

Guide to A Yogi's Brilliance

OBSERVATION											INTENTIONAL ACTION									
Yoga	Astrology	Chinese	Yoga	Yoga	Chinese	Chinese	Chinese	Yoga	Yoga	Chinese	Chinese	Yoga	Western	Chinese	Chinese	Yoga	Yoga	Yoga	Yoga	Chinese
Bodies & Chakras	Sign	Meridian	Tattva	Tattva Projection	Tissue	Body Part	Location	Sense	Organ	Negative Emotion	Time of Aggravation & Action	Mudra	Cell Salt	Taste	Food Color	Affirmation	Naad Yoga	Tattva Balancing	Action	Positive Emotion
1	Gemini	Stomach	Earth	Greed	Muscles	Arms/Shoulders	Outside Leg	Smell	Nose	Exclusive	7am-9am	Buddha Mudra	Kali Mur	Sweet	Yellow	I Create	Mul Mantra	Heart Over Head	Be Creative	All Embracing
1	Cancer	Spleen & Pancreas	Earth	Greed	Muscles	Breasts	Inside Leg	Smell	Nose	Inflexible	9am-11am	Buddha Mudra	Calc fluor	Sweet	Yellow	I Create	Mul Mantra	Heart Over Head	Be Creative	Flexible
2	Libra	Bladder	Water	Lust	Bones, Head Hair	Lower Back	Outside Leg	Taste	Tongue	Pessimistic	3pm-5pm	Venus Lock	Nat Phos	Salty	Black	I Connect	Adi Shakti	Long to Belong	Connect with Self	Optimistic
2	Scorpio	Kidneys	Water	Lust	Bones, Head Hair	Reproductive Organs	Inside Leg	Taste	Tongue	Fearful / Worried	5pm-7pm	Venus Lock	Calc Sulph	Salty	Black	I Connect	Adi Shakti	Long to Belong	Connect with Self	Fearless
3	Aquarius	Gallbladder	Fire	Anger	Tendons	Ankles	Outside Leg	Sight	Eyes	Intolerance	11pm-1am	Chander Mudra	Nat Mur	Sour	Green	I Give Hope	Hari Har	Devil or Divine	Be Positive	Tolerance
3	Pisces	Liver	Fire	Anger	Tendons	Feet	Inside Leg	Sight	Eyes	Anger	1am-3am	Chander mudra	Ferr Phos	Sour	Green	I Give Hope	Hari Har	Devil or Divine	Be Positive	Friendly
4	Aries	Lungs	Air	Attachment	Skin, Body Hair	Head	Outside Arm	Touch	Skin	No Understanding	3am-5am	Prayer Pose at Heart	Kali Phos	Pungent	White	I Serve	RaMaDaSa	Cup of Prayer	Be Compassionate	Understanding
4	Taurus	Large Intestine	Air	Attachment	Skin, Body Hair	Neck	Inside Arm	Touch	Skin	Unsteady	5am-7am	Prayer Pose at Heart	Nat Sulph	Pungent	White	I Serve	RaMaDaSa	Cup of Prayer	Be Compassionate	Steady
5	Leo	Heart	Ether	Pride	Vessels	Spine	Inside Arm	Speech	Ears	Coward	11am-1pm	Buddhi Mudra	Mag Phos	Bitter	Red	I Teach	I am, I am	Teacher, Balance	Chant	Brave
5	Virgo	Small Intestine	Ether	Pride	Vessels	Abdomen	Outside Arm	Speech	Ears	Critical	1pm-3pm	Buddhi Mudra	Kali Sulph	Bitter	Red	I Teach	I am, I am	Teacher, Balance	Chant	Uplifting
6	Sagittarius	Nervous System				Hips	Inside Arm	ESP	Nerves	Nervous	7pm-9pm	Ganesh Mudra	Silica	Astringent	Clear	I Focus	Ong		Meditate	Calm
6	Capricorn	Glandular System			Glands	Knees	Outside Arm	ESP	Glands	Commotional	9pm-11pm	Ganesh Mudra	Calc Phos	Astringent	Clear	I Focus	Ong		Meditate	Devotional
7												Arms 60 Degress		Violet	I Contain	Ma				Contain
8												Gian Mudra		White	I Am Courageous	Wahe Guru			Pranayam	Courage
9												Shuni Mudra		Silver	I Am a Master	Sat Nam				Mastery
10												Surya Mudra		Gold	I Am Radiant	Gobinda				Radiant
11												Yogi Mudra			Unto Infinity	Fateh				Unto Infinity