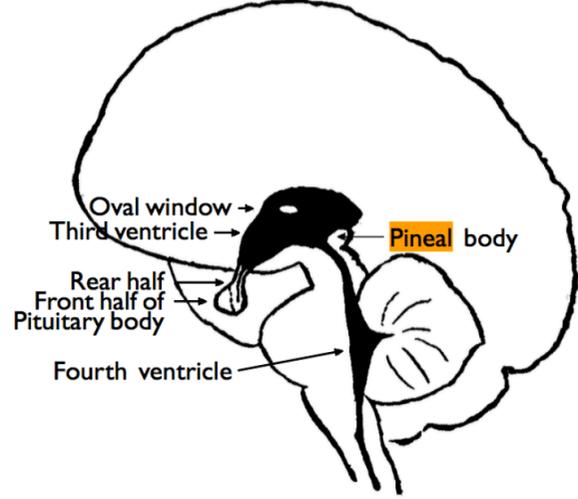
By this diversion of the creative energy the human being ceased, as already said, to be a physical hermaphrodite, a complete creative unit, and was then compelled to seek a mate in order to propagate the species, Therefore the Son, the Cosmic Christ, focused the love-ray of the Life Spirit upon Uranus, (ruling the pituitary body), who transmits it to the vital body where Venus, the lower octave of Uranus gives it expression in propagation and growth.

The lunar germ: Once a month a lunar germ is formed in the rear part of the pituitary body, (Fig. VI-A, a), and descends on the right side, along the trunk of the involuntary nervous system and its branches, (Fig. VI-B), to the solar plexus, where they become joined by the right vagus nerve of the voluntary system. Branches of these structures are widely distributed over the body cavities, especially over the organs of the digestive system, and are continued downward into the pelvis. As the lunar germ reaches the lowest point, it crosses over to the left side, by way of the coccygeal ganglion in front of the coccyx, and ascends to the region of the left kidney; but usually it drops back to the sex organs and is lost.

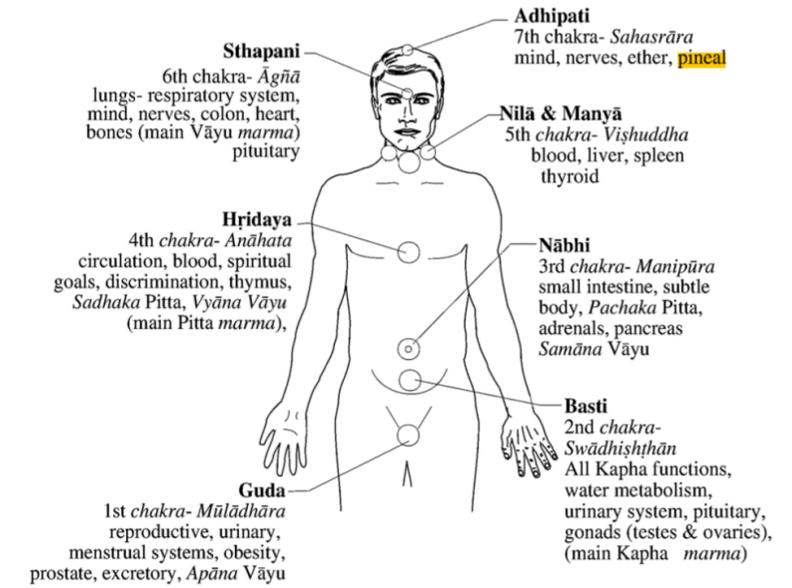
The solar germ: There is only one solar germ for each life. The ordinary course of the solar germ is: Once a year, in the course of six months, it descends from the region of the pineal body, in the right hemisphere of the spinal cord to the region of the first lumbar vertebra; then, during or in the course of six months, after crossing over to and ascending in the left hemisphere of the spinal cord, it returns to the head.

