

Chakra Points in Sanskrit

Crown Chakra: Sahasrara Chakra
3rd Eye Chakra: Ajna Chakra
Throat Chakra: Vissudhi Chakra
Heart Chakra: Anahata Chakra
Solar Plexus: Manipura Chakra
Genital Point: Swadisthana Chakra
Root Chakra: Muladhara Chakra

Vissudhi Chakra: Throat
Ajna Chakra: 3rd Eye
Right Side of Head
Left Side of Head
Center of Head
Ajna Chakra: 3rd Eye
Lips
Heart Chakra
Genital Point
Feet

The Kalavahana

Muladhara Chakra Root
Ajna Chakra: 3rd Eye
Anahata Chakra: Heart
Sahasrara Chakra: Crown
Muladhara Chakra: Root
Swadisthana Chakra: Genital Point
Manipura Chakra: Solar Plexus
Anahata Chakra: Heart

*Two Times Mantra~ Hand Top of Head
Anahata Chakra Heart
Swadisthana Chakra: Genital Point
Anahata Chakra: Heart
Ajna Chakra: 3rd Eye
Sahasrara Chakra: Crown
*Keep Your Hands on Your Heart