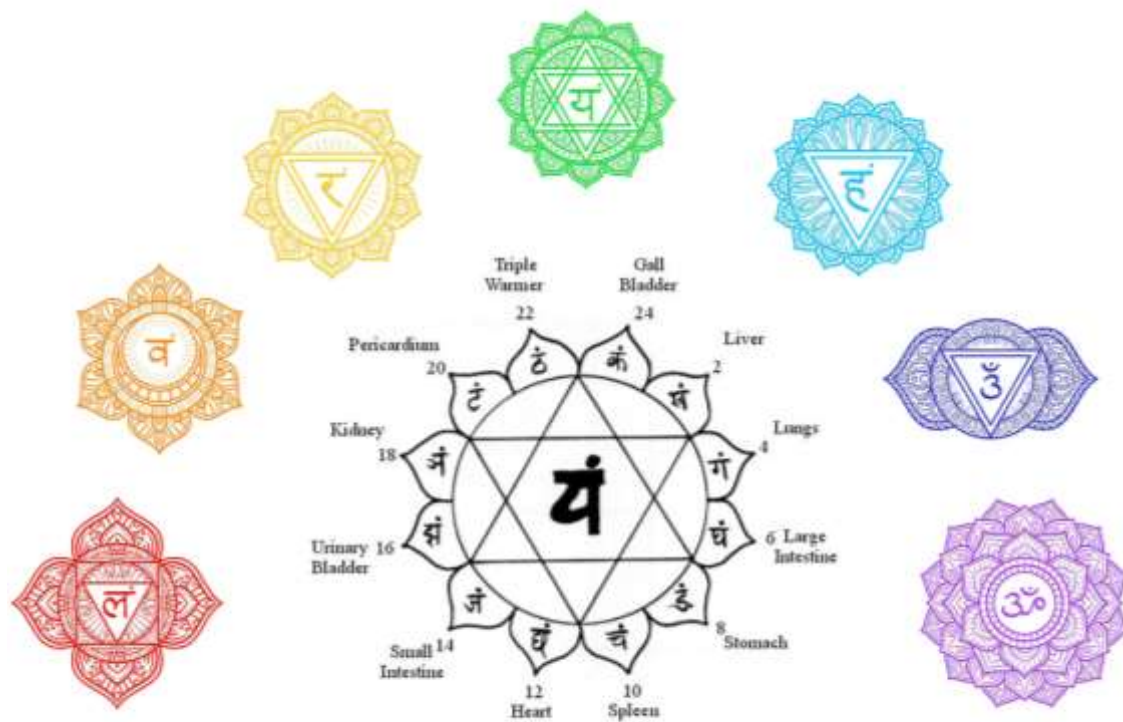


The 7 Chakras



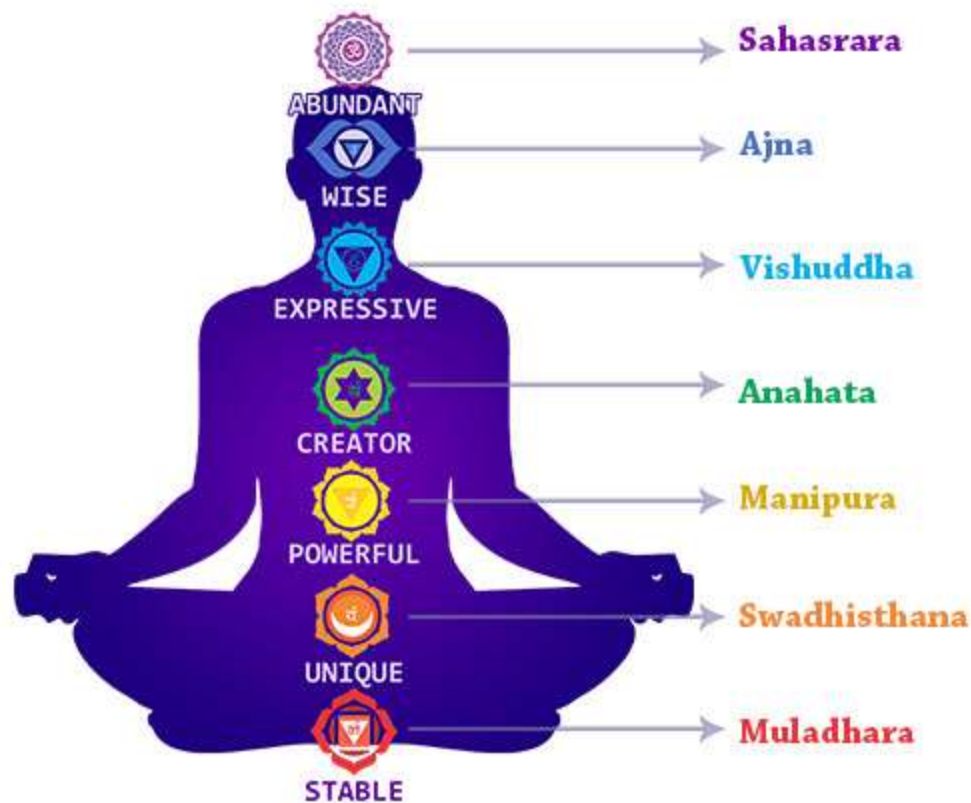
What are the Chakras?

The term chakra translates as 'wheel,' and chakras are energy wheels. Everything around us is all formed of energy resonating at different levels of frequencies and vibrations. These energy centers spread throughout the subtle body ('subtle' refers to something we can't see but can clearly feel energetically). Chakras are energy vortexes that run vertically along the spine, corresponding to the spinal plexuses in the physical body. Each chakra appears as a wheel of light that spins clockwise at varying speeds depending on their vibrational density. All of the chakras shape our entire spiritual anatomy.



What are the shapes of the Chakras?

Chakras depict the cosmos flowing through us and are ancient Hindu spiritual symbols. The circular pattern represents the notion that life never ends and that everything is interconnected. Each chakra is depicted with triangles and other geometric shapes. These represent the chakras intrinsic energies. The addition of petals to the shape of the chakras represents their natural purity and vibrational frequency. As a result, chakras are also known as lotuses or spinning flowers with different geometric shapes depending on the energy center they represent.



What are the Primary Chakras?

The most important of the major chakras are seven chakras namely Muladhara or Root chakra, Swadhisthana or Sacral chakra, Manipura or Solar Plexus chakra, Anahata or Heart chakra, Vishuddha or Throat chakra, Ajna or Third Eye chakra and Sahasrara or Crown chakra.

the chakras

Main Chakra Centres



What do these Chakras represent?