The next month the lunar germ descends again, together with the succeeding lunar germ; if and when the lunar germs are saved for thirteen rounds, equal to one solar year, and the thirteen having merged into one, a divine conception takes place in the head, by the union of the lunar germ with the solar germ, through issuance of light from the pituitary and pineal bodies

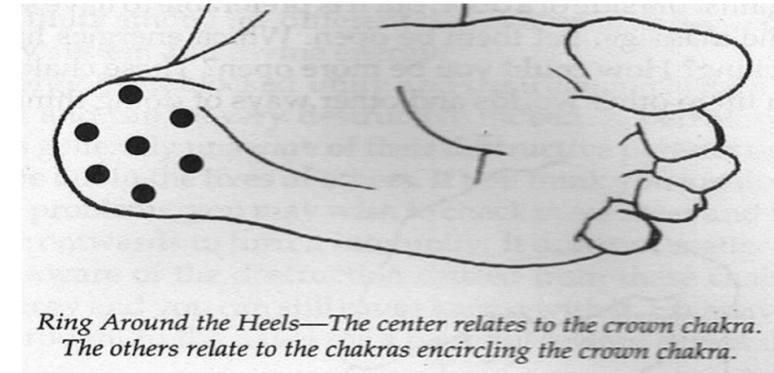




## Marmas and Chakras



	<u>Symbolizing:</u>	<u>Corresponding to:</u>
♈	ARIES	Consciousness
♉	TAURUS	Motion
♊	GEMINI	Substance
♋	CANCER	Breath
♌	LEO	Life
♍	VIRGO	Form
♎	LIBRA	Sex
♏	SCORPIO	Desire
♐	SAGITTARY	Thought
♑	CAPRICORN	Self-knowledge
♒	AQUARIUS	Conscious Sameness
♓	PISCES	Pure Intelligence or Abstract Will
		Head
		Neck
		Shoulders
		Breasts
		Heart
		Prostate and womb
		Crotch
		Male organ and clitoris
		Terminal filament
		Spinal cord opposite heart
		Spinal cord opposite shoulders
		Spinal cord opposite cervical vertebrae



Inhabitants have

Chakra Sense

Loka / Planetary system

Kosa\_Main Conscious level

Kingdom Element\_M/F State/dimension  
Mode/ Sense  
Mantra sound  
Note/frequency  
Color

Balanced mood;  
In Overactive Mood;

In Underactive Mood;

Quality/ function

Affirmation/ symptoms;  
Cause of Swollen Chakra  
Healing activities

Cause of shrunken Chakra

Healing Food;

REMEDIES;

Crystals, gemstones  
Oils  
Herbs

Bach flowers

Organs:

Physical problems;  
Glands:  
Metal:  
Chemistry;

Sivaloka; Up to  
Dissolution impersonal  
of matter, ego liberation  
remains

**Karana Sharira** Causal Body with asta-siddhi \_these 3 cakras survive death and accumulate samskaras, experiences

**7\_Sahasrara (M/F) Satyaloka** Suddha- Sound OM Uranus, 1000 (960) intellectual plane, Brahma illuminati Violet on

**Balanced mood;** inner happiness, Nirvana, Connected to "the Source, while aware of one's individuality", Wise, Compassion, able to question, assimilate, analyze, flexible nature

**Quality/ function; information,** Wisdom, **Enlightenment,** Knowledge of spirit/ Brahman, consciousness, spiritual connection

**Bach flowers;** Wild Rose, White Chestnut  
**Organs:** Energetic fields of the medulla plexus, eyes, entire nervous system,

**Psychic divine illumination, violet/ purple,** can quit the body at will. The 7<sup>th</sup> is actually not a chakra as it is beyond gross and subtle matter

**In Overactive Mood;** Addicted to spirituality, Craving attention, Needing to be popular, Over-erotic imagination, Overly intellectual and philosophy,, confusion, dissociation (living in own bubble, in its head and ideas), ), Day dreamy. Feel superior to others.

**Cause of Swollen Chakra; the bigger the better**

**Affirmation/ symptoms;** The essence of my being is light and peace. I open myself to the infinite power of God, which is all love

Diamond, Rock Crystal, clear or white quartz, Amethyst Agate, sugalite, bloodstone, Hematite, Red Coral, Red Garnet, Ruby, selenite, Black Tourmaline, Obsidian, Moldavite, selenite, pyrite, white calcite, white topaz, purple fluorite, apophyllite, Howlite, Labradorite, ametrine, Alexandrite

**Physical problems;** apathy, materialism, greed, domination of others, amnesia, headaches, photosensitivity, mental illness, epilepsy, senility, skin irritation, spiritual cynicism, chronic exhaustion, depression, lack of inspiration, energetic disorders. Time clock disorders (sleep/ wake cycle messed up), feel disconnected to the world.

**In Underactive Mood;** Misunderstood, misunderstanding, **skeptic,** Can't have fun, Unaware of or denying one's spiritual connection, short-sighted, close-minded.

