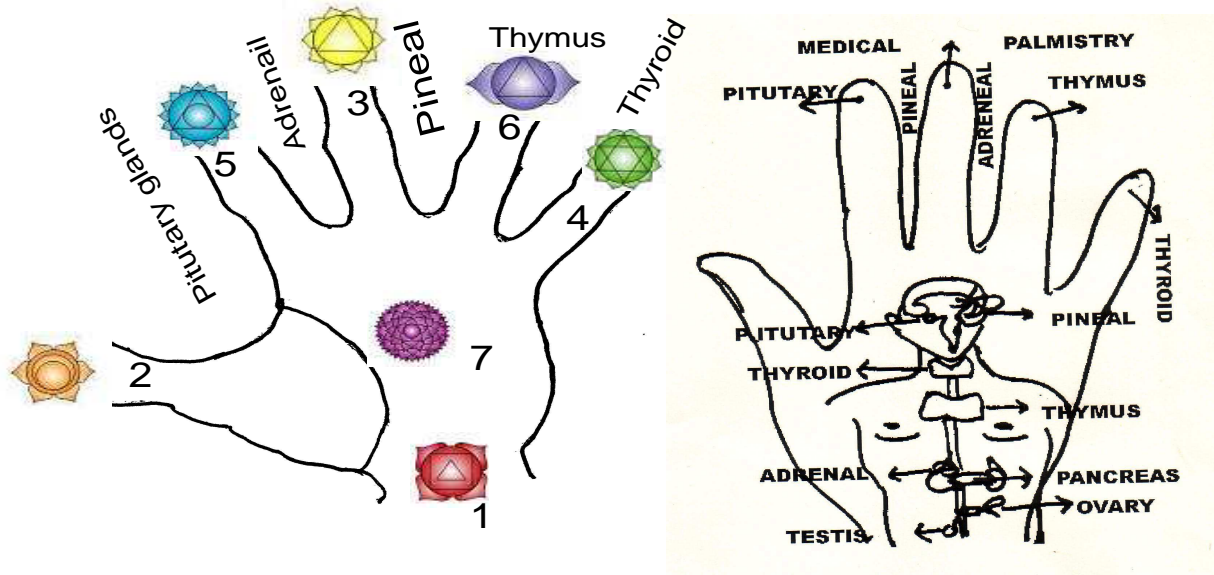


**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**

**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**
The 7 chakras (Wheels/Plexus) in the human body & their relationship
with the Fingers and the glands of the body



SAHASRARA CHAKRA
(Crown Chakra)

ANJA CHAKRA
(Brow or Third Eye Chakra)

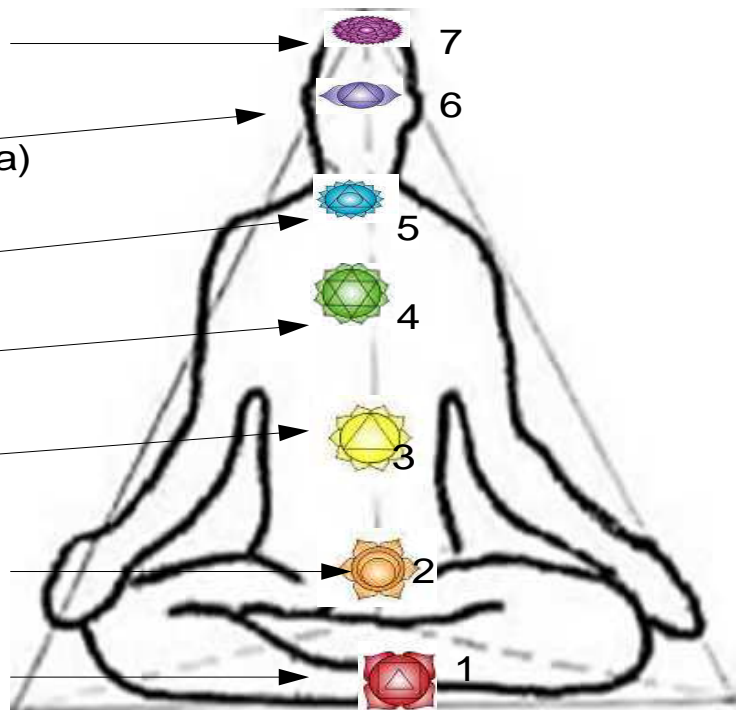
VISHUDDHI CHAKRA
(Throat Chakra)

ANAHAT CHAKRA
(Heart Chakra)

MANIPURA OR
NABHI CHAKRA
(Solar Plexus Chakra)

SWADHISTHAN CHAKRA
(Spleen or Sacral Chakra)

MOOLADHARA CHAKRA
(Root or Base Chakra)



**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**

In Sanskrit Chakra is known as “ Wheel” . Traditionally speaking, there are seven chakras located in the human body from the base to the crown of the head, which are energy centres, running along the spinal chord and they are a combination high frequency energies, through the speed of each chakra varies.

