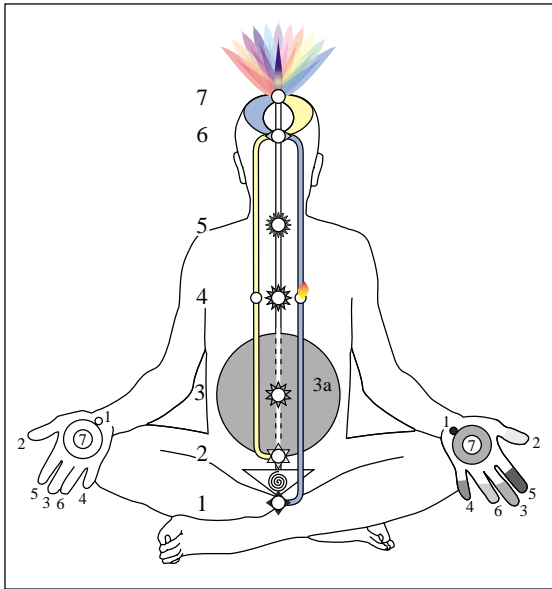
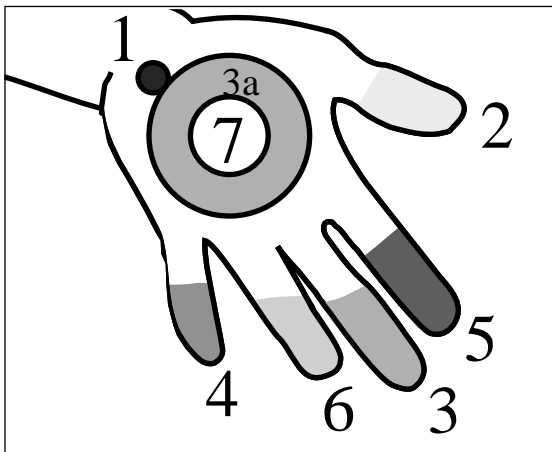


THE SUBTLE BODY – WORKSHEET



Pingala Nadi (Right)	Sushumna Nadi (Center)	Ida Nadi (Left)
Supraconscious	Superconscious	Subconscious
Future	Present	Past
Action	Evolution	Desire



Chakra	Qualities	Notes
7 Sahasrara	Integration, Enlightenment, Silence, Peace, Collectivity	
6 Agnya	Resurrection Forgiveness Humility	
5 Vishuddhi	Witness state, Diplomacy, Collective Consciousness, Communication, Relationships	
4 Left Heart Right Heart	Joy of Spirit, Compassion Caring, Kindness	
4 Center Heart	Security, Confidence	
3a Void	Self-mastery Righteous behavior Guru principle	
3 Nabhi	Satisfaction, Dharma, Well-being, Contentment	
2 Swadhishtana	Creativity, Aesthetics, Pure knowledge Pure attention	
Kundalini	Purity Nourishment, cleansing	
1 Mooladhara	Innocence Wisdom	