Each of these major chakras spins at different energetic levels, corresponding to different levels of experience and consciousness. We can only achieve complete mental, emotional, and physical health if we keep them in energetic balance.

Muladhara is associated with our survival, stability and self-reliance. An individual with a healthy Root (Muladhara) Chakra is spotted out for a strong sense of security and practicality with a healthy physique. However, if this chakra is blocked, a person may lose the sense of belonging; would have a weak physical structure, weight issues and a fearful outlook towards life in general.

Swadhisthana is linked to our ability to move through life with joy and creativity. An individual with a healthy Sacral (Swadhisthana) Chakra holds the energy of money, power of relationships and demonstrates compassion and originality. The blockage of this chakra produces stagnation, lower back issues, low self-esteem, fear of the unknown and financial debt problems.

Manipura represents our self-determination and motivation to pursue our life goals. A person with a balanced Solar Plexus (Manipura) Chakra maintains power subtly, completes tasks on time, works towards excellence with ease, and is a natural leader. When this Chakra is out of balance, one may become fearful of taking action, short-tempered, self-centered and feel victimized and powerless.

Anahata represents harmony and is characterized by feelings such as love, commitment, compassion, trust, and passion. When Anahata is out of balance, a person may experience emotional difficulties such as resentment, distrust, anxiety, jealousy, fear, and misery. When this energy center is in balance, a person begins to be more friendly, hopeful and foster harmonious relationships.