**Cause of shrunken Chakra;** Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy

**Healing activities;** meditate, pray, look up into heavens/ sky/ clouds, stargazing, use brainpower to define values and beliefs, fresh air. sunlight

**Oils;** Rosewood, jasmine, neroli, Yang yang, cedar wood, lavender, spikenard, vetiver, frankincense, Galvanum, Gurjum, Helichrysum, rose, Myrrh

**Glands of 6<sup>th</sup> chakra:** Pituitary (rules all glands), Uranus, ruler of the pituitary body, is the higher octave of Venus

**Herbs;** Frankincense, Lotus, Neroli, Rose, Spruce, smudging & secret herbs; resins, myrrh, lavender, hibiscus, rose, juniper, Yerba Santa Leaves, any sage variety, cedar, bearberry, sweet grass, palo santo, mugwort.

**Healing Food;** fasting, fresh air, sunshine, detox, juicing, Purple plums. Black grapes, Sun and Moonlight, water

**Metal:** Gold  
**Chemistry;** light

**6\_Ajna (M/F), TO PERCEIVE, TO COMMAND Jupiter, intuition, Mahat-tattva** the 3<sup>rd</sup> eye, round shape (the 6<sup>th</sup> sense, Jnanacaksu). Gives compassion, **Nervous system, clairvoyance,** forgiveness, equanimity, saintly

**Tapoloka:** AnandanSound Om or aya; Ksam Santi, Note A, la Peace, 448Hz Indigo on, Divine sight,

**Balanced mood; Intuition, imagination,** visualization, **creative = ideals take shape, things happen.** Charismatic, Can meditate, Knows one's purpose, Seen as wise, Psychic perception, accurate interpretation, imagination, clear seeing, good memory, recall dreams,

**Quality/ function; self-reflexion, to witness** Inner vision (clairvoyance), **insight,** perception, charismatic, concentration, peace of mind, projection of will, manifestation

Blue tourmaline, Blue Sapphire, Opal, Azurite, Lapis Lazuli, Sodalite, Quartz, zircon, amethyst, moonstone, sugulite, Amethyst, purple fluorite, lapidolite, sugilite, Prehnite, dumortierite, iolite, kyanite, Charoite, angelite

**Organs: Central forehead,** carotid plexus Pituitary, pineal glands, Spinal cord, Eyes, ears, Sinuses. Spiritual Intuition. Higher Self

qualities and wisdom. Makes one noble, humble. Destroys the ego, eccentricities, bad habits, mean thoughts, anger, hatred and resentment. Siddhi to become large or small at will.

**In Overactive Mood;** Spaced out, Lost Worrying, Seen as living in a fantasy world. Headaches, **nightmares, hallucinations, delusions, difficulty concentrating, delusions, obsessions**

**Cause of Swollen Chakra;** Religious zealot. Living in illusion, not grounded & not focused in reality. Using psychic energy to manipulate others

**Affirmation/ symptoms;** I can solve my problems, I am in touch with my inner-light. I listen to my inner voice.  
**Some of these abilities include:** Aura reading (being able to perceive energy surrounding a person, place or object) Astral projection (also called out of body experiences), Clairvoyance (perceiving something in another location) Mediumship (or channelling which is basically communicating with spirits) Telepathy (perceiving others thoughts) Precognition (knowing the future or past) Empathy (ability to feel others emotions) + Many more

**Physical problems; poor vision,** poor memory, insensitivity, lack of imagination, no dreams, denial, infections, headaches seizures, learning disabilities, facial nerve problems, eye & ear disease, hearing problems, inner nose (breath) & sinus problems, insomnia, nausea, dizziness

**In Underactive Mood;** Illusion; **can't see the bigger picture,** can be easily influenced Confused about one's purpose, Doubting oneself, Poor memory, poor vision, **lack imagination & concentration,** denies, inflexible thinking, Cynic,

**Cause of shrunken Chakra;** Fear of seeing into past lives or the future Fear of the unknown. Refusal to see the truth. Mental instability

**Healing activities;** eye exercises, yoga mudras, gazing, create/ view art, beauty, release preconceived notions.

Oils; Lemongrass, Violet, Anise, Hyacinth, mandarin, vanilla, bergamot, Jasmine, Juniper, Lemon, Pine, cedar wood, Patchouli, clary sage, cypress, frankincense, sandalwood, vetiver,

