

**Relationship of Chakras to the Trigrams and Inner Circle Hexagrams**

<u>/----- Chakra -----/</u>	<u>/----- Trigram -----/</u>	<u>Color</u>	<u>Inner Circle Hexagram</u>		
8th chakra	Spiritual connection	Chi'en	Creative Spirit	White	Potential
7th chakra	Crown	T'ui	Joy	Violet	Courage
6th chakra	Third Eye	Li	Awareness	Purple	Inner Truth
5th chakra	Throat	Sun	Development	Blue	Wisdom
4th chakra	Heart	Chen	Power	Green	Growth
3rd chakra	Thymus	K'an	Path	Yellow	Harvest
2nd chakra	Sea of Chi	Ken	Present Moment	Orange	Wonder
1st chakra	Root	K'un	Manifestation	Red	Presence

The Triple Heater consists of the 6th, 4th and 2nd chakras. Balancing the heat in these three chakras is a goal of Traditional Chinese Medicine.

Spiritual health results from balancing Awareness, Power, and Present Moment with Inner Truth, Growth, and a sense of Wonder.

The Trigrams are in an order that begins with The Creative Spirit (the father) at the top and then moves down through the Yin Trigrams. These three begin with the youngest daughter, T'ui (Joy) then the middle daughter Li (Awareness) then the oldest daughter, Sun (Development). Next, the three Yang Trigrams representing the sons, from oldest to youngest. Chen (Power) is first, K'an (The Path) is next and the youngest son Ken (Present Moment) follows. The sequence ends with the Trigram K'un, the mother, Manifestation at the Root Chakra level.