

**Keynote:** Free expression of thoughts and feelings.

**Parts of the Body:** Throat, thyroid, nerves, ears, muscles.

**Gem:** Blue Sapphire.

**Deficient Expression:** Fear, retentive, quiet, unreliable, weak, devious, unable to express thoughts.

**Sexual Energy:** can't relax, conflict with spiritual outlook, fear of sex.

**Excessive Expression:** arrogance, self-righteous, talkative, dogmatic.

**Sexual Energy:** strong sex drive, macho, domineering.

**Balanced Expression:** Contented, centered, self-contained, lives in the here and now, sense of timing, expressive, inspired, grasps spiritual wisdom.

**Sexual Energy:** free flowing sexual energy, can be channeled into creative expression or spiritual growth process, tantric practices, bliss.

The effects of excessive expression can be counter-balanced by the gem of Jupiter - Yellow Sapphire.

### **THIRD EYE CENTER - AJNA CHAKRA**

**Symbol:** two petal lotus, command, Christ consciousness.

**Color:** Transparent |

**Element:** Mind, electric/telepathic energy | **Sense:** Thought

**Keynote:** Clarity

**Parts of the Body:** the brain, sensory organs, pineal and pituitary gland.

**Gem:** Diamond.

**Deficient Expression:** Lacks assertiveness, insensitive to other peoples feelings, undisciplined, fear of success, schizophrenic tendency.

**Excessive Expression:** autocratic, ego-maniac, proud, manipulative, religiously dogmatic, authoritarian.

**Balanced Expression:** Charisma, seeker of knowledge and truth, able to receive guidance, cosmic consciousness, unattached to material things, no fear of transformation or death, live their truth.

**Sexual Energy:** Androgynous, complete inner balance, no need for partner (celibacy).

The effects of excessive expression can be counter-

balanced by the gem of Sun - Ruby.

### **CROWN CENTER - SAHASRARA CHAKRA**

**Symbol:** Thousand Petal Lotus

**Color:** White

**Element:** Spirit, Cosmic Energy

**Sense:** Seventh Sense, ESP

**Keynote:** Awe!

**Parts of the Body:** Pituitary and pineal gland, nervous system, brain.

**Gem:** Pearl.

**Deficient Expression:** No spark of Joy, catatonic, unable to make own decisions.

**Excessive Expression:** Frustration, unrealized potential, psychotic, depressed, manic-depressive, destructive.

**Sexual Energy:** Changeable from passionate to distant.

**Balanced Expression:** In harmony with the divine spirit, able to control power, can work miracles and transcend the laws of physical reality, access to the unconscious contents of the soul, no fear, no attachment.

The effects of excessive expression can be counter-balanced by the gems of Mars (Red Coral), Sun (Ruby) and/or Jupiter (Yellow Sapphire).



## **Jyotish - Vedic Astrology, Nav Ratna & The Chakras**

### **Synthesis of Jyotish - Vedic Astrology, The Nine Gems and The Chakras**

By:

**JyotishForLife.com**

**A Team of Astrologers Extraordinaire**

*The Vedas recommend wearing of gems for a humble and spiritual life not out of the mood of "please the angry God", but rather, out of "align yourself with the Supreme Enjoyer so that you too can go along for His ride".*

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## Sri Nav Ratna - King of Talismans

*Celebrate Life with the Power of the Ancient Vedic Seers !*

"NAV RATNA" the nine gems in Vedic Astrology are also blended for those who work with chakra therapy. These gems are worn to attune to the energies of the seven chakras. The aim of such a practice is to balance the forces of each chakra and thus align the whole mental / emotional / physical body complex in a holistic way.

Gems are used to support and strengthen the energy of the particular associated chakras if these are weak or deficient. In case of over emphasis the gems indicated under the heading 'Counter Balance by' should be used.

### BASE CENTER - MULADHARA CHAKRA

**Symbol:** Four petal lotus, seat of the Kundalini, roots, foundation, standing with both feet on the ground.

**Color:** Red | **Element:** Earth | **Sense:** Smell.

**Keynote:** Will power, manifestation in the physical world.

**Parts of the Body:** Spine, blood, nervous system, bladder, external reproductive organs.

**Gem:** Coral, Red Garnet.

**Deficient Expression:** No confidence, difficulties in grounding one-self, weak, unable to fulfill task, no go for it, self-destructive.

