

My Inspiration and Gift to the world
is **Alignment**
For this chakras play very very

important role in and around our body and



Chakras regulate your body energy levels, and how energy moves throughout. Chakras influence our decisions we make. Although Chakras are not a "physical" element of the body, they do have many physical influences. They interact with the body through the glandular or Endocrine System. Chakras are assigned to seven Endocrine Glands as well as with groupings of nerve bundles called

nerve plexuses.

The Chakras correspond with states of consciousness, personality types and endocrine secretions. Science is now confirming that different colors interact with the endocrine system of the body to stimulate or inhibit hormonal production. Hormones directly affect our physical, emotional, and mental states. In fact, color travels through the eyes directly to the brain's hypothalamus and through the Supra Chiasmatic Nucleus to affect over 400 various functions within the body.

Color therapy is often used to treat the Chakra

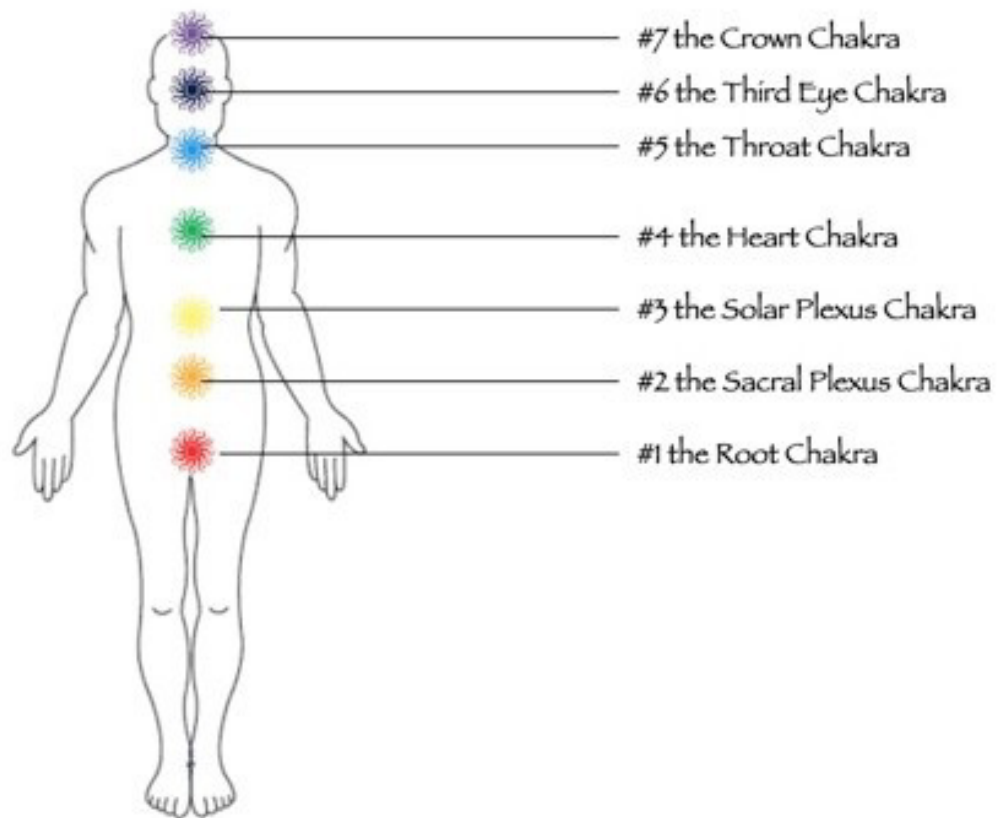
system through various treatment methods. By knowing your personal colors and your own Chakra system, you will be able to enhance your health, your life reactions and decisions, and your overall quality of life.

To be able to harness the properties of color, light is the natural tool of choice for color therapy. Energy Healing has been around for Millennia. The shamans and healers and priests of countless world cultures already know the power of vibration. However, modern man is just catching up. The scientific study of Energy Healing is in it's infancy and it's surprising how little research has been done. What we have done is compile as much of the existing research as we could into this section, and added in our own studies.

Despite the truly astounding discoveries that have been made about the science of energy healing, the traditional scientific and medical communities still seem to regard energy work as a theoretical and fanciful concept. It's time

for that to change,

CHAKRA BALANCING FOR THE SEVEN CHAKRAS



As Seven Chakras are 7 specific energy center points in our energetic fields.

When the chakras are balanced energy flows into and out of each of these 7 centers harmoniously.

When they are out of balance the energy can become blocked in one or more of the chakra points. This causes the energetic patterns of the body to flow too quickly or too slowly.

The concept of chakras comes from India and

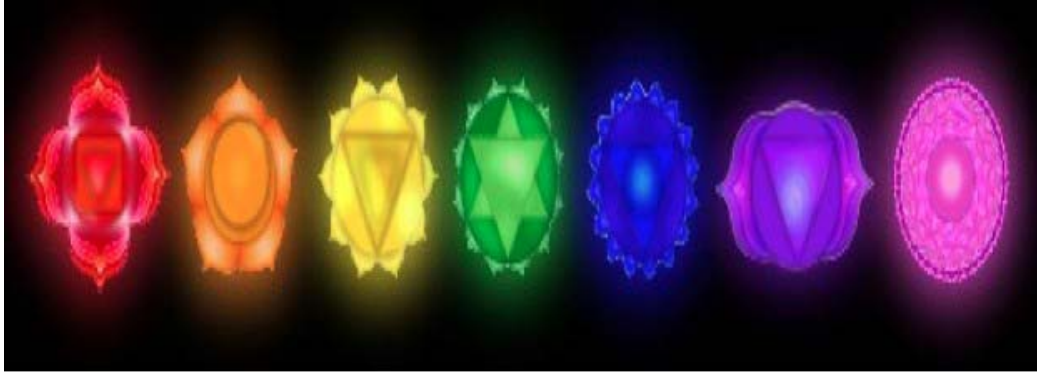
is thousands of years old. Extensive references to the chakra system are in the Upanishads, the Hindu holy books written in 1000 BC. Modern medicine has yet to validate the subtle energetic centers of the chakra system, but we're hoping they catch up soon. In the meantime, those who have balanced their chakras know how powerful these energy centers are.

We've created a simple guide to working with the energies of the seven chakras. Once you're done exploring here you'll know what each chakra is, how to check for imbalances in each one, and methods for balancing them. Let's get started...

The 7 Chakras □.

There are seven primary energy centers in

your energetic body. Each energy center, called a chakra, is representative of a certain set of characteristics.



1) Your Root chakra is an energy center located at your tailbone. The root chakra represents your connection to the Earth, your tribe or family, and survival issues.

2): The Sacral chakra is between your hips, a couple inches below your navel. The Sacral chakra represents creativity, manifestation, sexuality, and emotional connection to others.

3) The Solar chakra is located in the center of your torso, about six inches below your heart.

The Solar chakra represents your courage, vitality, confidence, and personal power.

4) Your Heart chakra is located in the center of your chest. The heart chakra represents unconditional love, nurturing, and compassion.