Vishuddha is associated with communication, has the lesson of self-expression and the power of choice. People who have an open Throat (Vishuddha) Chakra have the knowledge and wisdom to transform situations and people and effortlessly

follow their dreams. Imbalanced causes thyroid and respiratory problems, as well as a lack of confidence and the ability to express and articulate effectively.

Ajna is associated with the power of thought, imagination, and abstract ideas. A person with a well-balanced Third Eye (Ajna) Chakra exudes charisma and intuitive brilliance. He or she has a clear mind and an accepting nature. A blockage in this chakra can cause stubbornness and rigidity and physical ailments such as vision problems, headaches, and brain and neurological issues.

Sahasrara is the spiritual energy center. Unified Consciousness or Oneness with the Universe is realized by a balanced Crown (Sahasrara) Chakra. A lack of direction and faith in a higher self (or divine power) that you believe has abandoned you manifests as a blockage in this chakra.



Properties of the Chakras

Muladhara

- Voice: “I have the right to exist because I was born”
- Shape: Four-leafed lotus with a square in its center in which a triangle is facing downward.
- Color: Red
- Element: Earth
- Beeja mantra: LAM
- Endocrine gland: Adrenal
- Organs governed: Tail bone, feet, hips, spine and legs and the entire Skeletal system.
- Energy association: Physical energy, grounding, and self-preservation.
- System governed: Excretory system, Skeletal system.
- Gemstone: Red Coral
- Rudraksha: 8 Mukhi
- Aroma: Patchouli
- Yoga pose: Tree Pose.



Swadhisthana

- Voice: "I feel the Joy in being myself"
- Shape: Lotus flower with six vermilion-colored petals including a circle and crescent moon inside.
- Color: Orange
- Element: Water
- Beeja mantra: VAM
- Endocrine gland: Gonads
- Organs governed: Sexual organs, Kidneys, Large intestines.
- Energy association: Relates to our emotions. Denotes cleansing and filtering the experiences of life.
- System governed: Muscular system, Reproductive system.
- Gemstone: Pearl
- Rudraksha: 2 Mukhi
- Aroma: Sandalwood
- Yoga pose: Squat pose.



Manipura

- Voice: "I am powerful and independent"
- Shape: It is a yellow lotus having ten petals with an inverted triangle inside it.
- Color: Yellow
- Element: Fire
- Beeja mantra: RAM
- Endocrine gland: Pancreatic gland.
- Organs governed: Stomach, Small intestines, Gallbladder, Liver and Spleen.
- Energy association: Leadership and Action. Embodies principles, integrity, and values.
- System governed: Digestive System.
- Gemstone: Yellow Citrine
- Rudraksha: 12 Mukhi
- Aroma: Rosemary
- Yoga pose: Plank pose.



Anahata

- Voice: “You are a Creator”
- Shape: Two intersecting triangles forming a 6-pointed star in a circle with 12 petals.
- Color: Green
- Element: Air
- Beeja mantra: YAM
- Endocrine gland: Thymus gland.
- Organs governed: Lungs, Heart, Bronchia, Arms, Hands, Skin.
- Energy association: Unconditional Love and Light. Denotes manifestation of desires and dreams.
- System governed: Circulatory system.
- Gemstone: Emerald
- Rudraksha: Gauri Shankar
- Aroma: Jasmine
- Yoga pose: Cobra pose



Vishuddha

- Voice: "I speak my Truth and it is liberating"
- Shape: Sixteen petals with a downward pointing triangle with a round white zone resembling the full moon.
- Color: Blue
- Element: Ether
- Beeja mantra: HAM
- Endocrine gland: Thyroid gland.
- Organs governed: Ears, Mouth, Jaws, Tongue, Pharynx, Palate, Shoulders and Neck.
- Energy association: Energy of creativity, expression and purification.
- System governed: Respiratory System.
- Gemstone: Yellow Sapphire
- Rudraksha: 5 Mukhi
- Aroma: Eucalyptus
- Yoga pose: Lion pose.



