Tantric Overview

Cakra	Vrttis	Bhúta	Tanmátra	Kośa	Loka	Mind	Body	Witness	Guńas	Influence on Kośas	Natural Development	Rája Yoga	Rájádhirája Yoga	Stages of Samádhi
Sahasrára Cakra	1000			Átman (Soul)				Puruśottama				Samádhi (eighth limb)	Samádhi	Nirvikalpa Samádhi (Kaevalya or Turiiya) Kuńdalinii reaches Sahasrára
Ajiṇá Cakra	2				Satyaloka (Spiritual Stratum)		Causal (loka) Sámán-yadeha (kośa)	Puruśottama		Brahmavidyá (Sadguru) Influences Hirańyamaya		Samádhi (eighth limb)	Samádhi	Savikalpa Samádhi Sárśthi (same experience) Kuńdalinii crosses Ajiṇá
				Hirańyamaya Kośa (Subtle Causal Mind)	Taparloka (Subtle Causal Stratum)	Causal	Subtle	Vaeshvánara or Viráta (loka) Vishva (kośa)	Sattva Rajo Tamo	Daevividyá (Supraaesthetic/ Madhyamaguru) Influences Vijiṇánamaya	Brhadeśańá (attraction for the Great)	Dhyána (seventh limb)	Abhidhyána (Anudhyána and Iishvara Prańidhána)	Sárúpya (same form) Kuńdalinii crosses Vishuddha
Vishuddha Cakra (controlled by Hirańyamaya Kośa)	16	Vyoma/ Ákásha-tattva (Etherial Factor)	Shabda (sound)	Vijiṇánamaya Kośa (Subliminal Mind)	Janarloka (Subliminal Stratum)	Causal	Subtle	Vaeshvánara or Viráta (loka) Vishva (kośa)	Sattva Tamo Rajo	Gandharvavidyá (Aesthetic/ Madhyamaguru) Influences Atimánasa	Bháva Saunġharśa (psychic clash)	Dhárańá (sixth limb)	Tattva Dhárańá Cakra Shodhana	Sáyujya (close contact) Kuńdalinii crosses Anáhata
Anáhata Cakra (controlled by Vijiṇánamaya Kośa)	12	Váyu/ Marut-tattva (Aerial Factor)	Sparsha (touch)	Atimánasa Kośa (Supramental Mind)	Maharloka (Supramental Stratum)	Causal	Subtle	Vaeshvánara or Viráta (loka) Vishva (kośa)	Rajo Sattva Tamo	Rakśasi/ Paesháciividyá (Avidya) Influences Manomaya	Bháva Saunġharśa (psychic clash)	Pratyáhára (fifth limb)	Varńárghyadána Shuddhis	Sámiipya (proximity) Kuńdalinii crosses Mańipura
Mańipura Cakra (controlled by Atimánasa Kośa)	10	Tejastattva (Luminous Factor)	Rúpa (form)	Manomaya Kośa (Subconscious Mind)	Svarloka (Subtle Mental World)	Subtle	Subtle	Hirańyagarbha (loka) Taejasa (kośa)	Rajo Tamo Sattva	Bhútavidyá (Hypnotism) Influences Kámamaya	Jaḍa Saunġharśa (physical clash)	Práńáyáma (fourth limb)	Práńáyáma (with Yudhiśthira Vidyá)	Sálokya (same sphere) Kuńdalinii crosses Svádhiśthána
Svádhiśthána Cakra (controlled by Manomaya Kośa)	6	Apatattva (Liquid Factor)	Rasa (taste)	Kámamaya Kośa (Conscious Mind)	Bhuvarloka (Crude Mental World)	Crude	Subtle (kośa) Crude (loka)	Iishvara (loka) Prajiṇá (kośa)	Tamo Sattva Rajo	Physical Attraction Influences Annamaya	Jaḍa Saunġharśa (physical clash)	Yama and Niyama (first and second limbs)	Yama and Niyama	Pure mental state
Múládhára Cakra (controlled by Kámamaya Kośa)	4	Kśititattva (Solid Factor)	Gandha (smell)	Annamaya Kośa (Physical Body)	Bhúrloka (Physical World)		Crude	Iishvara (loka)	Tamo Rajo Sattva		Diet Physical exercise	Ásana (third limb)	Ásanas Kaośikii Táńḍava Lalita Mármika	Physical health

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