The names of the seven chakras are:

- 1. Muladhara Chakra – the Base or Root Chakra, located at the base of the spine and is connected with the the material and physical world.**
- 2. Svadisthana Chakra - the Spleen Chakra, located below the navel, related to sex, procreation, etc.**
- 3. Manipura Chakra - The Solar Plexus Chakra, located above the navel, connected with self-control and imbalances.**
- 4. Anahata Chakra – The Heart Chakra, located at the centre of the chest dealing with the immune system and heart problems.**
- 5. Vishudha chakra – The Throat Chakra, near the throat region, connected with thyroid imbalances, swings of moods and oral communication.**
- 6. The Anja Chakra – The third Eye Chakra, on the forehead and between the eyes, depression, psychic abilities learning, etc.**
- 7. The Sahasrara Chakra - Atop of the head, merging one's consciousness and sub-consciousness into higher intelligence, spirituality, enlightenment, etc.**

**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**

All the fingers and parts of our hands are your sensors of the chakras, related to a chakra. If a finger of either hand gets blistering hot or tingly, the corresponding chakra is out of balance.

Thumb = Sacral / Spleen or Sexual chakra - Belly body parts include sexual organs (women), kidneys, bladder, and large intestine.

First finger = Throat chakra - throat, neck, teeth, ears, and thyroid gland.

Middle finger = Solar Plexus chakra- Intellectual Awareness, power, accomplishments, will, ego projections, vital energies, control, and your freedom to be yourself.

Ring finger=Third Eye chakra -body parts include the eyes, face, brain, lymphatic and endocrine system.

Little finger=Heart chakra - heart, lungs, circulatory system, shoulders, and upper back.

Heel of Palm – Wrist junction = Root chakra - Root body parts include the hips, legs, lower back and sexual organs.

Centre of Palm = Crown chakra.

It is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness.

**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**

The Chakras and the Kundalini (Serpent Power) are inter-related and a part of the whole. When the Kundalini is awakened, the properties of the Chakras are activated and this could lead to spiritual awakening. The Kundalini is a latent force at the base of the spine. As in the chakras, the awakening of the Kundalini is due to great progressive efforts through prayers, meditation, body work, breath work, yoga, sexual practices, etc.

Sri Swami Sivananda in his book “Kundalini Yoga states“Kundalini Sakti is the coiled-up, dormant, cosmic power that underlies all organic as well as inorganic matter. It is the primordial energy that lies at the basal Muladhara Chakra in a dormant, potential state. Kundalini Yoga is that Yoga which treats of Kundalini Sakti, the seven Chakras or centres of spiritual energy, the arousing of the sleeping Kundalini Sakti and its union with Lord Siva in Sahasrara Chakra at the crown of the head. The seven Chakras are pierced by the passing of Kundalini Sakti to the top of the head.”

He further states that there are 72000 nadis (astral tubes) that carry the Pranic current. Among these nadis, the Ida, Pingala and Shusamna are important. As the Kundalini passes through Shusamna, it is the most important of the three. Purification of Shusamna is done through Pranayama.

**THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS**

Wikipedia states that to to awaken the life principle or consciousness from Muladhara and let it merge in Sahasrara has been described as 'liberation' by Vedanta. Kundalini in Sanskrit, literally means "coiled". In Indian yoga, a "corporeal energy" - an unconscious, instinctive or libidinal force or Shakti, envisioned either as a goddess or else as a sleeping serpent coiled at the base of the spine, Kundalini is considered a part of the subtle body along with chakras (energy centres) and nadis (channels).of nadis (energy channels), chakras (psychic centres), prana (subtle energy), and bindu (drops of essence).

Sri Ramana Maharshi mentioned that the kundalini energy is nothing but the natural energy of the Self, where Self is the universal consciousness (Paramatma) present in every being, and that the individual mind of thoughts cloaks this natural energy from unadulterated expression. Advaita teaches that Self-realization, enlightenment, God-consciousness, nirvana and kundalini awakening are all the same thing, and self-inquiry meditation is considered a very natural and simple means of reaching this goal.

Reference:

**The Essence of Yoga by Swami sivananda
www.spiritualcentre.ca**

THE SEVEN CHAKRAS IN THE HUMAN BODY
AND THEIR RELATIONSHIPS WITH THE FINGERS AND THE GLANDS

www.adishakti.org

ranandaatchakra8

<http://www.chakraenergy.com/intro.htm>

<http://www.starstuffs.com/chakras/kundalini.html>

http://www.kriyayoga.com/english/on_your_wings/kundalini.htm