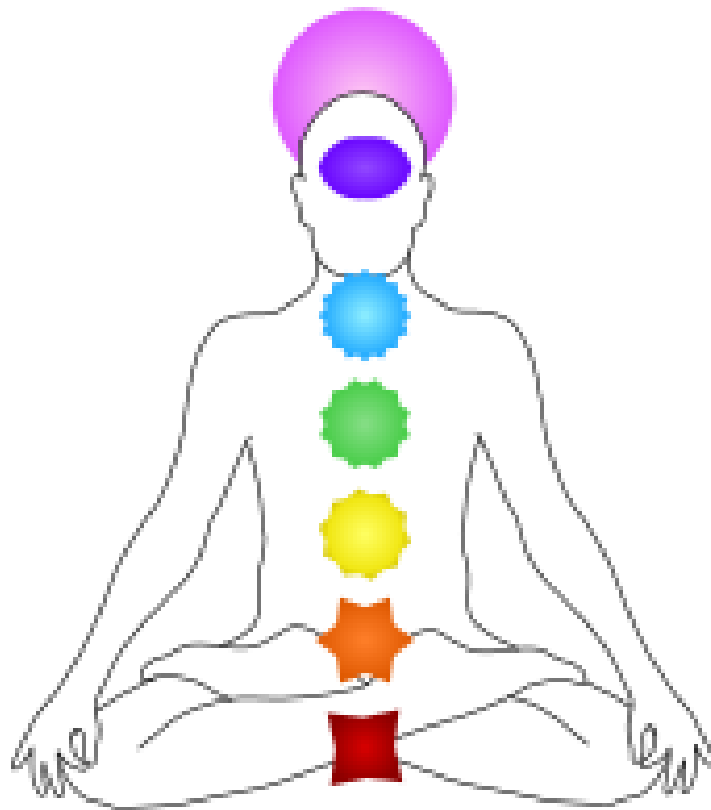


# Chakra Yantra

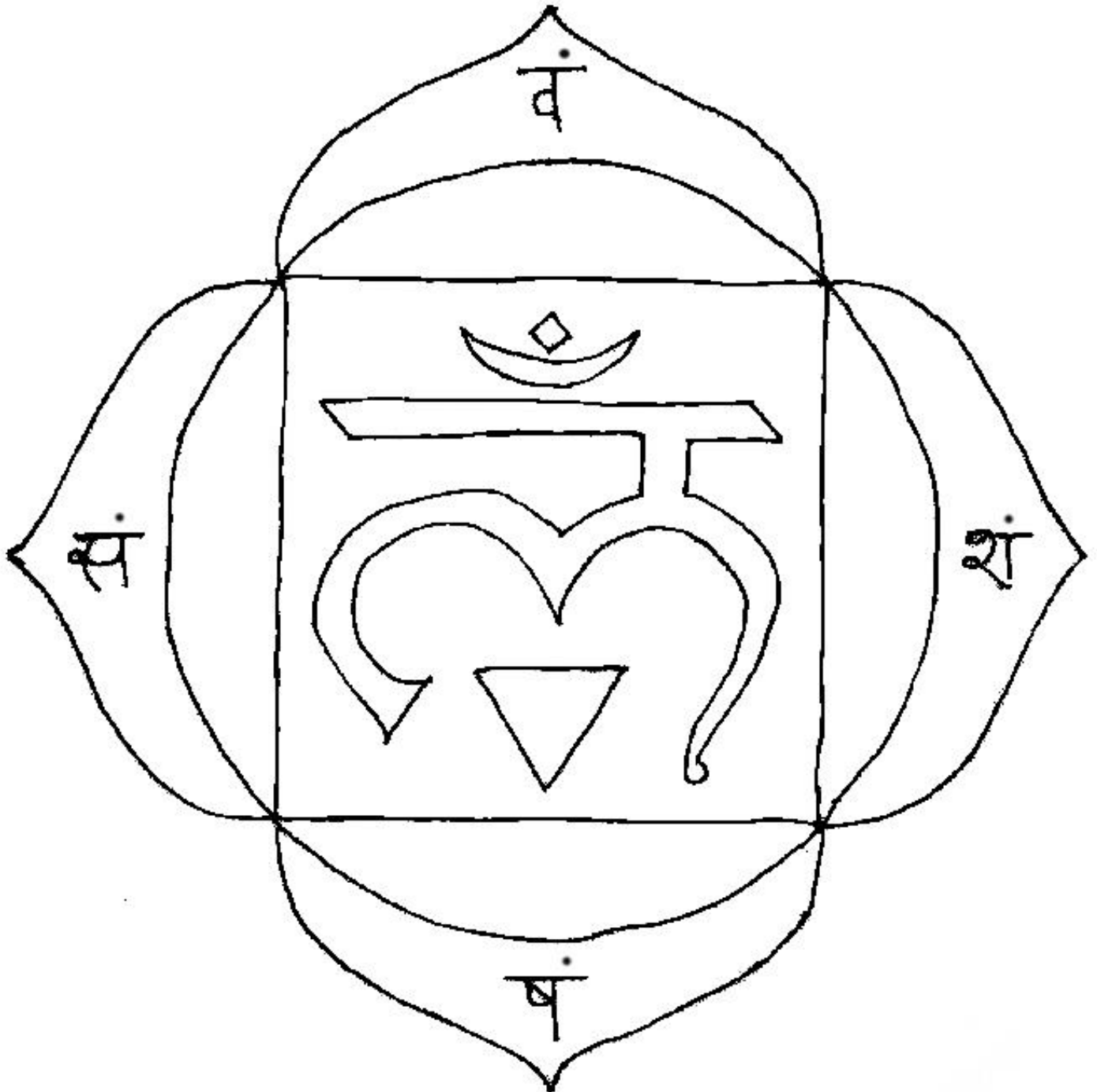
## COLORING BOOK



*Connect to the seven energy centers of the body by coloring their sacred yantras.*