**Glands7th:** Pineal (epiphysis), near thalamus, regulates the circadian rhythm (internal clocks), reservoir of vital energy for whole body. Neptune, ruler of the pineal gland, is the higher octave of Mercury

Herbs; Jasmine, Mint, Mugwort, Star Anise, eyebright, poppy seeds, rosemary, lavender,

**Healing Food;** indigo or dark blue food; Blackberries, Blueberries, Purple grapes, Red/Walnut purple plums, purple potatoes (sweet or not), chocolate, red wines, grape juice, herbal teas, purple potatoes, figs,

Bach flowers; Crab Apple, Vine,

**Metal:** Silver  
**Chemistry;** Ahankara

**5\_Vishuddha, Yang (male)** Mercury, ether, smoky and oval/ hearing, the throat (spinal centre behind the throat.). This region of speech and expression causes great loss of energy. Mauna Vrata (silence) is practiced to end enmity and recoup energy. Sometimes

Janaloka, space, ethereal, akasa planets  
 Manoma Angel ya. Ether / Male  
 Forms of Space/dimension and colors  
 Divine love  
 Sound Ham Note G, sol 384Hz  
 Sky Blue

**Balanced mood;** self expression, Creative, resonant voice, smooth communications, **eloquent,** good listener, Control of space element; power of the Magical Ear, able to listen to the voices and the music of the superior worlds

**Quality/ function; Communication, hearing speaking & self expression** (music, writing, speaking, art, teaching). Inspiration, wisdom, confidence, integrity. Asking for ones needs to be met.

**Bach flowers;** Mimulus, Agrimony, Cerato

**Organs; Respiratory system** Sound, **Throat,** Pharynx, neck, arms, brachial plexus, Energetic fields of the laryngeal nerve plexus, vocal cords, mouth, ears, thyroid and parathyroid glands..

hears voices "which make suggestions to him" or music or other less pleasant sounds

**In Overactive Mood;** Speaking too much, cannot keep secrets, inability to listen, stuttering/ stammering, **gossip, speaks too loud**, Boring others, **Seen as criticizing**, Stubborn, over activity of the thyroid gland = rapid heartbeat and an increased rate of metabolism

**Cause of Swollen Chakra;** Obsessive communication. Talking to hear oneself talk without listening to others.

**Affirmation/ symptoms; Expression,** I speak from the heart and let truth be my guide. I use the power of words, Every day it becomes easier to express what I think and feel

Blue Sapphire, Kunzite, Chalcedony, Turquoise, Lapis Lazuli, celestite, blue opal, Aquamarine, Topaz, Sodalite, blue lace agate, blue tourmaline, blue quartz, blue topaz, angelite, blue kyanite, blue calcite, blue Apatite

**Physical problems;** fear of speaking, weak voice/tone, deaf, shyness, poor rhythm, swollen glands, fevers/ flu, hyperactivity, hormonal disorders, thyroid problems poor self-expression, **sore throat**, ear infections, scoliosis (over-curved spine), teeth, gum issues, tonsillitis, frequent sore throat, stiff neck or shoulders.

**In Underactive Mood; liar, Can't express oneself**, Afraid to speak in public, shy, Cannot express the creative side, Seen as timid, Dependent, Fear of speaking, poor rhythm, inability to formulate language properly, anger in speech.

**Cause of shrunken Chakra;** Fears about communication with others or expressing oneself. Deceitful.

**Healing activities;** silence, listen to music, chant, sing, eat fruits, breathe,

**Oils;** Eucalyptus, Peppermint, Camphor, bergamot, tea tree, chamomile, rosemary, sage

**Glands; : thyroid (ruled by Mercury), parathyroid**, goiter is the swelling of the neck or larynx resulting in enlargement of the thyroid (lack of iodine)

**Herbs;** Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Sage Frankincense, coriander, lavender, geranium, **salt**, lemon grass, peppermint, red clover blossom,

**Healing Food;** especially liquids and fruits; sea plants, sauces, Blueberries, eggplants, blackberries, Blue plums, soups, blue raspberries, figs, kelp, red cabbage, black currants, purple grapes, plums, dragon fruit

**Metal:** Mercury, **Chemistry;** Ether (space) Plasma state

**Sukshuma Sharira** Subtle Body. Still Consisting of vital life airs &c  
**4\_Anahata, means unharmed, unbroken, intact\_**  
**Yin (female) Venus, green and circular/ hexagonal;** Atma, awareness of the true Self. causes exhilaration, compassion and love and is the seat of Bhakti. provides security, confidence, destroys worries, doubts and fears. instinctively aware of the joys and sorrows of others, sometimes

