

Handout #1: The Anatomy of the Subtle Self

Mapping the 7 Chakras, Elements, and Vehicles of Consciousness

Chakra & Location	Subtle Vehicle / Body	Domain of Consciousness	Element	Primary Symbol	Seed Sound (Mantra)
7. Crown (Sahasrara) Top of the Head	Atman (The Divine Spirit)	Universal Unity, Pure Spirit, The Immortal Self	Pure Consciousness	1,000-Petaled Lotus & Central Void	Silence / OM (ॐ)
6. Third Eye (Ajna) Forehead / Between Brows	Buddhi (The Intuitive Vehicle)	Direct Knowing, Insight, Cosmic Wisdom	Cosmic Mind	2-Petaled Lotus & Inverted Triangle	OM (ॐ)
5. Throat (Vishuddha) Throat Center	Manas (The Higher/Lower Mind)	Intellect, Creative Expression, Concepts	Space / Ether (<i>Akasha</i>)	16-Petaled Lotus & White Circle	HAM (हं)
4. Heart (Anahata) Center of the Chest	Linga Sharira (The Astral Double)	The Bridge, Harmony, Structural Design	Air (<i>Vayu</i>)	12-Petaled Lotus & Six-Pointed Star	YAM (यं)
3. Solar Plexus (Manipura) Navel Area	Kama (The Desire / Emotion Body)	Passions, Ambition, Ego Vitality	Fire (<i>Agni</i>)	10-Petaled Lotus & Red Triangle	RAM (रं)
2. Sacral (Svadhithana) Lower Abdomen	Pranamaya Kosha (The Vital Energy Vehicle)	Vitality, Prana Flow, Fluidity, Fluid Movement	Water (<i>Apas</i>)	6-Petaled Lotus & Crescent Moon	VAM (वं)
1. Root (Muladhara) Base of the Spine	Sthula Sharira (The Dense Physical Body)	Survival, Physical Anchoring, Structure	Earth (<i>Prithvi</i>)	4-Petaled Lotus & Yellow Square	LAM (लं)

Handout #2

Mapping the 7 Chakras to the Endocrine Glands and Physical Organs

Chakra & Element	Endocrine Gland	Physical Organs & Systems Governed	Biological Role & Function
7. Crown (Sahasrara) Element: Consciousness	Pineal Gland	Brain, Central Nervous System, Circadian Rhythms	Regulates sleep-wake cycles via melatonin. Acts as the master biological clock connecting the body to light cycles.
6. Third Eye (Ajna) Element: Cosmic Mind	Pituitary Gland	Eyes, Base of Skull, Autonomic Nervous System	The "Master Gland" of the endocrine system. It secretes hormones that control growth, blood pressure, and all other glands.
5. Throat (Vishuddha) Element: Space / Ether	Thyroid & Parathyroid	Throat, Vocal Cords, Esophagus, Neck, Jaw, Ears	Regulates metabolism, energy production, growth, and cellular calcium levels. Controls the "pace" of bodily functions.
4. Heart (Anahata) Element: Air	Thymus Gland	Heart, Lungs, Circulatory System, Shoulders, Arms	The core of the immune system. It programs T-cells to fight disease, serving as the body's primary shield and life-force center.
3. Solar Plexus (Manipura) Element: Fire	Pancreas / Adrenals	Stomach, Liver, Gallbladder, Spleen, Digestive Tract	Regulates blood sugar (insulin) and the "fight-or-flight" stress response (cortisol/adrenaline). The metabolic furnace of the body.
2. Sacral (Svadhithana) Element: Water	Ovaries / Testes	Kidneys, Bladder, Reproductive Organs, Lower Back	Governs reproduction, sexual characteristics, fluid balance, and the filtration of liquid waste through the urinary system.
1. Root (Muladhara) Element: Earth	Adrenal Cortex (Cortex)	Spine, Bones, Teeth, Legs, Feet, Large Intestine	Governs the structural skeletal framework and solid waste elimination. Manages the raw survival and grounding instincts.

How to Pronounce Chakra Names in Sanskrit. <https://youtu.be/z850PBHAW3g?si=8EYpsW8l8ZzzXl4u>

7 Chakras 15 Min very intense exercise daily Mantra Chanting Meditation LAM VAM RAM YAM HAM OM AUM <https://youtu.be/Zdy-NVFpSUI?si=2CIs-CeJGwml1Nah>

Handout #3

The Subtle-Physical Alignment Matrix

Chakra (Sanskrit / English)	Geometric Shape (Yantra)	Endocrine Gland / System	Energetic Frequency & Element
7. Sahasrara (Crown)	The Infinite Point (The Bindu)	Pineal Gland (Melatonin / Circadian Rhythms)	Cosmic Ether Pure Spirit / Pure Consciousness
6. Ajna (Third Eye)	The Downward Triangle (Within a Circle)	Pituitary Gland (The Master Gland / Hormonal Control)	Mahat / Light Higher Intuition & Clairvoyance
5. Vishuddha (Throat)	The Inverted Triangle (Enclosing a Circle)	Thyroid / Parathyroid (Metabolism & Calcium Balance)	Akasha / Space Spiritual Expression & Resonance
4. Anahata (Heart)	The Interlocking Triangles (Hexagram / Star of David)	Thymus Gland (Immune System & T-Cell Production)	Vayu / Air Unconditional Love & Integration
3. Manipura (Solar Plexus)	The Bright Triangle (Apex Pointing Downward)	Adrenal Glands / Pancreas (Cortisol, Adrenaline, & Insulin)	Agni / Fire Personal Power, Will, & Vitality
2. Svadhishtana (Sacral)	The Crescent Moon (The Vesica Piscis Form)	Ovaries / Testes (Estrogen, Progesterone, & Testosterone)	Apas / Water Fluidity, Emotion, & Co-creation
1. Muladhara (Root)	The Solid Square (Enclosing a Triangle)	Gonads / Adrenal Medulla (Survival, Fight-or-Flight Triggers)	Prithvi / Earth Grounding, Stability, & Dense Matter

Handout #4

Autonomic Nervous System Comparison Chart

Body Function / Organ	Sympathetic Nervous System (Fight or Flight)	Parasympathetic Nervous System (Rest and Digest)
Overall Goal	Prepares body for action, stress, and emergencies.	Conserves energy, promotes rest, and repairs tissues.
Heart Rate	Increases heart rate and forces of contraction.	Decreases heart rate and reduces workload.
Airways (Lungs)	Dilates bronchioles to maximize oxygen intake.	Constricts bronchioles back to resting baseline.
Pupils	Dilates (widens) to improve long-distance vision.	Constricts (narrows) to focus on close objects.
Digestive System	Inhibits activity and reduces blood flow to the gut.	Stimulates digestion, stomach churning, and enzymes.
Salivary Glands	Decreases secretion, leading to a dry mouth.	Increases secretion to aid food breakdown.
Liver & Blood Sugar	Stimulates glucose release for quick energy.	Stimulates bile secretion and stores glucose.
Urinary Bladder	Relaxes the bladder walls to prevent urination.	Contracts the bladder walls to promote urination.
Blood Vessels	Constricts non-essential vessels to redirect blood to muscles.	Dilates vessels to gastrointestinal tract and skin.
Primary Chemicals	Releases epinephrine (adrenaline) and norepinephrine.	Releases acetylcholine.