

RANJANA YOGA CLASS

The Seven Chakras

A Beginner's Guide

What the traditional system describes, each chakra
in plain language, and simple contemplative practices

By Ranjana Sinha | ranjanayogaclass.com

General education only. Not medical advice. Speak with your doctor before starting any new practice.

Contents

#	Section
1	What chakras are
2	What chakras are not
3	Where the idea comes from
4	The seven chakras at a glance
5	Each chakra in plain language
6	Simple practices for each chakra
7	A 10-minute chakra meditation
8	Your four-week plan
9	Questions people ask
10	Glossary
11	Practice log

1. What chakras are

The word chakra is Sanskrit for "wheel" or "circle". In the yoga and tantra traditions, chakras are described as centres of energy along the spine, from the base to the crown of the head. Traditional texts usually name seven main ones.

In practice, the system is a map used for meditation and self-reflection. Each chakra is linked to a place in the body, a colour, a sound, and a theme such as stability or expression. Practitioners use that map to direct attention and organise a contemplative practice.

The short answer

Chakras are a traditional map of seven energy centres along the spine, used in yoga and tantra for meditation and reflection. They are a spiritual and symbolic framework, not an anatomical structure that scientists have found in the body.

2. What chakras are not

It helps to be clear about limits.

- Chakras are not organs or structures that can be seen on a scan. They belong to a spiritual tradition, not medical science.

- Working with chakras does not diagnose, treat or cure any illness. If you have a health concern, speak with a doctor.
- There is no single, universal version. Different schools describe the number, colours and meanings differently. This guide uses the most widely shared version.

You can find the system meaningful or simply interesting without needing to believe anything about it. Many people use it only as a calming focus for attention.

3. Where the idea comes from

The word chakra appears in several ancient Indian texts. The seven-chakra system most people know today is usually traced to later tantric traditions, and it became widely known in the modern world through twentieth-century writing. Earlier traditions describe different numbers of centres, and several schools disagree on details.

For that reason, treat any single chart as one useful version rather than as the only correct one.

4. The seven chakras at a glance

#	Chakra	Traditional location	Colour	Theme
1	Root (Muladhara)	Base of the spine	Red	Stability, safety, grounding
2	Sacral (Svadhithana)	Lower belly	Orange	Creativity, enjoyment
3	Solar plexus (Manipura)	Upper belly	Yellow	Confidence, drive
4	Heart (Anahata)	Centre of chest	Green	Compassion, connection
5	Throat (Vishuddha)	Throat	Blue	Expression, honesty
6	Third eye (Ajna)	Between the eyebrows	Indigo	Insight, reflection
7	Crown (Sahasrara)	Top of the head	Violet or white	Stillness, openness

The themes are traditional associations used for reflection. They are not medical claims.

5. Each chakra in plain language

Root chakra

The root is linked to feeling safe and grounded. A reflective question might be: where in my life do I feel steady?

Sacral chakra

Linked to pleasure and creativity. Reflect: what do I enjoy that has nothing to do with productivity?

Solar plexus chakra

Linked to confidence and will. Reflect: where do I act on my own decisions?

Heart chakra

Linked to compassion and connection. Reflect: who or what do I feel kind toward today?

Throat chakra

Linked to honest expression. Reflect: is there something I have been holding back saying?

Third eye chakra

Linked to insight and attention. Reflect: what is my mind most drawn to when it is quiet?

Crown chakra

Linked to stillness and a sense of openness. Reflect: what does quiet feel like for me?

6. Simple practices for each chakra

These are gentle practices, not treatments. Pick one or two. You do not need to practise all seven at once.

Chakra	Gentle practice	Notes
Root	Stand in mountain pose, feel the feet, five slow breaths.	Easy. Sit if dizzy.
Sacral	Slow hip circles on hands and knees.	Gentle movement only.
Solar plexus	Sit tall and breathe slowly into the upper belly.	No forceful breath.
Heart	Rest a hand on the chest and think of someone you care about.	Skip if it brings up distress.

Chakra	Gentle practice	Notes
Throat	Hum quietly on the out-breath.	Keep the sound soft.
Third eye	Sit still with eyes closed and rest attention between the eyebrows.	Keep it light. Stop if it gives you a headache.
Crown	Sit quietly and rest attention at the top of the head.	No effort needed.

7. A 10-minute chakra meditation

Sit comfortably. Close your eyes. Breathe slowly through the nose.

- **Minute 1.** Notice the breath and the weight of the body.
- **Minutes 2 to 3.** Bring attention to the base of the spine. Breathe for several breaths. Imagine a warm red light if that helps.
- **Minutes 4 to 5.** Move up through the lower belly and the upper belly, spending a few breaths at each. Colours are optional.
- **Minutes 6 to 7.** Move to the centre of the chest and the throat.
- **Minutes 8 to 9.** Rest attention between the eyebrows, then at the top of the head.
- **Minute 10.** Return to natural breathing. Open your eyes slowly.

Skip the colours entirely if visualising feels forced. Attention alone is enough.

When to stop

If any practice brings up discomfort, strong emotion, dizziness or anxiety, stop and return to normal breathing. If the feelings continue, speak to a doctor or qualified professional. Meditation is not a substitute for medical or mental health care.

8. Your four-week plan

Week	Focus	Length	What to notice
1	Read the table, try the root and heart practices	5 min	Which one feels most natural?
2	Add sacral and solar plexus	7 min	Is the breath easy?
3	Add throat and third eye	10 min	Is the attention light and steady?
4	Full 10-minute meditation	10 min	How do you feel afterwards? Note it in the log.

9. Questions people ask

Are chakras real?

They are a traditional symbolic system. They are not structures found in anatomy. Many people use them as a framework for meditation, and that use does not depend on proving they exist physically.

Can chakra work heal illness?

No. It is not a treatment for any condition. Please see a doctor for health concerns.

Why do charts disagree?

Different traditions and modern writers describe the system differently. Use the version you find useful and hold it lightly.

Do I need to know Sanskrit?

No. The plain names (root, heart, throat and so on) are enough.

10. Glossary

Term	Plain meaning
Chakra	"Wheel". A traditional energy centre.
Prana	Life force or breath.
Nadi	A channel through which prana is said to flow.
Mantra	A repeated sound or phrase used in meditation.
Muladhara	The root chakra.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Practice used	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				