



What's Your Dosha?



CHAKRA	SANSKRIT	LOCATION	COLOR	ELEMENT	SENSE	DOSHA	MANTRA	MUSIC NOTE	INFLUENCE
7. Crown	Sahasrara	Top of head	VIOLET				OM	B	Spirituality INSPIRATION
6. Third Eye	Ajna	Between and slightly above the brows	INDIGO	Mind (combination of all)	intuition	All 3	KSHAM	A	The brain INTUITION
5. Throat	Vishuddha	The throat area	BLUE	ether	Sound (sabda)	Vata	HUM	G	Speech, thyroid EXPRESSION
4. Heart	Anahata	The heart area	GREEN	air	Touch (sparsa)	Vata	YAM	F	Circulation, respiration, immune syst. BALANCE
3. Solar Plexus	Manipura	The navel area	YELLOW	fire	Sight (rupa)	Pitta	RAM	E	The energy of digestion, absorption WHOLENESS
2. Sacral or Creative	Swadhistana	Between the navel and base of spine	ORANGE	water	Taste (rasa)	Kapha	VAM	D	Fertility, sexual energy, creativity STABILITY
1. Base or Root	Muladhara	Base of spine	RED	earth	Smell (gandha)	Kapha	LAM	C	Energy of elimination, groundedness POTENCY

CHAKRA CHART courtesy of:

Lissa Coffey, author of "What's Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Love"

Take the free quiz to determine your dosha at: <http://www.whatsyourdosha.com>