

Chakras, Rays, & The Eightfold Path

(The Summit Lighthouse)

- 1) **Heart** – 3rd Ray – **Right Understanding / Views**
- 2) **Seat-of-the-Soul** – 7th Ray – **Right Aspiration / Thought / Resolve**
- 3) **Throat** – 1st Ray – **Right Speech**
- 4) **Base-of-the-Spine** – 4th Ray – **Right Action / Conduct**
- 5) **Solar Plexus** – 6th Ray – **Right Livelihood / Earning Income**
- 6) **Third Eye** – 5th Ray – **Right Effort / Focus**
- 7) **Crown** – 2nd Ray – **Right Mindfulness**
- 8) **Secret Chamber of the Heart** – 8th Ray – **Right Concentration / Absorption**