Ajna

- Voice: "I see completeness in everything"
- Shape: Two opposite petals with a circle and a downward pointing triangle.
- Color: Indigo
- Element: Thought
- Beeja mantra: AUM
- Endocrine gland: Pituitary Gland.
- Organs governed: Eyes, Nose, Ears, Sinuses, Cerebellum, and Forebrain.
- Energy association: Self-awareness, higher knowledge, visualization, clarity, discernment, imagination, clairvoyance, strong intuition, and creative dreaming.
- System governed: Autonomic Nervous System.
- Gemstone: Blue Sapphire
- Rudraksha: 14 Mukhi
- Aroma: Clary Sage
- Yoga pose: Child pose



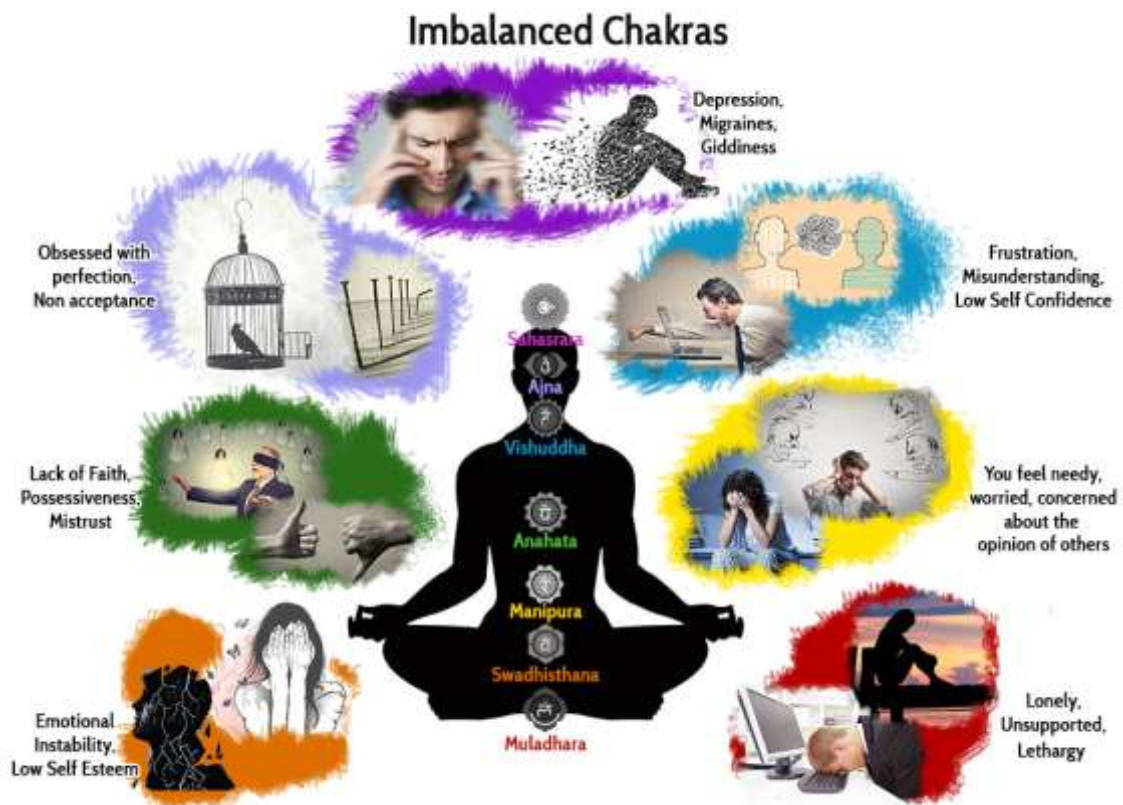
Sahasrara

- Voice: "I Know.. I am one with the Source that is All That Is. "
- Shape: A circle with one thousand petals.
- Color: Violet
- Element: Light
- Beeja mantra: Ah
- Endocrine gland: Pineal gland
- Organs governed: Cerebrum, top of the spinal cord, brain stem and nerves.
- Energy association: Interaction & communication with the universe, one's senses of inspiration & devotion, union with the higher self & the divine, and deeper knowingness.
- System governed: Central Nervous system.
- Gemstone: Amethyst
- Rudraksha: 1 Mukhi.
- Aroma: Ylang-ylang
- Yoga pose: Headstand pose



How Chakras become imbalanced?

