

S Pujah

Date 17/01/2024
Client Name ABC
Prepared By Dr S Pujah

Chakra Petals	Rays	Elements	Client Petal	Meridian	Accuptnure points	Herbs	Suggestios Routines to follow
MOOLADHARA	56 Rays	Earth					
Greatest Joy (Dharma)							
Natural Pleasure (Artha)							
Delight in Controlling Passion (Karma)							
Blissfulness in Concentration (Moksha)							
SWADHISTHANA	52 Rays	Water					
Affection							
Ditilesness							
Feeling of Destructiveness							
Delusion (Different illusion)							
Disdain (Unworthiness)							
Suspicion							
MANIPURA CHAKRA	62 Rays	Fire					
Spiritual Ignorance							
Thirst							
Jealousy							
Triachery (थोका हेना)							
Shame							
Fear							
Disgust							
Delusion							
Foolishness							

Sadness							
ANANTHA CHAKRA	54 Rays	Air					
Lust							
Fraud							
Indecision							
Repentance							
Hope							
Anxiety							
Longing							
Impartiality							
Arrogance							
Competence							
Discrimination							
Defiance							
VISHUDDA CHAKRA	72 Rays	Ether					
MANTRA ONG (AUM)							
SAMA - MANTRAS							
MANTRAS HUNG							
PHAT							
WASHAT							
SWADHA							
SWAHA							
NAMAK							
AMRITA- Forming Nector							
SA							
RE							
GA							
MA							
PA							
DA							
NI							
AGYA CHAKRA	64 Rays	Mind					
Manifestation (Pineal Gland connected)							
Unmanifest Mind (Pituitary Gland)							

Pingala Nadi							
SAHASARARA CHAKRA (16 PETALS)							
1 Mercy							
2 Gentleness							
3 Patience							
4 Non Attachment							
5 Control							
6 Excellent Qualities							
7 Joyous Mood							
8 Deep Spiritual Love							
9 Humanity							
10 Reflection							
11 Restfulness							
12 Seriousness							
13 Effort							
14 Controlled Emotions							
15 Magnanimity							
16 Concentration (Focus)							

Sri Yantra