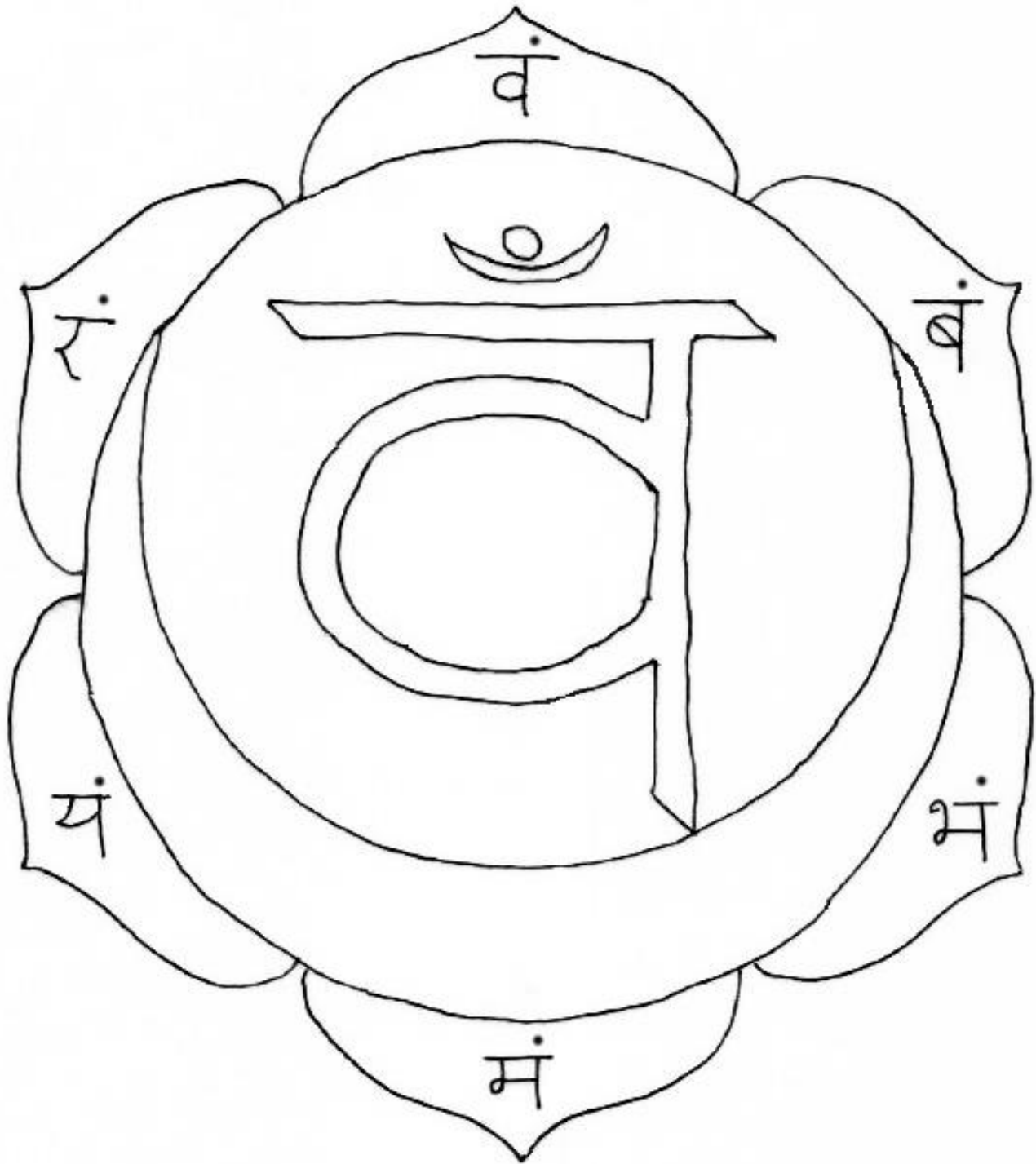
***Exploring Your Chakras** online course is available at [www.YogaCheryl.com](http://www.YogaCheryl.com)*