5) Next is the Throat chakra. The throat chakra represents communication, expression of feelings, your ability to effectively convey the meaning of your words.

6) The Third eye is located low on the forehead, a little above your eyebrows. The Third eye represents insight, intuition, wisdom, intelligence, and psychic development

7 The last primary energy center, the Crown chakra, is located a couple inches above the top of your head. The Crown chakra represents spirituality and connectedness to all things.

If a chakra is out of balance, your health in that area will be out balance. For instance, if your heart chakra is overactive, you will try to fall in love without healthy boundaries. If your heart chakra is underactive, you will be unable to love yourself or feel love for others.

I think of it as an energetic way of looking

at overall health and well being. It's incredibly consistent, in my opinion. An understanding of the chakra system makes it much easier to deduce where your imbalances may be.

If you have heart disease, you probably have an imbalance in your heart chakra. If you have poor eyesight, it's likely an imbalance in your third eye. As a nutritionist and an energy worker, I have oftentimes been able to help people heal themselves through awareness of the 7 chakra system.#3

As with all bodily systems; cardiovascular system, immune system, etc., all of these 7 chakras interact with one another, like wheels. The balance of one affects the balance of the others. They're all connected, a part of the whole.



hakra Seven

crown chakra is an energy center a couple inches above the top of your head.

This energy center, also called the seventh and Sahasrara chakra represents your connection to Spirit, the Universe, and your Higher Self.

An interesting aspect of the seventh chakra

is that it doesn't necessitate any spiritual beliefs at all. An atheist can have a healthy crown energy center simply by having understanding and contentment about their place in the Universe.

This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, space less place of all-knowing.

When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

The 7th chakra: Sahasrara

(a) The chakra of prayer/meditation - tells us that our spirits are eternal/to realize that our bodies relationship to chronological time is an illusion - This chakra is the entry point for the human life force from God - connecting (and nourishing) the entire physical body to the 7th chakra. The connection to the transcendent dimension of life - to our spiritual nature and our capacity to allow spirit/spirituality to become an integral part of our lives and guide us

(b) Seeking and intimate relationship with the Divine. Spiritual awakening.

(c) The grace (good karma) - bank account -

storage of power and energy through acts of faith and prayer. Access to Prana - purest form of energy.

(d) Gaining an intensity of internal awareness - devotion, inspiration, prophetic thoughts, transcendent ideas, mystical connection, inner guidance/ insight into healing/ trust in the divine.

(e) Calling one's spirit back - finishing up old business to return to the spiritual dimension complete. Integration of self with higher power.

(f) Love as an intimate personal relationship with the Divine.

(g) All that faith represents in one's life - insight into healing, inner guidance ultimate trust, peace that surpasses understanding, etc. Live in the present moment! Thus to receive Divine guidance each day. From this we receive inspiration that lifts us into Ecstasy. We thrive and we heal in ecstatic moments, when our spirits become stronger than our bodies, and our bodies can respond to the commands of our spirits. The soul is one with God.

Consciously returning to the Divine.

Location: Top of Skull

Age of Resonance: 42 – 49

Shape: Round Skull Cap

Glandular Connection: Pineal gland

Color: Violet and White

Musical Note: B

Type of Music: Indian Ragas

Element: The Cosmos

Aspect of Intelligence: Spiritual understanding

Sensory Experience: Bliss

Essential Oils: Lavender, Lotus,

.aromatherapy for your seventh chakra

includes frankincense and, lotus, and rose.

Warming a little water with a few drops of

these can set up a great environment for

meditation. You can also burn incense to aid

you in developing your seventh chakra.

Crystals:



Amethyst

the crown center is Amethyst. Its lovely purple hue really lends itself to connecting with Universal forces and helping you to feel good about your place in the world. Angelite and apophyllite are other good choices. Make a gem elixir by putting crystals in or near a glass of water overnight and drinking the next day. Carry crystals with you or wear crystal jewelery to further utilize healing crystals.

Lifestyle the best lifestyle habit for crown health is prayer or meditation. Prayer is simply expressing your inner thoughts about life and asking for guidance. Meditation reduces mental clutter and allows you to follow inspirations when they come. I believe that meditation is the best thing you can do for achieving both a meaningful life and a healthy and balanced crown chakra.

Aspect of the Solar System: The universe

Astrological Association: Aquarius

Metal: Platinum

Earthly Location: India

Mythological Animal: Eagle

Plant: Lotus Flower

Qualities: Grace, beauty, serenity, oneness

with all that is

Life Issues: Selfless realization of your

indelible connection with the greater whole of

life

Physical Activity: stillness

Spiritual activities: prayer, meditation,

reflection

Positive Archetype: Guru

Negative Archetype: Egotist

Angelic Presence: The Christ Light

CROWN CHAKRA IMBALANCESphysical

imbalances related to the crown energy center

usually involve the pituitary gland, pineal gland

or central nervous system. These often include

headaches at the top of your head, or

insomnia. If your crown is closed or blocked, it

could result in nerve damage, insensitivity to physical stimuli or imbalances in your endocrine system, particularly the pineal or pituitary gland.

Energetically, an overly open crown center results in being airy-fairy and unable to bring yourself down to earth. Many new-age folks get into this rut and then their physical health suffers from a lack of focus on nutrition or exercise. A closed crown results in being overly grounded in the physical world. You may also find yourself bitter or resentful about other people's belief systems.

CHAKRA COLORS THERAPY

the color of the crown chakra is purple or violet.

To activate your seventh energy centre wear purple clothing or jewelery. You can also surround yourself with purple images, especially if they are spiritual or universal in nature. Examples of this would be images of spiritual art featuring purple lotus blossoms or outer space images of novas and other celestial bodies.

Opening Crown Chakra Meditation:

Find a quiet place where you are unlikely to be disturbed for at least 10 minutes, turn off your phone. Lay on your back and breathe deeply and slowly as this relaxes the body and slows all physiological functions. If the sound of running water, certain music or other practices

relaxes you, include that technique at this point. Imagine a healing white light entering the body on the in-breath and all stresses and negative energies leaving the body on the out-breath. This is not just imagination, energy follows thought. This prepares your body to receive maximum benefit from the energy of the stones.

SEVENTH CHAKRA BALANCING WITH

SOUND The musical note for the crown

seventh chakra is B. Listen to music or play chimes tuned to B to engage sound healing.

The bija mantra for your crown is "ALL". For the crown energy center,

chant all in a row, "LAM, VAM, RAM, YAM, HAM, OM, ALL" in one breath, inhale, and

repeat as many times as I care to, usually a total of 7 times. The first five mantra sounds all rhyme with "mom"

Chanting and Toning for the Crown Chakra:

One of the chants associated with the First Initiation Rite affects the crown chakra greatly and the third eye chakra, or energy center, to a lesser degree. The crown chakra, of course, is located at the top of the head and is linked on a physical level to the pituitary gland. The third eye chakra is situated in the middle of the forehead and is connected to the pineal gland on a physical level.

