Svadhiahthana Chakra
Manipura Chakra
Anahata Chakra
Vishuddha Chakra
Ajna Chakra
Sahasrara
Within the sushumna are two additional nadi, vajra and chitrini. Within chitrini is the brahmanadi, the conduit for kundalini.
1. Bindutrikonasukonadast 'arayugmamansasranagadala
samyutasodas'aram|
Vruttatrayam ca dhuranisadanatrayam ca
Sricakrametaduditam paradevatayah ||

Tāmala.

The point, the triangle, the eight cornered figure,
the two ten-edged figures, the fourteen cornered
figures, eight petals, sixteen petals, the three
circles and the three Baupuras - This is mentioned
as the Sri cakra of the Supreme Deity.
In the first line of the Bhupura are situated the Siddhis: aníma minuteness, laghima lightness, mahimá greatness, Ishitva lordship, Vastitva control, prakamya power to have whatever one wants, bhukti enjoyment, Prápti attainment and svra Káma siddhi the accomplishment of all desires. These are in the human complex natural state, nine sentiments Srngára eroticism, Vrya heroism Karuná compassion, Adhuta wonder, Hasya humor, Bhayanaka terror, Bibhsata disgust, Rudra wrath and Sánta quiescence.

Káma lust, Krodha anger, Lobha covetousness, Moha delusion, Mada pride, Mátarya envy, Puñya merit and Papa demerit are the eight Shaktis in the Second line of the Bhupura.
3. Pruthavi āpa tejo vāyu ākāśa'sa Srotratvaka caksu jihvā
grana vākpaṇi pāda pāyu upasthāni manoviṅkārah kāmā
Karṣṭyādi Soḍas'a S'aktānāḥ]

- Bhavanopanīṣad.

The five elements, earth, water, fire, air, ether,
the ten senses, ear, skin, eye, tongue, nose, mouth, foot,
hand, arms, genital and the changing mind are the sixteen
Powers of attraction kumakarshini etc. in the sixteen
petalled lotus.
4. Vacanādānagamana visargānanda hānopādānopaśaksakhya buddhā yasñanga kusuma dya āṣtu |

Bhavanopaniṣad.

The faculties of speaking, taking, going, excreting, enjoying, rejecting, accepting and ignoring are the eight Powers Ananga Kusuma etc. in the eight-petalled lotus.
5. Alambusā, kuhū vis'vodari vāruṇi hastajhva Yas'ovati
payasvini āndhāri puṣā S'amkhini Saraswati
idāpiṅgalā susumṇa ceti caturadas'a nādyah
Sarva Sam kṣobhinīyādi caturdas'a S'aktuyah

Dhavanopaniṣad.

The fourteen ādīs, Alamtuṣā, kuhuh, Vidvodara, Vāruṇi,
Hastajhva; Yasovati, Payasvini, Gāndhāri, Puṣā, Sankhini,
Saraswati, Idā, Pingalā, Susumṇa are the fourteen Powers
in the Chaturdasa kona.

The five breaths, Prāna the main breath, Apana the lower breath, Vyāna the breath Pervasive, Udāna the upper breath, Samāna the medial breath together with the five auxiliary breaths Nāga, Kūrma, Krkara, Devadatta, Dhunanjaya are in the outer Das’āra Chakra.
7. manusya\-naṁ deha\-gāh bha\-bhaksya\-bhojya co\-syə lehya pe\-ya t\-maka p\-ancavidha manna\-m p\-acayanti | Et\-ā ḍa\-da vahni\-ka\-tāḥ sarvā\-śādyā an\-trada\-śāra\-gā deva\-tāḥ |

- Bhavanopanisad.

These ten breaths acting on the digestive fire of the stomach jhara\-gni become tenfold and digest food of all kinds. These are the deities in the inner Daśāra Chakra.
8. सिता उष्णा सुखधुक्षा तोचान सत्वराजाह्तमो वास्न्यादि सांक्त्याः

Bhavanopanigad.

Cold, heat, pleasure, pain, wish, sattva, rajas and tamas are the eight deities Vasini etc. in the Asthakona.
Avyakta the unmanifest, Mahat the vast cosmic principle of Force and Ahankara the divisional principle of Egoformation are the three deities in the primary triangle, Kumeshwari, Vajreswari and Bhagamalini.
The Zodiical Man

Positive Signs
- Aries (head)
- Gemini (chest)
- Leo (soul)
- Libra (brows & kidneys)
- Sagittarius (thighs)

Negative Signs
- Taurus (face)
- Cancer (heart)
- Virgo (waist)
- Scorpio (secret)
- Capricorn (legs)
- Pisces (feet)