# Muladhara Chakra Yantra



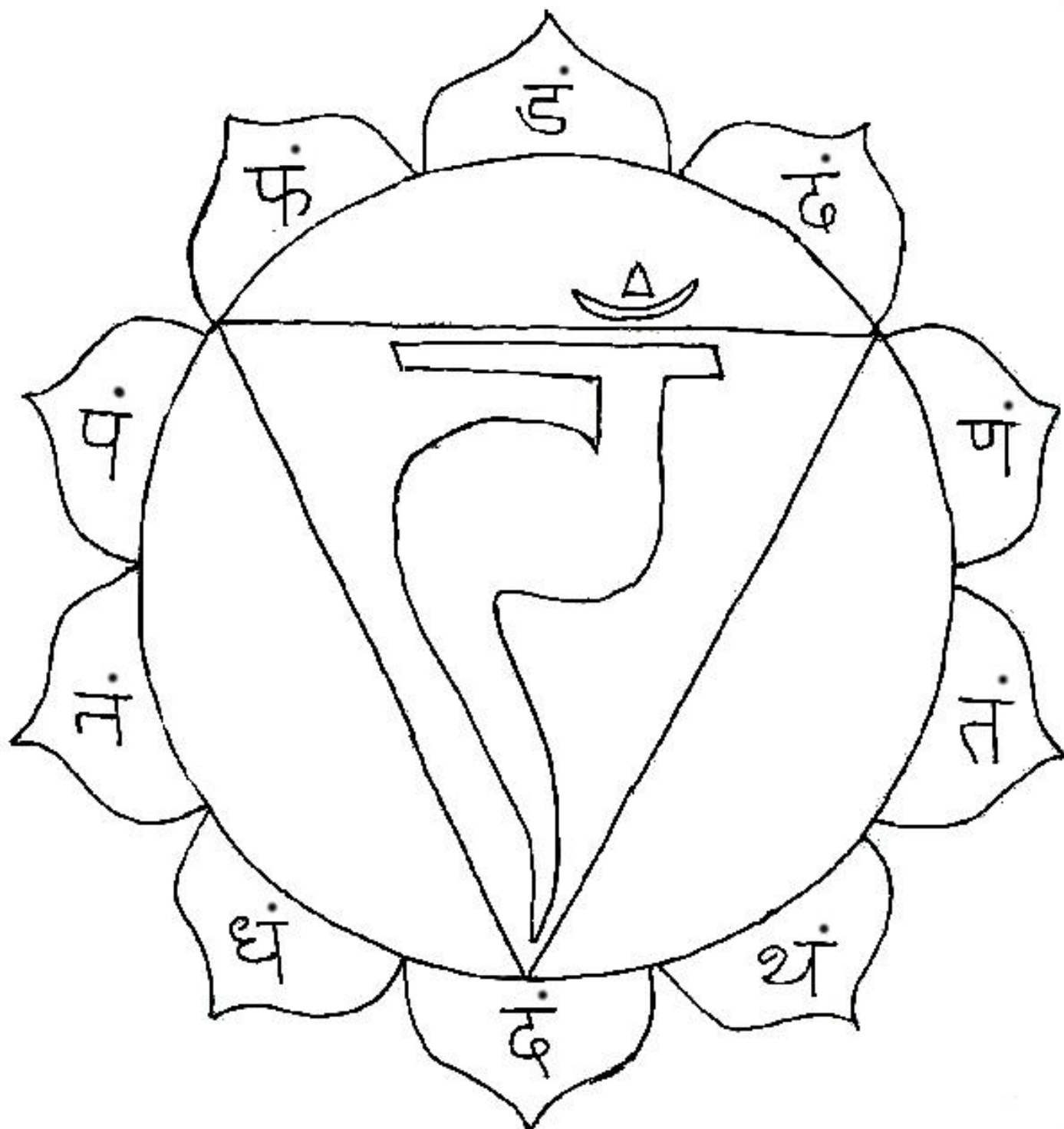
The four lotus petals of the first chakra's yantra represent the four cardinal directions. The square in the center represents stability and solidity and the downward facing triangle represents the downward pull of gravity the energetic connection to the earth. This chakra is usually depicted in red.