**Maharloka** \ijnanam Animal Yogis, airy aya; gaseous intellectu planets, al Know time, discrimina- tion, Mind /hearing cognition, supra- consciou s  
Air / Fem. Nadi Gas/ **AIR**,  
Mind /hearing cognition, supra- consciou s  
Smoky color Green

**Balanced mood;** Loved, **Easy gives and receives love** Empathetic, "Contagiously" good vibe. Balance, compassion, self-acceptance, good relationships, contentment, trust, **peaceful, harmony**, non-judgmental, **power over the air, gaseous elements\_**

**Quality/ function,** Love of all types (Divine, romantic, platonic, familial, self). Feeling of oneness. Harmony, forgiveness, healing, caring, compassion, understanding, personal transformation, warmth, sharing, devotion, selflessness. Clairsentience. **FORGIVENESS,**

**Bach flowers;** Red Chestnut, Willow, Chicory

**Organs; :** Sparsa/ Touch, Hands, arms, Lungs, diaphragm, breasts, Breath, ears, Energetic fields of the cardiac nerve plexus, respiratory and cardiac/ blood system.  
**Circulation is due to prana/ air not due to liquid.**

reproducing in himself their physical aches and pains. (stigmats?) , 101 prana channels emanates from the earth, 1 only the susumna goes to liberation upwards

<p><b>In Overactive Mood:</b> Entitlement, Jealous, Blaming others, Giving too much, <b>Co-dependency</b> (too much focus on others), poor boundaries, being a martyr, over sacrificing. Lack empathy; the ability to understand and share the feelings of another.</p>	<p><b>Cause of Swollen Chakra;</b> Relationship attachments, addictions, and obsessions.</p>	<p><b>Affirmation/symptoms; TO ACCEPT</b> My heart is open to giving and receiving love, I love myself as I am, I give and receive with an open heart</p>	<p>Chrysoprase; (an apple green stone, variety of chalcedony), Rose Quartz, Green Jade, Kunzite, Tourmaline, Green Emerald, aventurine, malachite, rhodonite, pink tourmaline, diopside, green or pink calcite, moonstone, amazonite, morganite, rhodochrosite, Rubellite, Chrysocolla, peridot</p>	<p><b>Physical problems;</b> heart disorders, breathing, asthma, chest pain, high blood pressure issues, muscular tension, shyness, judgmental, bitter, lack of empathy, intolerant, critical, fear of love &amp; intimacy, loneliness, depression</p>
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<p><b>In Underactive Mood; repress love, Betrayal, Broken hearted,</b> Unloved, Self pity, Fear of rejection, <b>deep grief</b>, despair, Neediness, fear, anti-social, Uncertainty, <b>Shy, lonely</b>, isolated, lack of empathy, bitter, critical, intolerant</p>	<p><b>Cause of shrunken Chakra;</b> Fears about receiving or giving love (to and from anyone, including self).</p>	<p><b>Healing activities;</b> forgiveness, gratitude, meaningful discussions, play in the wind, ride in a car with windows open, or bike, bicycle, play kite,</p>	<p><b>Oils;</b> Cloves, Rose, Jasmine, Tarragon, Marjoram, Geranium, Lavender, Mandarin, Lemon, Orange, Tangerine, Ylang Ylang, peppermint, Melissa eucalyptus, rosemary, Bergamot, Cypress, Neroli, Sandalwood, chamomile,</p> <p><b>Herbs;</b> Marjoram, Geranium, Jasmine, Lavender, Rose Oil, Yarrow, cayenne, hawthorn berries, basil, sage, Thyme, cilantro, parsley.</p>	<p><b>Glands: center of chest ; Heart, thymus. Thymus is ruled by Venus</b></p>
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**Healing Food;** raw food, Green foods and any vegies (especially green), Kale, Spinach, salads, Kiwis, Limes, Green beans, Peas, Sprouts, green tea, Honeydew, broccoli, chard (red beet, silver beet), artichoke, lotus, passion fruits or flowers, lime, asparagus, celery, cucumbers,

