



1st Chakra Chart

Third Eye | Ājñā

Color	Indigo. Like a velvety night sky (sans light pollution).
Element	Light.
Body associations	Forehead, eyes, ears, nose, head.
Seed sound (bija mantra)	Aum. This sound has 4 parts: Ahhhh, Ooooooh, Mmmmm, [silence].
Verb	I see. I know.
Sense	6th.
Endocrine gland	Pituitary and pineal.
Focus	Intuition. The ability and willingness to orient on and follow inner guidance.
Hindu Symbolism	Indigo lotus with two petals.
Christian Sacrament	Ordination. To receive the grace to make sacred your path of service. Buddhists call this "Right Livelihood."
Jewish Sefirot in the Kabbalah	Binah, and Hokhmah. The duality of the feminine and masculine energies of God. Binah is the energy of the Divine Mother, symbolizing compassion. Hokhmah is the energy of wisdom (the Divine masculine), symbolizing the contact point between the Divine mind and personal thoughts.



ROOT TO RISE
YOGA TEACHING METHOD