

ELEMENTS**THE ETHER ELEMENT****Astrologically reflex areas:**

The entire wheel of the zodiac

Color: blue

Art: music

Chakra: throat

Sound: Ham

THE AIR ELEMENT**Astrologically reflex areas:**

Gemini - shoulders

Libra - kidneys

Aquarius - ankles

Color: green

Art: dance

Chakra: heart

Sound: Yam

THE FIRE ELEMENT**Astrological Reflex areas:**

Aries - forehead

Leo - solar plexus

Sagittarius - thighs

Color: yellow

Art: visual arts

Chakra: solar plexus

Sound: Ram

Gemstone: coral

THE WATER ELEMENT**Astrologically reflex areas:**

Cancer – breast

Scorpio – pelvis

Pisces - feet

Color: orange

Art: cooking

Chakra: sacral/ sexual

Sound: Vam

THE EARTH ELEMENT**Astrologically reflex areas:**

Taurus – neck

Virgo – colon

Capricorn - knees

Color: red

Art: sculpture & aromatherapy

Chakra: root

Sound: Lam

CHAKRAS**CROWN CHAKRA**

Location: Top of the head

Color: Gold, violet or light

Element: Pure spirit

Vocalization: Silence

Note: B

Planet: Sun & Uranus

Sanskrit Name: Shasrara

Meaning: Time & Space

Main Function: Liberating

Quality: Fulfillment

THIRD EYE CHAKRA

Location: Forehead

Color: Indigo

Element: Light

Vocalization: 'Aum'

Note: A

Planet: Jupiter

Sanskrit Name: Ajna

Meaning: Perception

Main Function: seat of wisdom

Quality: Vision

ETHER (THROAT) CHAKRA

Location: Throat

Color: Blue

Element: Ether

Vocalization: 'Ham'

Note: G

Symbol: Inverted triangle surrounded by a circle

Planet: Mercury

Sanskrit Name: Vishuddha

Meaning: Purification

Main Function: Communication Creative

Quality: Vibration, Sound, voice

AIR (HEART) CHAKRA

Location: Behind the heart
Color: Green
Element: Air
Vocalization: 'Yam'
Note: F
Symbol: Six pointed star
Planet: Venus
Emotions: Love
Sanskrit Name: Anahata
Meaning: Unstuck
Main Function: Transformation, holistic
Quality: Compassion

FIRE (SOLAR PLEXUS) CHAKRA

Location: Above the Navel
Color: Yellow
Element: Fire
Vocalization: 'Ram'
Note: E
Planet: Mars
Sanskrit Name: Manipura
Meaning: City of Gems
Main Function: Supplies energy in the form of heat, Power and Enthusiasm intellectual
Quality: Passion and Empowerment

WATER (SACRAL/SEXUAL) CHAKRA

Location: Lower abdomen
Color: Orange
Element: Water
Vocalization: 'Vam'
Note: D
Symbol: Crescent moon
Planet: Moon
Sanskrit Name: Swadistana
Meaning: Dwelling place
Main Function: Provides sense of self, emotion
Quality: Centering

EARTH (ROOT) CHAKRA

Location: Base of spine
Color: Red
Element: Earth
Vocalization: 'Lam'
Note: C
Planet: Earth, Saturn

Sanskrit Name: Muladhara
Meaning: Root/Support/Foundation
Main Function: Embodiment, instinctual
Quality: Grounding

MINOR ARCANA SUITS**AIR CARDS - Intellectual Life**

Chakra: heart
Anatomy: shoulders, kidneys and ankles
Sense: touch
Body response: movement and speed
Emotions: compassion/desire
Color: green
Keywords: mental, thought, contemplate, ideas, movement, speed, disperse, lightness

TWO, THREE, FOUR OF AIR

Sign: Libra - cardinal air **Anatomy:** kidneys
Touch: rocking

FIVE, SIX, SEVEN OF AIR

Sign: Aquarius
Anatomy: ankles
Touch: light or off the body

EIGHT, NINE, TEN OF AIR

Sign: Gemini - mutable air
Anatomy: shoulders
Touch: deep and dispersing

AIR COURT: Seek an intellectual life

Art form: dance

FIRE CARDS - Spiritual and Creative Life

Chakra: solar plexus
Anatomy: forehead, solar plexus, and thighs, sense of sight,
Body response: - shaking
Sense: sight
Emotions: enthusiasm/anger
Color: yellow
Key words: spiritual, create, insight, passion, brightness, action, focus, vitality

TWO, THREE, FOUR OF FIRE**Sign:** Aries - cardinal fire**Anatomy:** forehead**Touch:** rocking**FIVE, SIX, SEVEN OF FIRE****Sign:** Leo - fixed fire **Anatomy:** solar plexus**Touch:** light or off the body**EIGHT, NINE, TEN OF FIRE****Sign:** Sagittarius - mutable fire**Anatomy:** thighs**Touch:** deep and dispersing**FIRE COURTS:** Seek a spiritual or creative life**Art form:** visual art**WATER CARDS - Emotional Life****Chakra:** sacral**Anatomy:** chest, pelvis, feet,**Sense:** taste**Body response:** smooth and flowing

Emotions: letting go/attachment

Color: orange

Keywords: emotional, love, relationship, connect, flowing, receptive, nurturing, merging**TWO, THREE, FOUR OF WATER****Sign:** Cancer - cardinal water**Anatomy:** chest, breast**Touch:** rocking**FIVE, SIX, SEVEN OF WATER****Sign:** Scorpio - fixed water**Anatomy:** pelvis**Touch:** light or off the body**EIGHT, NINE, TEN OF WATER****Sign:** Pisces - mutable water**Anatomy:** feet**Touch:** deep and dispersing**WATER COURTS:** Seek an emotional life**Art form:** cooking**EARTH CARDS - Physical life****Chakra:** root**Anatomy:** neck, colon, knees,**Sense:** smell**Body response:** contraction**Emotions:** courage/ fear**Color:** deep red**Keywords:** physical, sense, work, money, structure, methodical, organized, grounded**Ace of Earth -** A new enterprise or way of**TWO, THREE, FOUR OF EARTH****Sign:** Capricorn - cardinal earth**Anatomy:** knees**Touch:** rocking**FIVE, SIX, SEVEN OF EARTH****Sign:** Taurus - fixed earth**Anatomy:** neck**Touch:** light or off the body**EIGHT, NINE, TEN OF EARTH****Sign:** Virgo, mutable earth**Anatomy:** colon**Touch:** deep and dispersing**EARTH COURTS:** Seek a physical life**Art form:** sculpture, aromatherapy