# Svadhithana Chakra Yantra



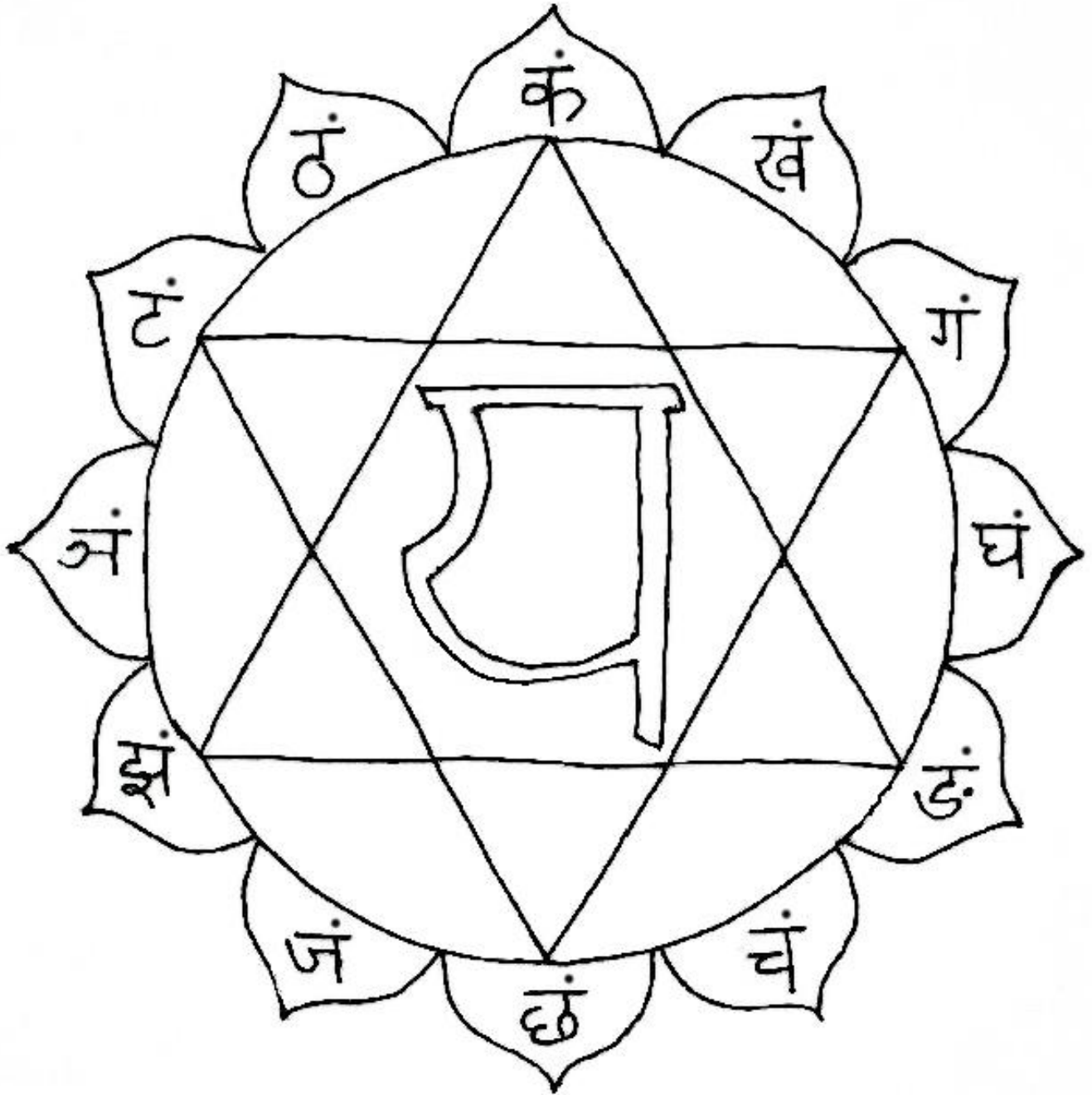
The six lotus petals of the second chakra's yantra represent the six vrittis (mental fluctuations) that need to be overcome to purify the second chakra: desire, anger, hatred, jealousy, cruelty, and pride. The upward facing crescent moon at the bottom of the circle represents the moon and the water element. This chakra is usually depicted in orange.

## Manipura Chakra Yantra



The ten lotus petals of the third chakra's yantra represent ten planets of the solar system with the sun imagined in the center. The triangle in the center represents the fire element. This chakra is usually depicted in yellow.