When intoned properly, this special chant or sound will send a vibration deep within the head where both the pineal and pituitary

glands are situated. This causes these glands to vibrate, which in turn stimulates them and the surrounding areas of the brain. As this happens, the crown chakra will become 'activated' and open up. The third eye chakra will also be activated slightly at the same time. This allows higher vibrations of energy to enter into the crown chakra, the third eye chakra, the body and the human energy field or aura. This energy is connected to the Godsource, or heavenly fields above, and exists all around you. It is in the air that you breathe and the water that you drink. This energy is also referred to as chi, universal energy, prana, and spirit energy. Although this high vibration of energy was explored and discussed in the

ancient mystery schools by the Egyptians, it was known simply as spirit.

When the crown chakra is activated fully and the third eye chakra to a lesser degree, the universal energy enters into the auric field, thereby letting several things happen. The aura will become cleaner and brighter. The seven main charkas, or energy centers, will receive this high vibration and become more balanced. This will allow healing energy to flow into the body. The stimulation and activation of both of these glands will affect the hypothalamus region of the brain resulting in the release of some endorphins into the body. This in turn will help someone to feel better. This in itself is particularly beneficial for

anyone suffering with mood swings. Also, the neo cortex of the brain becomes stimulated and results in neurons firing into many areas of the brain. This allows you to use more of your brain's potential, including the awakening of latent psychic abilities. This special chant slows down the aging process as well, because the endocrine glandular system becomes more balanced and in harmony. This is due to the fact that the pineal gland and pituitary gland when activated will influence the other glands of the endocrine system in a very positive way.

A brief description of this chanting exercise follows. The sound to use is May, as in the month. Before you begin, take a deep breath

in and hold it for about five seconds. Then exhale slowly and evenly through your mouth or nose. This is your choice. Repeat this breathing technique two more times. It is important that the deep breathing is done a total of three times. This allows some of the chi or universal energy to be absorbed into the lungs and ultimately the whole body via the circulatory system. This ensures that the brain waves slow down, your auric field around you expands and brightens, and you feel more relaxed. This is necessary in order to receive the full benefits of performing the May chant. This chant is done in a mid C musical note. For those of you who are not musically oriented, may be slow at first and less

significant. In these cases, the results will be subtle but effective even though you may not be fully aware of it. In *Ancient Teachings for Beginners*, I explain the effects of performing this chant along with other chants and exercises in great detail.

Another of the physiological effects of this exercise is a feeling of 'tingles' on the top of the head where the crown chakra is located.

This is a sign that the crown energy center is opening up. It is starting to receive higher vibrations of universal energy from the heavenly fields above, as mentioned earlier.

Also, it is an indication that neurons are firing in the cerebrum of the brain, creating new pathways to other areas within. The cerebrum

is the major mass of the human brain. Some of your psychic abilities are stored within this part of your brain.

As these pathways open up, universal energy and electrical stimulation are sent to dormant cells of the cerebrum that contain some of your psychic gifts and abilities. These cells will then be activated, allowing you to begin using some of these untapped abilities.

The pituitary gland has many physical purposes. It also has a psychic and spiritual purpose. When it is stimulated, it begins to work as a receiver of psychic information and spiritual impressions. The potential of working with your angels and spirit guides becomes available. For those of you who already

communicate with these wise beings, your abilities will become enhanced.

As stated, the stimulation of the cerebrum, pineal and pituitary releases endorphins into the bloodstream. Serotonin is one of the hormonal secretions released through this chant. This helps to give you a natural high.

Obviously, people who suffer from depression and low serotonin levels can find this exercise beneficial in alleviating this condition.

Once the pituitary gland has been activated on a physical level, and the crown chakra has been opened on a psychic level, more psychic and spiritual gifts will unfold. Some of these gifts are as follows: intuition increased, creativity expanded, clairvoyant abilities (to

see beyond the norm) developed or enhanced,
and empathic abilities developed or enhanced.

For many of you, these gifts will allow you to
become aura readers, energy healers, spiritual
mediums and medical intuitives. If you are
already engaged in any of these pursuits,
these attributes will be increased.

Spiritual enlightenment is a goal that everyone
should seek. A spiritually developed or
enlightened person affects the world around
them in wondrous ways. When you become
enlightened, your soul within will become a
beautiful light to others. Enjoy your spiritual
journey!



Third Eye Chakra, is sometimes referred to as the Brow Chakra, is the sixth chakra. Energetically the sacral chakra vibrates to the color Indigo. **Your third eye chakra is an energy center in the middle of your brow.** This energy center, also called the sixth, brow and ajna chakra, represents your

insight, intuition, and intelligence. It also relates to psychic awareness, sometimes referred to as the sixth sense. Lucid dreams and dream recall are components of the third eye energy center. This chakra embodies the purposeful use of imagination.

LOCATION: The Third eye chakra is located at the base of the skull at the medulla oblongata and is between the two physical eyes and in the middle of the head.

PHYSICALLY: The third eye governs the pineal gland, pituitary glands, brain, eyes, ears, nose. It also governs the sinuses.

The throat chakra activates during the ages 36 through 42. Whatever happens from ages 36 to 42 years of age effects the throat chakra. If you have had some trauma in that time period and find yourself to be unbalanced it is probable that it is a throat chakra issue.

BALANCED ENERGY: When this chakra is balanced one will feel connected to their intuitive self. They feel complete without having to have someone to make them feel complete. Not to say balances third eye chakras do not have mates, but rather they understand we are all connected and they do not

necessarily need someone to feel whole.

Balanced third eye chakras also are not attached to material things and are connected to the Universe and are able to receive guidance from others.

UNBALANCED ENERGY: An over active third eye chakra can be someone

who is manipulative, proud, and authoritative person or someone dogmatic **physical**

indications of when your third eye is too

open are frequent headaches, and red, itchy

eyes, seizures, or brain tumors. When your

third eye is closed or blocked, you may have

poor eyesight, difficulty seeing at night, or

have poor hearing..

On an energetic level when your sixth chakra is too open, you will be too daydreamy, unable to focus your attention, have anxiety, or panic attacks An

under active thir.d eye chakra can be someone that is oversensitive to the feelings of others. Non-assertive, fearful of success and in extreme cases can be schizophrenic (unable to distinguish between

Ego self and Higher self).

When there are blockages, you could be depressed, confused, or have very poor judgement. You may also have poor dream recall, rigid thinking, or be too logical at the expense of emotion and feeling.

GEMSTONES: Amethyst, lapis lazuli, azurite, sodalite, quartz crystal, sapphire.

I have found azurite to be very effective for

#6 Activating third eye. Other include lapis lazuli, sodalite (also for throat), and sapphire.

One note, don't ever put azurite in water, it has some toxic elements. Holding azurite is safe,

just don't make a gem elixir directly. Place azurite near your cup of water to charge it

overnight. In the morning, drink it to charge your imagination batteries. HOW TO

BALANCE: You can balance your third eye chakra by meditating

and imagining a violet blue ray coming into

your third eye chakra. You can also place a crystal pyramid on your third eye as you meditate.