The chakras encompass the emotional and spiritual levels that correspond to the function of each chakra and its related physical body organs. The chakra system works equally to a river divided into seven divisions. If one segment of the river gets congested, the water flow in the other sections of the river will be affected. Each chakra may become blocked as a result of repressed emotions, fears, and hanging on to what we need to let go of in order to evolve.



What are the Signs of Blocked Chakras?

- Muladhara: Anxiety. Fear. Feeling unsupported. Lack of grounding. Instability.
- Swadhisthana: Unknown fears. Emotional instability. Social and identity issues. Insecurity.
- Manipura: Powerlessness. Lack of motivation. Lethargy. Dependency on others.
- Anahata: Unable to forget. Intolerant. Bitterness. Loneliness. Unfriendly. Sad.
- Vishuddha: Disoriented. Communication and learning issues. Shyness.
- Ajna: Struggle to see, imagine and visualize. Lack of focus. Nightmares.
- Sahasrara: Complaining attitude. Unclear thinking. Unhelpfulness.



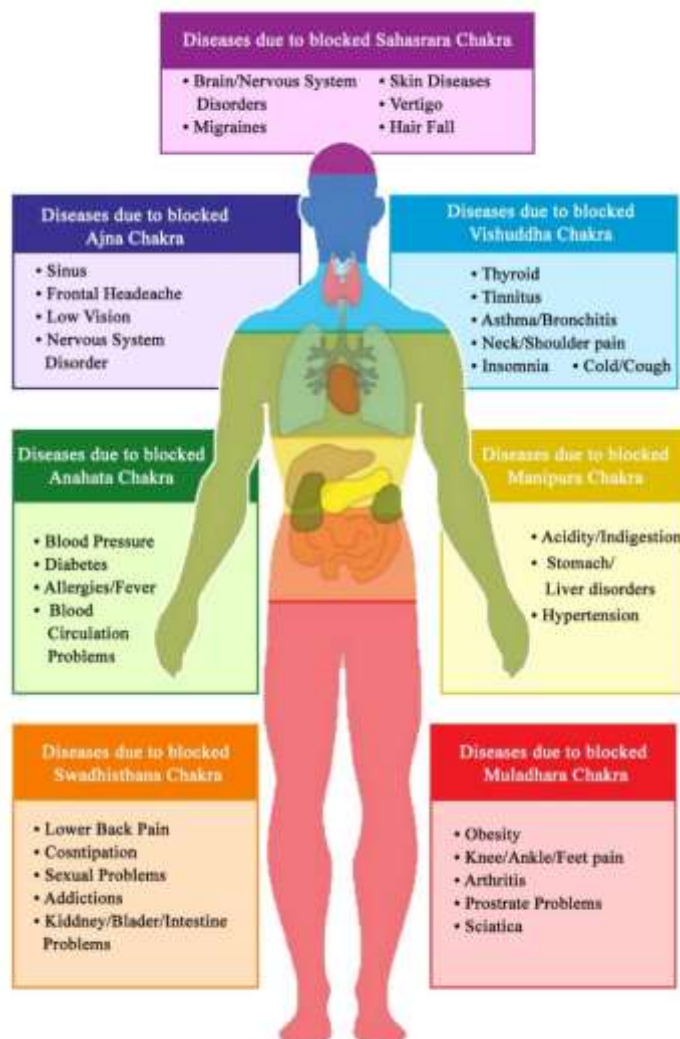
What are the Signs of Balanced Chakras?