# Anahata Chakra Yantra



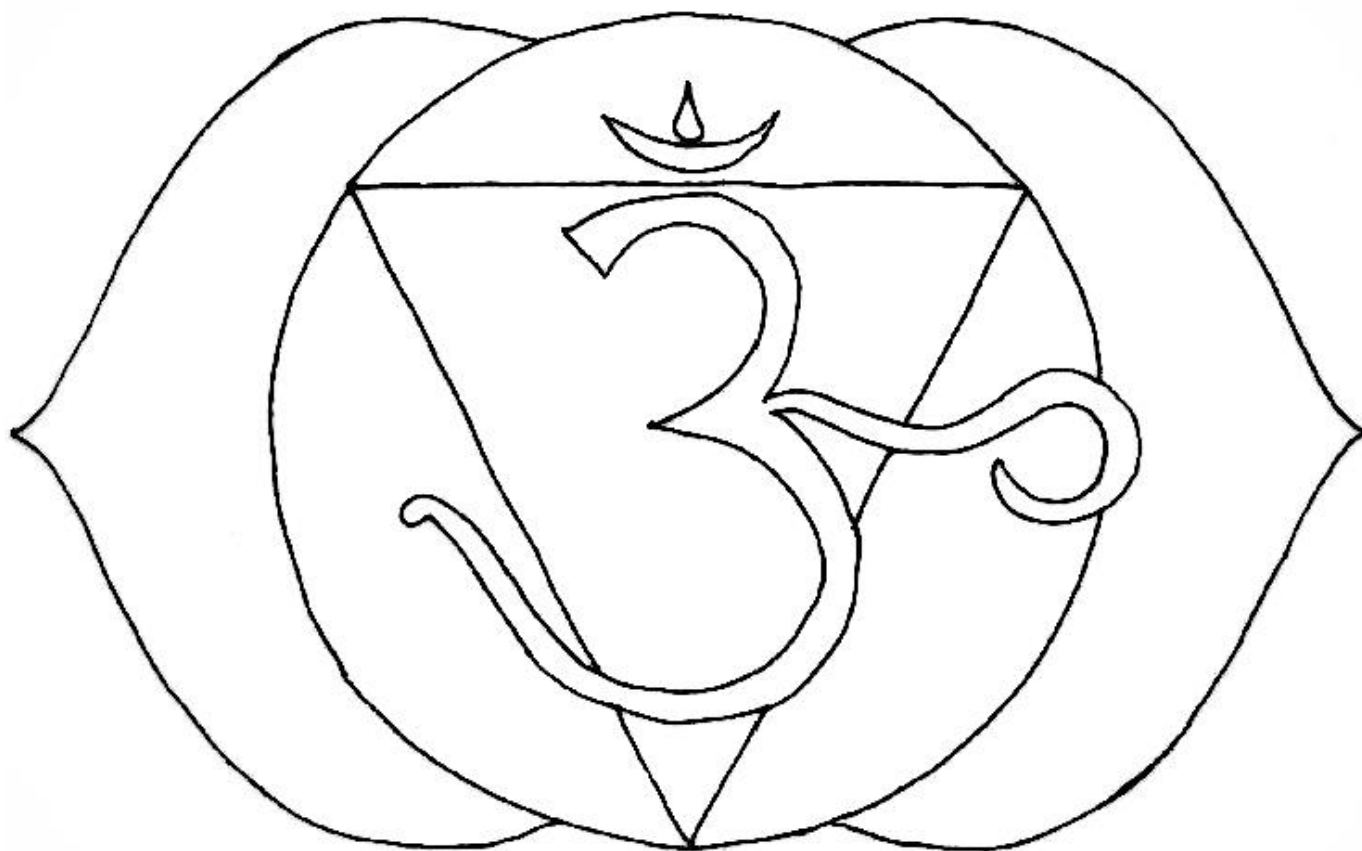
The twelve lotus petals of the fourth chakra's yantra represent qualities that may block the heart from being fully open and willing to experience all of the emotions that life has to offer: lust, fraud, indecision, repentance, hopelessness, anxiety, longing, impartiality, arrogance, incompetence, discrimination, and defiance. Two interlaced triangles in the center represents the heart chakra as the center point in the seven-chakra system with three chakras below it and three above it. This chakra is usually depicted in green.