Number 6

Effect: coolant

To Balance this Chakra: Meditation, guided visualization.

Colors: Indigo or violet for the third eye is to wear bright bluish purple colors and look at things that are bluish purple. Flowers are very colorful and are great things to visualize or paint pictures of for healing and balancing your brow chakra. Do an image search for indigo flowers and you'll get an assortment of cheery images to post as your desktop background.

Element: Ether. spiritual

Musical Note: high a

Mantra: Ksham, aum om or mmm
chant OM while visualizing an indigo light in front of my forehead. Listening to classical music and daydreaming is a very light and relaxing way to engage and balance your third eye chakra. It's also a great way to stimulate ideas for your next imaginative art project.

Essential Oils: basil ,cedarwood,clary sage,
camphor, elemi, eucalyptus.

incense and are nice ways to use

aromatherapy to heal or balance your brow

chakra. Vanilla, jasmine (one of my favorites),

and anise are excellent for bringing balance to

this energy center. Put a little essential oil in a

carrier oil like grapeseed oil, jojoba or coconut

oil and dab lightly on your brow. You could also use essential oils in your unscented moisturizer or after shower splash to activate your third eye chakra.

Gems:



lapis lazuli, blue sapphire, sodalite, celinite, azurite, sugulite, fluorite, amethyst, clear

quartz, moonstone,

jade, peridot.

Healing/Health - Coagulant, Sinuses,

Headaches, Stroke

Gland - Pituitary

Organs - Lower Brain, Left Eye, Nose,

Nervous System

Characteristics: no fear of death, can receive
guidance, astral travel

Too Much energy: egomaniac, religiously
dogmatic

Too little energy: undisciplined, afraid of
success

Lifestyle

**There are lifestyle habits you can do for
third eye chakra balancing.** For starters, do
energy work on your eyes. Keep a dream
journal by your bed and write your dreams

down, even if you don't remember them. Oftentimes, the intent alone is enough to stimulate dream recall and lead to lucid dreaming. You can also test your psychic skill by drawing a tarot card. Don't look at it, just tune into your mind and guess what it may be and its meaning. This is a great way to increase intuition and psychic ability.



Throat Chakra is the fifth chakra. **Your Throat chakra is an energy center located at your voicebox.** This energy center, also called the fifth or Vishuddha chakra, represents your ability to express yourself or speak your truth. It also relates to eloquence and communication. Energetically the throat chakra vibrates to the color blue.#7

LOCATION: The Throat Chakra is located at the bottom of the neck in the throat area.

PHYSICALLY: The throat chakra governs the thyroid, parathyroid, throat,

mouth and teeth. It also governs your voice and creativity. The throat chakra activates during the ages 29 through 35. Whatever happens from ages 29 to 35 years of age effects the throat chakra. If you have had some trauma in that time period and find yourself to be unbalanced it is probable that it is a throat chakra issue.

BALANCED ENERGY: When one has a strong throat chakra they are very open creatively and feel that they can express themselves easily. Usually they are able to meditate well and can seek bliss through meditation. Most people

that are connected with their throat chakra are artistic and able to express themselves in some artistic way, whether through dance, painting, drawing, speaking, singing or the like.

UNBALANCED ENERGY: Physical imbalances that can be an indication of an overly open fifth chakra are goiter or hypothyroidism. Blockages will manifest as trouble swallowing, hyperthyroidism, and frequent sore throats.

Fifth chakra imbalances can also manifest purely energetically. People with overly open fifth chakras will speak out of turn, interrupt frequently, and have a tendency to speak very loudly. Blockages will be apparent in people who are very shy, speak very quietly, or have

trouble speaking in public. If you have a persistent catch in your throat, you should do fifth chakra work and eat kelp and other iodine rich foods to nourish your thyroid gland.

GEMSTONES:



Turquoise, chrysocolla, blue topaz, aquamarine, iolite and lapis lazuli.

HOW TO BALANCE: You can easily balance

this chakra by singing,
humming chanting or even taking a walk and
breathing deep as you look at the
blue sky above.

Chakra:5

Location: Back of the Neck

Effect: coolant

Color: Blue

To Balance this Chakra: When this chakra is unbalanced you may experience problems communicating and often find your emotions stuck in the throat. Tears may well up as well over the slightest things. To bring balance to this chakra, try singing, chanting, humming, and breathe consciously. Yoga is also helpful

with most all of the chakras.

Sense: Hearing.

Overactive energy : over talkative , addictive
personality

Underactive energy: timid, inconsistent, unable
to express themselves

Musical Note: g #

Bija Mantra: ham or u as in blue chant the
bija mantra HAM Because of the specific
nature of the throat energy center, any work
you do on singing, humming, or even talking
will have a healing and balancing effect on
your throat chakra. A good rule to follow for
this chakra is to express yourself lovingly and

openly, without fear of judgement.

Element: Ether Air and Fire energy.

Number: 5

Gems: Clear Quartz, Lapis, Sodalite, Turquoise, Blue lace agate, balance the fifth chakra. Wear a necklace of turquoise, sodalite, or amazonite or simply carry a blue stone with you throughout your day.

Many people will get a large pendant of their favorite stone and wear it daily for a full moon cycle or longer to enhance their ability to speak clearly and with confidence.

Blue topaz, Aquamarine chryoscolla, azurite, Amazonite, Gem Silica

Essential Oils: Lavender, aniseed, blue chamomile, cypress, tea tree. **Aroma for the fifth chakra are benzoin, sage, eucalyptus and frankincense.** Dilute essential oils in a

carrier such as jojoba or grapeseed oil and dab a little on your throat and neck. You can also kick back in a relaxing bath with sea salt and essential oils. If you have a sage smudge, you can light it, blow it out and put it in an abalone shell, then chant or do deep breathing.

Healing: Throat, Fevers, Asthma, Lungs, Thyroid, Antiseptic, Stimulation

Gland: Thyroid

Organ: Breathing, Ailmentary Canal, throat, thyroid, nerves, eyes, muscles

akra Four:

Air, Social identity, oriented to self-acceptance

Life style positive affirmation **about free and clear self expression.** Stand in front of a mirror and proudly declare, "I speak freely and clearly" or "I speak my truth with confidence".

A daily habit of chanting, toning, singing, or humming is fantastic for developing a happy fifth chakra. Deep breathing is another great habit for your throat, heart, and solar charkas



heart chakra

is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness

The 4th chakra: Anahata or Heart chakra **the balance point that involves the whole self.**

your ability to feel love for yourself and for others. On a truly holistic level, the heart is your ability to see your connection to all that is. Ultimately, a perfectly balanced heart results in

feeling genuine and unconditional love for all things. Your fourth chakra is located in the center of your chest, level with your heart.

(a) Central powerhouse of the human energy system - the emotional power chakra - mediates between body and spirit and determines their health and strength. The symbolic doorway into our internal world.

(b) Propels our emotional development - how to act out of love and compassion - to recognize that the most powerful energy we have is love.