**Metal:** Copper  
**Chemistry Vayu ; air, gaz, Oxygen.**

**3\_Nabhi/Manipura, Yang (male) Mars, Sight, yellow and triangular, Agni Tattwa,** Mars helps us to overcome Shadripu, gives willpower for spiritual quest drained by sexuality in the 2<sup>nd</sup> Chakra. with oils could cure sight diseases, Vague remembrance of astral travel and blissful sensation of flying. The yogi can destroy and create

**Svarga:** Manoma Human ya Fire / Male Bhyasat; Light, photon, Mental Heat activity Intellect, sight, emotionaSound Ram I level, Note; E, mi intellect, 320Hz willpowerYellow

**Balanced mood;** Respect for self and others, Confident, Outgoing, Problem solving, Calm, Integrity, **collective consciousness**, sense of righteousness, morality, control over anger. Cleaning the navel. A strong Nabhi Chakra gives generosity, contentment & relieves stress, tensions. Vitality, spontaneity, strength of will, purpose, self-esteem, confident, disciplined, creative, **power over fire, electricity, light**

**Quality/ function; EGO, self-esteem, Willpower, Control. Social identity,** influence, authority, self-control, energy, will, peace, radiance, joy, inner harmony, vitality and inner strength, sight, hearing, feeling, and emotion

Bach flowers; Impatiens, Sideranthus, Hornbeam

**Organs: sight, Fire Feet, physical strength.** umbilical chord, blood, so Mars is co-significator (Sthira karaka) for Mother, **Solar Plexus digestive organs and system; assimilation,** Liver, stomach, pancreas, **kidneys,** adrenals, **muscles,** immune system, nervous system, skin,

planets.

**In Overactive Mood;**

Judgmental Stubborn, Critical, Blaming, Bully, Dominating, **controlling**, aggressive, scattered, constantly active, competitive, **power hungry**.

**Cause of Swollen**

**Chakra;** Obsession with gaining power and control.

**Affirmation/ symptoms; TO ACT,** I am

organized, I let my feelings run freely and trust my spontaneous decisions. I use my inner strength to make the world a better place. Through the power of my will, I can reach any goal

Liver diseases can be cured by

Mars Mantras or stones, Narashimhadev Amber, Citrine, Tiger's Eye, Yellow Sapphire, Peridot, yellow tourmaline, yellow topaz, yellow jasper, golden calcite, sunstone, yellow jade, Pyrite, rhodochrosite, rutilated quartz

**Physical problems;** low energy, poor self-esteem, passive, sluggish, procrastination, delay or postpone action, victim mentality, unreliable, poor self-discipline, weak will, poor memory, **constipation**, gas bloating, nervousness, diabetes, stomach ulcer, arthritis. **Diabetes, digestion, liver/ kidney problems (all due to over-indulgence)**, angina Pectoris ( chest pain or discomfort due to coronary heart disease), Neurathenia= (fatigue, anxiety, headache, heart palpitations, high blood pressure, neuralgia and depressed mood)

**In Underactive Mood; Low self esteem,** Shame, Guilt, Apathetic, Procrastinating, "Taken advantage of", Not knowing what to do. Weak will, passive, sluggish, lack energy, fearful, Submissive, **powerless**, poor digestion.

**Cause of shrunken**

**Chakra;** Fear that you are powerless or do not have control. Fear that others are trying to overpower or control you.

**Healing activities; Sunshine,** release attachments, anger, laugh

**Oils;** Lavender, Chamomile, Lemon, Anise, Bergamot, Black Pepper, Cardamom, Cedar wood, Coriander, Juniper, Lime, Rosemary, myrrh, frankincense, fennel, lemon grass,

**Glands; pancreas, liver**

**Herbs;** Bergamot, Carnation, Lavender, Rosemary, fennel, lemon grass, celery, cinnamon, lily, marshmallow, mints, ginger, Melissa, turmeric, cumin,

**Healing Food;** Yellow Squash peppers or lentils, Corn, Lemons, Whole grains, corn, oats. Spelt, Legumes, bananas. Carbohydrates, milk products.

