

Colors, notes, and chakras in Ayurvedic tradition, embodied from the root of the torso to the top of the head according to conversation with sitarist Arjun Verma:

1. Color – 2. corresponding note in Indian Sargam / Swara – 3. note if transposed to C major scale – 4. chakra – 5. placement in body – 6. chakra name

1. Violet or white – 2. Ni – 3. B (H) – 4. crown chakra – 5. crown of head – 6. Sahawara

1. Indigo – 2. Dha – 3. A – 4. third eye chakra – 5. between eyebrows – 6. Anja

1. Blue – 2. Pa – 3. G – 4. throat chakra – 5. base of throat – 6. Vishuddhi

1. Esmerald green – 2. Ma – 3. F – 4. heart chakra – 5. chest center – 6. Anahata

1. Yellow – 2. Ga – 3. E – 4. solar plexus chakra – 5. solar plexus – 6. Manipura

1. Orange – 2. Re – 3. D – 4. sacral chakra – 5. inch below navel – 6. Svadhisthana

1. Red – 2. Sa – 3. C – 4. root chakra – 5. perinium – 6. Muladhara