(c) To generate an emotional climate and

steadiness with which we respond to
experience/circumstance.

(d) To let go and let God - to be able to see
our experiences and circumstances as part of
the divine plan.

(e) Openness trust toward life - ego and will to
outer world.

(f) Getting to know ourselves in relationship to
ourselves alone, not in regards to anyone else.

(g) The ability to heal oneself and others.

(h) Love recognized as commitment to self

love as primary factor for healthy relationships with others - love of self, forgiveness, compassion - a force that influences and determines biological activity - heals us and others.

Love is Divine power. Love is the only authentic power. Not only our minds and spirits, but also our physical bodies need love to survive and thrive. To refine our capacity to love others as well as ourselves and to develop the power of forgiveness (acceptance).

The Heart Chakra governs the physical heart and lungs. It is essential to our physical supply

of energy and vitality as well as the love that nourishes our spiritual existence. Centering ourselves in love gives our life purpose and meaning. It anchors us in Selfhood, which is love itself. What this means on a real level it is our true nature that is loving, kind, and respectful. Growth and healing open a panorama, where we give love freely and unconditionally and receive it in the same way.

Heart chakra imbalances **An overly open**

Anahata chakra can manifest as heart

disease and high blood pressure. A closed

heart can manifest as asthma, dangerously

low blood pressure, bronchitis and other lung

problems.

On an energetic level if your fourth chakra is too open, it oftentimes manifests as co-

dependence, jealousy, or over-empathizing. Too much empathy manifests as living at the mercy of other peoples emotions.

When fourth chakra energies are closed or blocked, it can manifest as fear of intimacy, lack of compassion, and bitterness.

Heart Chakra Qualities and Attributes:

- Location: Middle of the Chest
- Age of resonance: 28-35
- Shape: Crescent Moon
- Glandular connection: Thymus Gland
- Color: Green and Rose
- Musical note: F

Bijamantra: YAM (rhymes with mom) works nicely. Singing love songs is an obvious way to incorporate sound therapy. I also like to

chant HU (sounds like hue). The HU chant is almost magical in its ability to bring about feelings of balanced love and serenity.

- Type of music: Choral
- Element: Air
- Aspect of intelligence: Remember the Good, Love and Care
- Sensory experience: Touch
- Essential oils: Rose, Carnation, Lily of the Valley
- #11 Crystals: Rose Quartz, radiates love gentleness and self love
- Aspect of the solar system: Venus and the Sun
- Astrological associations: Libra and Taurus
- Metal: Copper and Gold

- Earthly location: Spain
- Mythological animal: Deer
- Plant: Foxglove, Rose, Carnation, Lily
- Qualities: Unity, Brotherhood/Sisterhood,
Love, Peace, Purity and Innocence
- Life issues: To let love be the center of your
life
- Physical: Yoga, Massage, reiki Healing
touch, Walking, Dancing
- Spiritual activities: Learning to love yourself
first, then others, prayer, healing, singing,
joyful endeavor
- Positive archetype: Lover
- Opposite archetype: Actor/Actress
- Angelic presence: Archangel Raphael

Heart Chakra Essential Oil

Rose – to create feelings of happiness, joy, self-respect, calm and it dispels fear, regret and shock Taking a relaxing bath with essential oils and rose petals floating in the water is a lovely practice. I like to apply a couple drops of jasmine oil mixed with sandalwood to my wrists

Geranium – to balance mood swings, quiet the nerves, aid in sleep and dispel depression, claustrophobia, and anger

Patchouli – to calm, lift the moods, ground, and excite the senses for heart chakras would include chamomile and rose. I also find sandalwood pleasant and heart warming.

Heart Chakra Stones:

Rose Quartz



is a semi-precious stone that stands for love. It is found to resonate with the energy of the Heart Chakra. Its color soothes tension in the heart and brings the vibration of love to all who

wear it or keep it near them. Used in a room, it keeps the energy loving and kind.

Diamond is most precious of all gemstones stands for fidelity, loyalty, and divine love. It represents the truth of God's eternal love and is used in wedding rings to signify eternal, undying love, and commitment. Peridot is a semi-precious stone that contains the energy of young spring shoots. It mixes the sense of selfhood found in yellow with the balance, tranquility, and unity of green. It brings healing to a fragmented personal identity and stimulates confidence and love of self.

MALACHITE has certain richness FOR THIS CHAKRA

Affirmations for the Heart Chakra:

- I am quiet and listen to my heart's song.
- I choose to be united with all beings, visible and invisible, in the realm of love and light.
- I anchor my heart in truth, love, and God's grace.
- Love opens and heals me.
- I choose the peace that surpasses all understanding.
- I am love, I am peace, I am light.
- I follow my heart's desire for truth and goodness and love.
- My core is pure and innocent. Nothing can touch the soul of my heart except love itself.
- God's love fills and opens my heart to all goodness.

- Joy is my reason for living.
- I look for joy in myself and see it in all things.
- I delight in sharing my joy.
- I let my heart shine and give from the depths of my being to those who accept love.

Green is the most neutral color in the visible spectrum. It contains the warmth of yellow and the coolness of blue. It is the color that brings balance, soothing the nerves and acting as a tonic when we are weary, fatigued, or depressed. Nature gives us her healing power through this color more than any other. It was known in ancient times that this color could heal and was especially soothing to the eyes. Monks making copied illuminations used to

hold green beryl up to their eyes to relieve eye strain. Green is seen directly on the eyeball, whereas yellow is seen outside the eye and blue is seen in the interior of the eye. It engenders peace and tranquility and is used for clothing and decoration for that purpose.

Pink is an essential color for the Heart Chakra. It is the color of mother love and is found in the aura of all babies and young children. Pink is soft, sweet, and soothing. It is good for the heart to see this joyful color. Pink lifts the emotions, purifies the spirit, and generates a tender quality, suggesting approachability. It is used in men's fashion and home decoration more, which implies we are evolving to a space of the heart.

Life style the best therapy for fourth chakra balance is hugging. Hugging people or pets you care about with genuine love and affection feels wonderful.

Hugging affirms that you are loved, loving, and

lovable. Even hugging yourself can be effective. Deep breathing is excellent for empowering both the heart and solar chakra. Cardiovascular exercise is also a great way to improve heart health, both physically and energetically.



Solar Plexus Chakra is the third chakra.

Energetically the solar plexus

Schakra vibrates the color yellow and is

significantly important in our knowlege

and understnading of what we are. It is one of

the main power chakras in our

spiritual bodies

This is the energetic center for personal

power, courage, and self-esteem. It's

characterized by fire, drive, and balanced

motivation..

LOCATION: The Solar Plexus Chakra is located midway between the navel and the base of the sternum. Middle of your torso

PHYSICALLY: The Solar Plexus chakra governs the spleen, pancreas, stomach, and liver. It also governs how we feel about ourselves and how we feel others perceive us. This is the area of the personality, the ego and the intellect.