**Metal:** Iron  
**Chemistry;** Nitrogen, Fire, Electricity,

**2\_Swadishthan;** Bhuva, Pranam  
**Yin (Female)** watery,liquiya: 5 Water /  
**Moon, Rasa/ Taste,** d planets: pranas, Female  
**water/ translucent** upadevas effort Liquid/  
**and crescent-** (caranas, oriented cohesion  
**shaped, Jala Tattwa,** siddhas astral Emotion/  
creativity, vidyadhara made/ taste  
attentiveness (i.e. a s) Pretas, ghostly, Sound Vam  
keen eye for details) pisacas subtle, Note D, ré  
and Apará Vidya Ruled by magnetic  
(practical knowledge Varuna , reason  
as Venus is the Asura  
Guru), admire beauty  
concentration, vigor,  
**digestion**  
**(assimilation,**  
**creative power/**  
**immune system),**  
**elimination (health),**  
**orange color**

**Balanced mood;** Friendly, Happiness, Passionate, Good mood, Playful, creative, Naturally flirty, emotions, Fluidity, pleasure, healthy sexuality, fertility, feeling, **power over the waters/ liquids**

**Quality/ function; sensual satisfaction, Sexuality, creativity, Emotions, movement, balance, FEELINGS.**

**Bach flowers;** Oak, Olive, Pine

**Organs;** Navel, Hypogastric, **lower Abdomen, intestines , genitals, bladder**, low back, hips, lumbar plexus, spleen (ruled by sun).

**Sthula Shirara**  
Gross Body

**1\_Mooladhara:**  
**money chakra**  
**Yang, (Male)**  
**Saturn, speech,**  
**earth, red and**  
**square / Prithvi**  
**Tatwa** *child-like*  
*disposition,*  
*innocence, purity in*  
*thoughts and*  
*relationships, ,*  
controls the feet giving  
clear directions.  
Sense control is  
required to go  
upwards  
**Vital energy,**  
**reproduction**

Bhur, gross  
solid energy,  
earthly plane

Annamay  
a\_ food  
on 5  
elements  
, time  
and space  
conscious,  
memory

Mineral  
Earth/Male  
nadi  
Solid /  
Sensual/  
Sound Lam  
Middle C, do,  
256 Htz  
Ruby like Red

**Balanced mood;** Grounded, belonging to this world,  
Independent, Alive, Poised, Stability, **feel safe and secure,**  
grounding, **physical health,** prosperity, **confident** , live at  
present only, auto-suffisant. **Vibrant energy**

**In Overactive Mood;** Bossy,  
Domineering, Big ego, Violent,  
Cunning, Heaviness, sluggish,  
monotony, obesity, materialism,  
greed, workoolic.

**In Underactive Mood;** Unloved

**Cause of Swollen**  
**Chakra;** Obsession with  
money, career, material  
possessions

**Cause of shrunken**

**In Overactive Mood;** Need  
power, Manipulative, Craving,  
Obsessive attachments.  
Oversensitivity

**In Underactive Mood;** Shy,  
Guilty, Afraid to interact, Lost,  
Overly concerned about  
what others think, fear of.

**Cause of Swollen**  
**Chakra;** Overly emotional,  
sex addiction, obsessive  
attachments, Emotionally  
unstable

**Cause of shrunken**  
**Chakra;**  
Frigid, impotent, rigid,  
emotionally numb, fearful  
of  
Pleasure, apathetic

**Affirmation/ symptoms;** TO FEEL, I enjoy life  
with all of my senses. I allow my creativity and  
joy to live freely. I lovingly accept my body and  
my sensuality. to feel, want, create  
A vague feeling of good and bad vibrations,  
without knowing wy

**Healing activities;** Dance, emotions, enjoy  
life. Flexibility, Writing, Acting, Drawing,  
Painting, Construction, Cooking, Singing,  
Math, Science, Alchemy, Teaching,

**Healing Food; Orange foods;** Carrots,  
Papaya, Oranges, tropical fruits, Cantaloupes,  
Nuts, Seeds, Peaches, Apricots, pumpkins,  
tofu, peanuts, fats, oils, honey,

**Quality/ function; Physical foundation,**  
**Survival, elimination, SUPPORT, FINANCE,**  
STABILITY, SECURITY, I am full of energy and  
confident, I trust in the power of earth and life. I  
feel at home in my body. I am sustained and  
nourished by nature

**Affirmation/ symptoms; to have** Survival,  
self- preservation, Security (financial, career,  
home, physical safety, basic needs), to have,  
Grounding, achieve goals, vitality, stability,  
stillness, courage

Healing activities; Being outdoors, Physical

Gold Topaz, Aventurine, Coral,  
Fire Opal, moonstone, Carnelian,  
amber, fire agate, orange spinel,  
orange calcite, citrine, vanadinite,  
blue-green fluorite or turquoise,  
aragonite, vandanite, Milky Quartz,  
Selenite, Citrine, sunstone,  
tangerine quartz,