**Sexual Energy:** Feelings of unworthiness, insecurity, little sexual drive, masochistic tendencies.

**Excessive Expression:** Egocentric, dominant, greedy, and violent.

**Sexual Energy:** Indiscriminate, nervous sexual energy, focused on purely physical/genital aspects of sex, sadistic tendencies.

**Balanced Expression:** Well centered and grounded, self-controlled, healthy, lively, abundant physical energy, able to fully use energy of manifestation in the physical world.

**Sexual Energy:** Affectionate, open, vulnerable, and sensual.

The effects of excessive expression can be counter-balanced by the Moon gem - Pearl or Cat's Eye..

### SACRAL CENTER - SVADHISTHANA CHAKRA

**Symbol:** six petal lotus, receptivity, creativity, intuition, emotion, seat of the vital force.

**Color:** Pastel Rose | **Element:** Water | **Sense:** Taste.

**Keynote:** Desire.

**Parts of the Body:** skin, internal reproductive organs, pelvic, kidneys.

**Gem:** Ruby.

**Deficient Expression:** Shyness, timidity, fear, touch, over-sensitive, self-negating, emotionally repressed, guilt complex, distrust.

**Sexual Energy:** Clingy, guilt feelings, tendency to be abused, frigid/impotent.

**Excessive Expression:** emotionally explosive, aggressive, over-ambitious, manipulative, illusion, over-indulgent, self-concern, can't distinguish between own and other people's feelings.

**Sexual Energy:** Obsessed with sexual thoughts, excessive sexual gratification, sees others as sex objects.

**Balanced Expression:** Open hearted, optimistic, concern for others, imaginative, union with another, attuned to own emotions.

**Sexual Energy:** Orgasmic, Ecstasy.

The effects of excessive expression can be counter-balanced by the gem of Venus - Diamond.

### SOLAR PLEXUS CENTER - MANIPURAKA CHAKRA

**Symbol:** Ten petal lotus, Jewel of the Navel, center of strength, self-development leading to self-fulfillment, finding one's task.

**Color:** Soft Yellow | **Element:** Fire | **Sense:** Sight.

**Keynote:** Self-fulfillment.

**Parts of the Body:** Diaphragm, skin, adrenals, digestive and abdominal organs, abdominal region.

**Gem:** Yellow Sapphire.

**Deficient Expression:** Depressive, lack of confidence, confusion, controlled by other people's expectations, fear of loneliness.

**Sexual Energy:** Insecure, need approval and reassurance, jealous, distrustful, intolerant, judgmental, workaholic, perfectionist, mentally highly strung and over intellectual, difficulty to relax, authority complex.

**Sexual Energy:** Demanding, testing and complaining.

**Balanced Expression:** Extrovert, joyful, respect of self and others, personal power, on the path to fulfill personal task, skillful, intelligent, in the flow, spontaneous, expressive, enjoys challenges (physical and mental).

**Sexual Energy:** Caring, responsible, sensitive, cares for partner's fulfillment and satisfaction, uninhibited, emotionally warm.

The effects of excessive expression can be counter-balanced by the Saturn gem - Blue Sapphire.

### HEART CENTER - ANAHATA CHAKRA

**Symbol:** Twelve petal lotus, balance, harmony, spiritual quest, yin/yang balance.

**Color:** Emerald | **Element:** Air | **Sense:** Touch

**Keynote:** Love.

**Parts of the Body:** Heart, Lungs, Immune system, lymph glands, thoracic region..

**Gem:** Emerald.

**Deficient Expression:** Self-pity, paranoid, indecisive, fears letting go, being free, emotional pain and loneliness.

**Sexual Energy:** Feeling unworthy of love, needs assurance, can't reach out.

**Excessive Expression:** Demanding, critical, possessive, moody, melodramatic, manic-depressive, manipulative of others through money, martyr complex.

**Balanced Expression:** Balanced, compassionate, empathetic, humanitarian, looks for the positive in everyone, nurturing, loving, warm, cares for community, discriminating, in touch with own feelings.

**Sexual Energy:** surrender to love, love as a body/soul/mind experience.

The effects of excessive expression can be counter-balanced by the gem of Mercury -Emerald.

### THROAT CENTER - VISHUDDHA CHAKRA

**Symbol:** Sixteen petal lotus, opening of the spirit, purity.

**Color:** Blue | **Element:** Ether | **Sense:** Hearing