The solar plexus chakra activates during the ages 15 through 21. Whatever happens from ages 15 to 21 years of age effects the solar plexus chakra. If you have had some trauma in that time period and

find yourself to be unbalanced it is probable that it is a solar plexus chakra issue.

BALANCED ENERGY: When one has a strong Solar Plexus chakra they are confident, aware, alert, and connected to the spiritual realm. Many people that are mediums and connect with the spirit realm do it through their solar plexus chakra. People with a balanced solar plexus chakra are outgoing, cheerful and self-respectful.

UNBALANCED ENERGY: Signs of an over active too open solar plexus chakra are judgmental, workaholic, perfectionistic, overly

intellectual,

may need drugs to relax, sexually inhibited,

can't show emotional warmth it can manifest

as addictive eating, hepatitis (liver

inflammation), or obesity. Signs of a closed

Solar chakra can include kidney stones,

gallstones, or liver stones. It can also manifest

as inflammation of the stomach (gastritis) or

intestines (colitis, diverticulitis). Energetically

Signs of a closed or blocked Solar chakra

manifest as low self esteem, lack of

motivation, or extremely self critical..

Signs of an under active solar plexus chakra

are jealousy, insecurity, distrustful,

confused and lack of confidence.

TO BALANCE: You can help to balance your solar plexus chakra by breathing through your diaphragm, rubbing your belly or meditating on confidence or wearing citrine.

, milk thistle, dandelion and ginger herbs are good to use for this chakra.

Chakra:3

Color: is yellow. This is your personal battery. When you feel powerful, strong, and capable, your solar plexus chakra is the source.

It's vital to keep the fires going strong and this is the energy center to focus on for raw energy. Color therapy for your Solar chakra could include wearing yellow or creating art that involves bright yellow.

Effect: stimulant

Solar Plexus Location -Just above the Navel

Number: 3

To Balance this Chakra: Rub your belly,

become aware of the energy radiating from

your solar plexus, breathe using your

diaphragm. Try some of the yoga breathing

techniques. You must practice being more

sensitive. Try to laugh more, cry more, touch

and feel more.. Combined with eating more

fresh fruits and vegetables, taking digestive

enzymes and a probiotic, you can achieve

optimal health and balanced vitality.

element: fire

sense: sight

Musical Note: d,e Stringed instruments such

as guitar and piano are good for sound healing
or music therapy

Bija Mantra ram or aum

Angel: Michael

Essential Oils: cassia, peppermint, lemongrass,
lemon balm, juniper, amber. Aromatherapy for
the Solar plexus is quite effective. Take a bath
with sea salts and pure essential oil of lemon,
lime, neroli, or orange. Burn natural incense
scented with ginger or cinnamon. In a pinch,
just put a few drops of essential oil on a scarf
and savor the scent throughout your day.

Bach Flower Essences: Clematis,

Honeysuckle, Wild Rose,

Olive, White Chestnut, Mustard, Chestnut Bud.

#18 GEMSTONES: Citrine, tiger's eye, gold

topaz, and gold calcite gold amber,

chrysoprase,

lithium, smoky quartz, turquoise, malachite,

tiger's eye, yellow calcite. Hold your stone

against your third chakra, carry it in your

pocket through the day, or make a gem elixir

by putting your crystal into or next to a glass of

water before you sleep. When you awaken, sip

the water throughout the day for a boost to

your self esteem.

Healing/Health - Digestion, Constipation,

Headaches, Adrenals

Gland - Pancreas

Organ - abdominal area, spleen, navel,

digestive system,

stomach, liver, gallbladder, nervous system

Lifestyle Activities that balance your Solar chakra include deep breathing, fast walking or jogging, and weight lifting. Even 5 minutes a day is a great start to effective body balancing. Do whatever is comfortable, breathe, and enjoy the sensations of moving your body. I have also seen great results with positive affirmations for balancing self-esteem issues.

#14 2nd chakra:



svadhisthana or sacral chakra

the Sacral chakra is an energy center

located a couple inches below your belly

button. This energy center, also called the

second and Svadhishthana chakra, is the

energetic representation of sexuality,

creativity, and manifestation. It also represents

your emotional connection to others

chakra Two:

Water, Emotional identity,

oriented to self-gratification

The second chakra, located in the abdomen,

lower back, and sexual organs, is related to

the element water, and to emotions and

sexuality. It connects us to others through

feeling, desire, sensation, and movement.

Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.

(a) The 2nd chakra is the partnership/power of relationships chakra. With the 2nd chakra, energy shifts from obeying tribal authority to discovering other relationships that satisfy, personal, physical needs. Every relationship we develop serves the purpose of helping us to become more conscious. Relationships are all spiritual messengers. To learn to see ourselves as reflected by the duality. From all is one (tribe), to being/seeing the other.

Mirroring. We create our own reality. Life reflected back to us. Divide before we can come back together consciously.

(b) Exploring the power of choice - dealing with duality/significance of opposites so that we come to know ourselves/personal and professional decision making ability and talent.

(c) Independent interactions - giving and receiving physical, mental, and spiritual pleasure. Flow of power between self and others - relationships and their effects on us.

(d) The ability to survive physically and financially on one's own: power, money; self

sufficiency/personal identity and boundaries/
to defend and protect oneself/ fight or flight/
ability to take risks/ the resilience to recover
from loss.

(e) The desire to create, managing creative
energy, and contribute - honor one another -
managing sexual power/the quantity of
emotional and sexual energy.

(f) Love manifests as caring for others to
whom we are not connected by blood.

(g) Enables us to generate a sense of
personal identity and protective psychological
boundaries- the 2nd chakra energy of a

healthy physical ego keeps us able to interact with the world of seductive forces (sex, money, other people, etc) without having to sell ourselves.

(h) Our need to control the dynamics of our physical environment. Attachments to authority, money, people, other power sources.

To learn to interact consciously with others to form unions with people who support our development and to release relationships that handicap our growth

Learning more about the Sacral Chakra:

The second chakra is at the center of the abdomen, "the hara", the "dan tien" ... it correlates to the spleen (in the front or the yin side of this area of the body) and the kidney (in the back or the yang side of this area of the body). This chakra correlates to the water element, which manifests as the kidney of the five yin organs. Also, as this chakra correlates to the reproductive system and the sex organs, herein is the kidney's influence, which ultimately controls the vitality of this system. Meanwhile, it's correlation to the sense of taste implies an influence from the spleen, which controls this sense. This chakra is about willingness, particularly the willingness to feel and experience one's emotions, and the

willingness to allow oneself to have what it finds pleasurable, especially in relation to the sexual appetite. Here again it is the kidneys that control our will - the stronger and more vital is the qi of our kidneys, the more potent is our willingness and our willpower!... Sacral Chakra Qualities and Attributes:

- Location: Two inches below the navel and two inches into the pelvis
- Age of resonance: 7 – 14
- Shape: Pyramid
- Glandular connection: Ovaries/testes
- Color: Orange
- Musical note: D
- Type of music: Latin dance
- Element: Water

- Aspect of intelligence: Sensation/pleasure
- Sensory experience: Taste
- Essential oils: Jasmine, (Orange Blossom)
- Crystals: Carnelian, Tiger's Eye, Onyx
- Aspect of the solar system: Jupiter
- Astrological associations: Cancer, Scorpio
- Metal: Tin
- Earthly location: Brazil
- Mythological animal: A hungry sea monster,
waiting to be fed
- Angelic presence: Archangel
- Plant: Jasmine
- Qualities: Well-being, sexuality, sensuality,
pleasure, abundance
- Life issues: To know that who you are and
what you do are enough; to have enough rest,

food, exercise, fun, and money; not to link self-worth with what you do or have; to create healthy boundaries to protect your vital life force

- Physical activities: Yoga, dance swimming, walking
- Spiritual activities: Meditation, celibacy, fasting

SECOND CHAKRA IMBALANCES

Physical imbalances associated with an overly open second chakra include adrenal exhaustion (wired-but-tired feeling), cervical dysplasia, or STDs (sexually transmitted diseases).