**Oils;** Myrrh, Sandalwood. Bitter  
Orange, Pepper, Vanilla, tangerine,  
mandarin, cedar wood, geranium,  
clary sage, rosewood,

Herbs; coriander, calendula,  
fennel, Gardena, licorice,  
cinnamon, vanilla, carob, sweet  
paprika, sesame, caraway seeds,

**Healing Food; Orange foods;** Carrots,  
Papaya, Oranges, tropical fruits, Cantaloupes,  
Nuts, Seeds, Peaches, Apricots, pumpkins,  
tofu, peanuts, fats, oils, honey,

Red, Black, or Brown Stones;  
Ruby, Hematite, Agate,  
bloodstone, Red Coral, Red  
Garnet, Black Tourmaline, black  
Obsidian, Red Jasper. Red Zincite,  
red calcite, red tiger's eye. Red  
aventurine, garnet, Onyx, smoky  
Quartz,

Oils; Clove, Patchouli, Rosemary,

**Physical problems;** Eating  
Disorders, overeating, alcohol/Drug  
abuse,  
depression , asthma, yeast infections,  
urinary problems, frigidity, fear of sex,  
menstrual problems, poor social  
skills, lack of desire/ passion, fear of  
change, impotency, lower back pain,  
denial of pleasure, lower back pain

**Glands:** Genitals/ ovaries, plexus,  
testicles. **Kidneys,** private parts,  
reproduction

**Metal:** Tin  
**Chemistry;** Hydrogen.

**Organs; smell,** Energetic fields of  
**the bones, skeletal structure, teeth,**  
coccygeal nerve, plexus, adrenal  
glands, Base of the spine, Anus,  
sacrum, pelvis, prostate, bladder,  
**elimination system,** colon, rectum,  
lower nose (smell), hips, legs, feet,  
**kidneys.**

**Physical problems;**  
Blood, Bowel, & Bone Disorders,  
constipation (excess earth element),  
Varicose (legs & feet), Anorexia,  
Obesity, Anxiety, **Pain in Lower**  
**Body (feet, knees, legs hips,**  
**BACK) sciatica,** \_ anemia, Fatigue,  
DEPRESSION, COLD, Eating  
Disorders, SKIN PROBLEMS, Lack  
of Energy, Frequent Colds, Fearful,  
anxious, insecure, Restless,  
underweight

**Glands:** Energetic field of the adrenal

Sexually inadequate Frustrated, **Chakra imbalance;**  
**Fear, anxiety,** Shy, Unsure, Fighting mode, Fear or  
 restless, underweight, unaware worry about security  
 of one's surroundings. lacks (financial, career, home,  
 discipline, restless (personal safety, needs).  
 Anxious, arrogant,  
 exhaustion, depression,

Exercise, Dancing, Walk, Ride Bike, Beach,  
 Hike playing, gardening, working with hands,  
 right eating and sleeping

Rosewood, Myrrh, Cypress, gland  
 Cedar, Thyme, Angelica Root,  
 Benzoin, Cedar wood,  
 Frankincense, Oak moss,  
 Spikenard, Vetiver, ginger

Herbs: Cedar, clove, burdock,  
 dandelion, rosemary, horseradish,  
 paprika, cayenne, chilies.

Healing Food; Red colored foods, Spices,  
 Whole Food (proteins), Rooted Vegetables,  
 Protein. Pomegranate, Raspberry, Tomato,  
 Cayenne, Potato, rutabaga, Garlic, Beets, Red  
 Cabbage, Root vegetables, Red grapes.  
 Cherries, apples, red onions, watermelon,  
 strawberries, cranberries

Bach flowers; Clematis, Rock  
 Rose, Sweet Chestnut

**Metal:**  
**Chemistry;**  
 carbon

Lower beings, asuras,1) **atala** fear, lust  
 animals\_ plants  
 snakes,  
 NARAKALOKA (note;  
 light in lower planets  
 does not come from  
 Sun but from gems,  
 and there is not  
 day/nights in  
 Narakaloka as it is  
 below/ inside earth  
 globe)

- 2) **vitāla** Raging,  
anger
- 3) **sutāla** Retaliator  
y,  
jealousy
- 4) **talātāla** prolonged
- 5) **rasātāla** Pure  
selfishness
- 6) **mahātāla**  
**a** counciousness
- 7) **pātāla** malice,  
murder