## Vishuddha Chakra Yantra



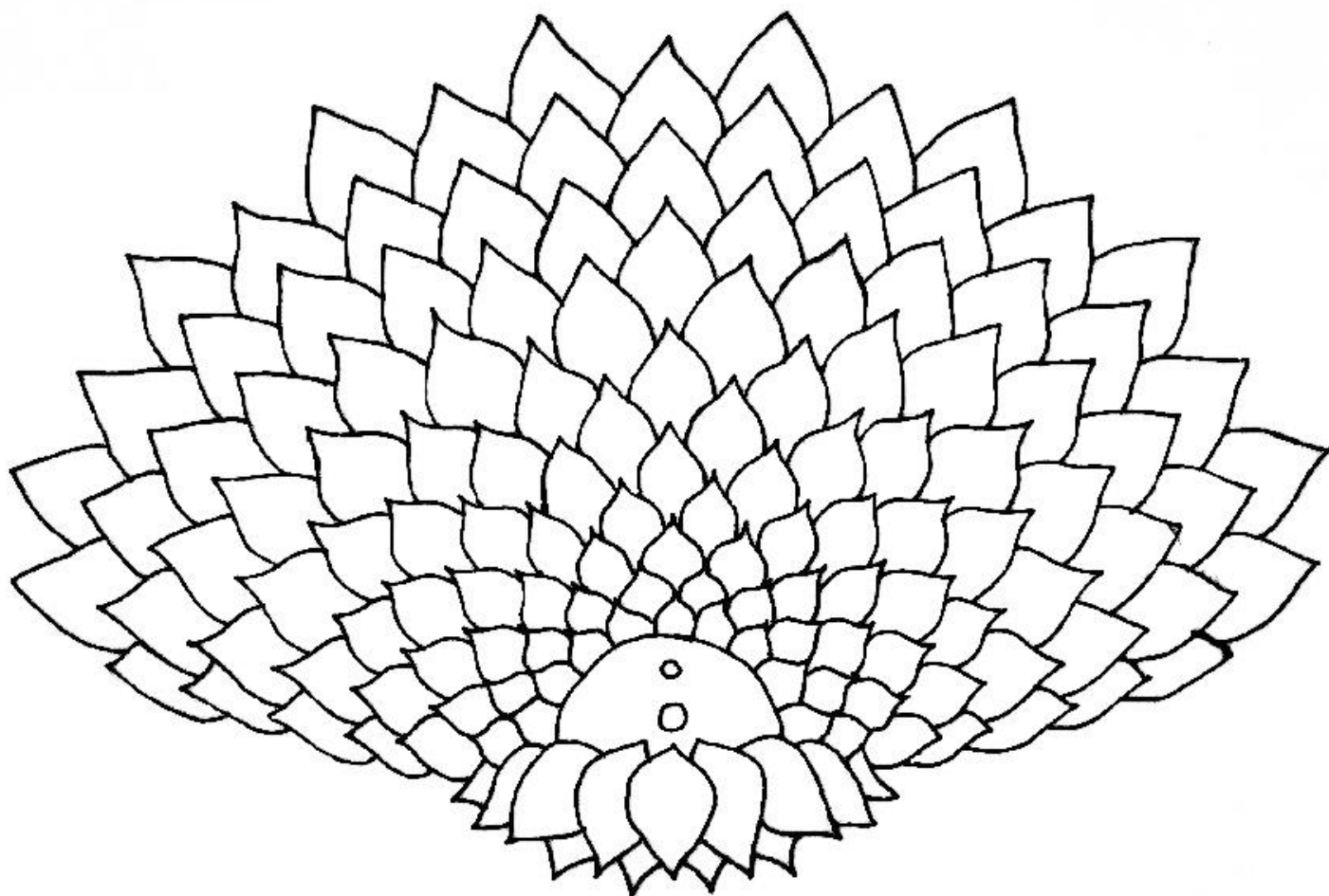
The ten lotus petals of the fourth chakra's yantra represent ten planets of the solar system with the sun imagined in the center. Two triangles or six-pointed star in the center represents the heart chakra as the center point in the seven-chakra system with three chakras below it and three above it. This chakra is usually depicted in light blue.

# Ajna Chakra Yantra



The two lotus petals of the sixth chakra's yantra represent two nadis, or energetic channels called Ida and Pingala nadi and they meet at the third eye. The downward facing triangle in the center represents wisdom. This chakra is usually depicted in indigo blue.

# Sahasrara Chakra Yantra



The thousand lotus petals of the seventh chakra's yantra represent opening to spirituality and connection beyond the physical realm. This chakra is either depicted in violet or as a rainbow.