Blockages or closed second chakra issues manifest as prostate problems, low back pain, or frequent kidney, bladder, or urinary tract infections (UTI).

Energetically, When your Sacral energy center is too open, you could be overly driven by

sexual urges (nymphomania or sex-addicted), and excessive fantasizing. You may also have trouble defining healthy boundaries.

When your Sacral is closed, you will have weakened sex drive or lack of creativity and productiveness. Writer's block is an example of a blockage in the Sacral.

Sacral Chakra Essential Oil:

The essence of Svadisthana is a blend of jasmine, orange, and sandalwood. This combination of essential oils bring forward the qualities of joy and creativity to assist us in manifesting our hopes and dreams. A beautiful fragrance to enhance your home and work environments, invoking inspiration and creative flow.

Sacral Chakra Crystals:

- **Cornelian:** This stone, related to the agate family, is the color of the Sacral Chakra. It is meant to promote health and well-being and bring the wearer pleasure and comfort. It can be found on the shores of oceans and lakes, which suggests its close connection to water and the emotions. It acts to stabilize distraught feelings.
- **Tiger's Eye:** This stone is reputed to bring prosperity and abundance. It is a stone that carries good luck and fortune with it and helps in business and negotiations. Wearing it or keeping it near at hand stimulates physical well-being.
- **Onyx:** This stone has a strong magnetic

charge and can stimulate healing at a physical level by magnetizing the blood. When it is combined with a Herkimer diamond, which is a very hard quartz crystal, it creates a powerful energetic force that can be used for healing. It is used to help regenerate and recharge the life force.

Colour therapy

Orange is the color associated with the Sacral chakra.

By wearing orange clothing, decorating with orange, or painting with the color orange.

Keeping orange flowers around the house is also effective. If you work on a computer often, change your screensaver to something with bright orange flowers, pumpkins, or fall leaves

This is a hot color, full of vital energy and deeply connected with the life force. It represents sensuality and sexuality, as well as a deep connection to joy and passion. This color stimulates physical energy in the body and can open channels of suppressed vitality from an overactive mind..

Sound therapy

The musical note associated with the second chakra is D.

If you like music or sound healing, you can use instruments, chimes, or voice in D.

Bija mantra use Vam ,
play a singing crystal bowl.

Enjoy listening to classical music played in D.

LIFESTYLE

My favorite lifestyle habit for sacral health is dancing.

Dancing engages the body physically, it's fun, expressive, and can be sexually stimulating

Having a hobby that involves dynamic

creativity is wonderful.

I'm a huge supporter of artistic expression. Paint, draw, write, sculpt. Do anything that makes you feel productive and creative. Make time to do something artistic for at least a few minutes every day or so. Your sacral chakra will thank you.

Affirmations

for the Sacral Chakra

Repeat these affirmations once every morning and once every evening to bring openness to your Sacral Chakra

* I love my life

* I honor my body and treat myself respectfully

* I feel the power of healing moving in and through me as I affirm my worth and honour

my body.

* I trust my feelings and give them ample room for expression.

* I lighten my body each time I feel well within myself.

* I am a creature of light, open to my highest joy.

* I am grateful for the joy of being me.

* I receive pleasure and abundance with every breath I take.

* Goodness, beauty, and joy resonate with my soul. I am at one with them.

* Healing happens each time I rest, relax, and enjoy myself.

* My body responds to thoughts of pure love and goodness.

* I heal any condition that affects me by knowing my body seeks balance and regeneration.

* I stimulate my immunity by knowing God lives in and through me.

* I encourage healing each time I affirm my worth and honour my choices for love.

* I love who I am exactly as I am.

* There is nothing to change about the way I am. As I love and respect myself, healing happens naturally.

Colour meditation

Orange is the color of the 2nd Chakra,.

When balanced a person will feel creative,

spontaneous and playful. When imbalanced a person will feel uninspired, bored by life, and potentially sexually blocked

Sacral Chakra Power Tips:

* Honor the physical body by giving it enough food, water, rest, and exercise.

* Respect the limits of the physical body and do not become trapped in obsessive acts of exertion, pushing the body beyond its natural limits.

* Accept your need for pleasure and create enough good experiences to replenish the spirit as well as the body.

* Acknowledge the powerful force of human sexuality and know what one's values are regarding it.

* Respect the physical world by keeping order, cleanliness, and beauty around your home, office, and places of recreation.

* Reflect upon physical energy you put into earning money and the ways that you make financial decisions.

* Know that you have appetites and needs and give them a place in your experience.

* Treat yourself to the joys of life and know that you deserve what you say you want.

Earth, Physical identity, oriented to self-preservation

Ideally this chakra brings us health, prosperity,

security, and dynamic presence



ROOT CHAKRA

The 1st chakra: Muladhara, or root chakra

The seat of the immense power of the
kundalini...

Your Root chakra is an energy center

located at your tailbone.

This energy center is an energetic
representation of your

Connection to the Earth,

Connection to your family and tribe,

Connection to groundedness, and survival
issues..

Root Chakra Qualities & Attributes

(Muladhara)

Location: In the perineum at the base of the
spine

Color: Red

Musical Note: C

Type of music: Drumming

Element: Earth

Aspect of intelligence: Administrative

Sensory experience: Smell

Crystals: Ruby, bloodstone and hematite

Aspects of the solar system: Earth and Saturn

Astrological association: Capricorn

Metal: Lead

Earthly location: The Indian preserves and their sacred lands. The sacred lands of all indigenous people

Mythological animal: White elephant with seven trunks

Plant: Sage

Qualities: Patience, structure, stability, security, the ability to manifest your dreams

Life issues: To value the material as sacred, to find trust in place of despair, to persevere

Physical activities: Yoga, movement of any kind that activates the legs and the feet. Any form of activity that is grounding, physical and demands presence

Spiritual Activities: Noticing the beauty and perfection of the natural world

Positive Archetype: Mother (the Mother is a person, either male or female, who is nurturing, positive and hopeful. Mothers encourage, acknowledge and affirm our being through love, kindness and absolute faith in the goodness of all. They make the dark moments bearable because they bring us hope of a positive outcome)

Negative Archetype: Victim

Angelic Presence: Archangel Michael, leader

of the heavenly armies against the forces of
evil

Associated Base or Root Chakra Illnesses, hemorrhoids, constipation, prostate problems, knee pain, and weight issues. If you are bothered by these symptoms, you can oftentimes bring balance back through energy healing your first chakra. Through energy healing, you will start to have more awareness of the dietary and lifestyle changes you need to make to heal the physical.