- Muladhara: Stability. Self-reliance. Health. Energy. Motivation. Steadiness.
- Swadhisthana: Joy. Happiness. Sensuality. Creativity. Self-confidence.
- Manipura: Strength. Brilliance. Courage. Willpower. Influence. Self-esteem.
- Anahata: Gentle. Charming. Accepting. Friendly. Loyal. Unprejudiced.
- Vishuddha: Expressive. Understood. Knowable. Decision-maker. Oriented.
- Ajna: Clear vision. Intuition. Dream recalling. Ability to command reality.
- Sahasrara: Contentment. Gratitude. Faith. Abundance. Clear thinking.



Physical Symptoms of Imbalanced Chakras

- Muladhara: Arthritis. Prostate problems. Varicose veins. Obesity. Osteoporosis.
- Swadhisthana: Endometriosis. Lower back and muscle pains. Fertility issues.
- Manipura: Hypertension. Indigestion. GERD. Liver issues. Chronic Fatigue.
- Anahata: Asthma. Allergies. Cholesterol. Heart diseases. Breast and Lungs issues.
- Vishuddha: Sore Throat. Thyroid problems. Immunodeficiency. Insomnia.
- Ajna: Headaches. High Temper. Vision and sinus issues. Stubbornness. Blindness.
- Sahasrara: Skin problems. ADHD. Depression. Migraine. Alzheimer. Parkinson.



How to keep the Chakras balanced?

Chakra balancing strategies for restoring a harmonic flow of energy throughout the chakra system are classified into three types:

1. Those focusing on a physical process or activity (breath work, yoga)
2. Those centered on a contemplative or introspective practice (meditation, self-introspection, visualization, affirmations)
3. Those centered on the transmission of energy (Rudraksha, Crystals, Energy Healing).





How to know more about my Chakras?

Chakra Yog is a simplified and easy-to-follow practical path to help you discover the reality - your true nature or true self. It covers deep and practical knowledge of Chakra Science and Chakra opening or balancing.

Chakra Yog's work is essentially to take you within so that you can open the 7 Chakras - the 7 gates of True Knowledge and Lessons that help you take the right actions that lead you to explore your Highest Potential and eventually reach Self Realization or Enlightenment.

This entails the following:

- Learning the lessons of the seven chakras and tuning in to life's fundamental laws
- Self-introspection is used to see through illusions, perceptions, definitions, limiting beliefs, and to overcome various fears.
- Release meditations are used to let go of anything that is holding you back as a result of karmic imprints or Samskaras.
- Rudraksha and gemstones are used to quickly balance the chakras for healing and self-empowerment.



Meditation to Open the Chakras

Muladhara Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I release the fear of struggles.

I release the fear of not having support.

I release laziness from every cell of my body.

Swadhisthana Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I release the belief that life is hard.

I release the belief that I have nothing to offer.

I release the belief that relationships are controlling.

Manipura Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I release the belief that I lack power.

I release the belief that I lack physical energy.

I release the belief that external world has power over me.

Anahata Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I release grief from every cell of my body.

I release the feeling of being broken-hearted.

I release the belief that relationships are painful.

Vishuddha Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I ask myself what am I afraid of.

I release the fear of not speaking up.

I release the pattern of letting others speak for me.

Ajna Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



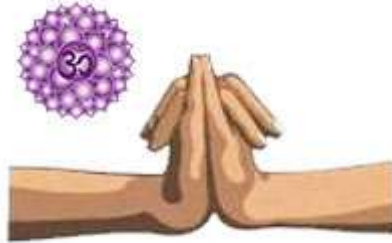
I release the fear of acceptance.

I release rigid opinions about people.

I release the belief that I can't trust my intuition.

Sahasrara Mudra Meditation

Perform the following mudra while meditating in the below affirmations:



I let go of my lack of faith.

I let go of any spiritual confusion.

I let go of my disconnection from my inner being.

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