Imbalances don't always manifest on the physical. If your first chakra is weak or closed, it can result in lack of connection to friends or family or lack of wealth and abundance

There are various illnesses and emotional problems said to relate specifically to blockages in each individual chakra center. In

addition, carrying out spiritual healing, or conversely use appropriately colored crystals, or actively suggest that the person wears a particular color.

Kidney or bladder problems, or problems with the process of elimination, obesity and with the lower back. Affected by fear, anger and sexual urge. Those with ME may have blockages here. Clear blockages using white light. Stimulate the chakra using red or orange. Practitioners of natural remedies often suggest this chakra can be balanced merely by standing on earth

An overly open muldhara chakra can lead to selfishness, overindulgence in earthly pleasures, and materialism. People who live in very cluttered environments oftentimes have

overly open base chakras.

CHAKRA COLORS THERAPY

The colour of the first chakra the root is earthy red or black. These are the most primal energies, pure caveman style survival issues.

Your ability to acquire food, water, and shelter.

In modern times, it is associated with wealth and abundance. For color therapy, my

personal favorite uses images of volcanoes.

Volcanoes epitomize groundedness and primal forces. Root Chakra Colors

Red is the color of the life force. It represents courage, passion, anger and even violence. It

is the color that represents earth energy,

anchoring us to the planet that sustains us. It

is the most visible color in the entire spectrum

and has been used traditionally to signify danger, poison or even a threat. The color pulls the retina forward so that our energy is engaged outside of ourselves. It warms, heats and tones our blood. Too much red can raise blood pressure and create irritation.

CHAKRA BALANCING



Crystals

are oftentimes used to help balance the chakras. For the first chakra, garnet, ruby, bloodstone and obsidian can be held or made into a gem elixir. Because of the strong physical properties of the Base chakra, the solidity of the stones lends itself to healing imbalances in Root issues.

The Essential Oil – The essence of Muladhara

The Essence of Muladhara is a blend of Cedar Wood, Patchouli, Rose Geranium and Clove pure essential oils. Single oils such as cinnamon and Sandalwood may also be used... which provide you with a sense of grounding to mother earth, awareness of our physical body, connection to the concept of

being and belonging, self acceptance and an overall feeling of safety.

Cooking for the Root Chakra

The root chakra correlates to Mother Earth, the quintessential representation of humankind's foundation and source of all nourishment, the ground on which we walk and from which we flourish and ascend. Within the root chakra is contained the Ming-Men fire, the kundalini energy, the vital force activating and sustaining our beings, particularly the true essence of our soul beings... In light of this, the root chakra is nourished and activated by warming and grounding foods such as cooked grains and beans and "root" vegetables,

particularly the sweet ones of orange-red color - carrots, beets, squash - and also the earthy-brown burdock root, especially powerful as a blood tonic. The sweet taste of pressure-cooked brown rice or millet and the sweet taste of these vegetables are received by the body as "comfort foods". They nourish the spleen which is the major player in the production of our blood and in the regulation of our blood-sugars. Whereas the blood-red beet and the rich burgundy-colored bean greatly tonify and stimulate our blood... When our body's earth element, the spleen and stomach, are balanced, stable and happy, we, in turn can experience our inner strength and integrity and our essential life purpose.

Affirmations for the Root Chakra:

I trust in the goodness of life to carry me through.

I belong wherever I am.

I choose life.

I affirm my right to the life I know I want.

I cultivate consistency, stability and a wholesome structure to support me through life's changes.

I accept myself as I am.

I am grateful for the experiences of my life.

I am safe, I trust in the natural flow of life.

I take my natural place in the world content in the knowledge that all I need will come to me in the right time and space.

I am secure and grounded in the physical form and give thanks to Mother Earth for the nourishment, shelter, and stability She gives me.

Root Chakra Meditation

Open the Root Chakra

Let the tips of your thumb and index finger touch.

Concentrate on the Root chakra at the spot in between the genitals and the anus.

Chant the sound LAM.

Take a deep breath and pull it down through your body to the very base of your spine, the seat of the first chakra. As you release the air, relax all the muscles in your toes, feet and

legs. Take in more air and focus on your connecting point to the earth. Now release the air, .. relax down through your body, and continue to send your attention deep into the center of the earth. Picture magnetic lines of force coming from the earth's core, connecting with your own root center. Allow that force to arise within you, from below.

Imagine a feeling of power surging into this "root" center from the deep center of the earth.

As it increases, keep your attention on this powerful magnetic energy at the bottom of your spine.

Focusing at the base of the spine, imagine that with each breath, energy collects and builds up there. Continue to relax, and sense the

feelings in the coccyx, perineum, anus, and deep inside your pelvic cavity, the foundation of your body. Sensing your root center, breathe as if the earth's energy is coming directly into you from below. Allow the energy to build, like a growing, magnetic force.

Feel the weight of your attachment to the earth: its gravitational pull on your body, through the mass of rock.. dirt.. clay.. and minerals. Sense the huge mass of the planet under you, pulling you down towards dense earth. You are born of this earth, and when you die, your body will return to it.

Earth animal that you are, you eat of the earth and eliminate earth fertilizer. Your awareness is purely biological, immersed in life's

ecological cycles. In the womb of creation, you are pulsating flesh, bound by living sinews and fibers. The dominant color is blood red. Smell your own odors. Feel the cool dirt.

Be aware of your pelvic area, legs, and feet. Feel the density of your bones, the core and support structure of your body, minerals taken up from the earth and deposited inside you, compacted by gravity, formed against the pull of the earth.

You are at the most primitive stage of evolution. Your behavior is animal-instinctual and reactive. You are motivated by survival drives, such as hunger and fear. You are isolated and fiercely individual. All you know of reality is physical and self--referent. Like an

infant, you identify solely with the body, and exist in a sensory, material realm of stimulus and response. You experience yourself at the center of everything that happens. You love to eat and sleep. You fear pain, and death.

Your sole purpose is self-preservation.

Persistent and self-sufficient, you can be

greedy or aggressive. Allow yourself to

acknowledge your "dark" side, and your

potential for "small- mindedness," for it is the

necessary lesson of this level of existence.

Know yourself as an inheritor of animal

instincts, and primitive tendencies. Fully

accept that you are a creature of habits and

needs, rooted in the earth.

Continuing to breathe in and out through your

lowest nerve plexus, allow your body to begin to feel that you are in a safe place. Perhaps you feel secure and comfortable enough to let go of your protection.. to relax, and sigh. You could use the affirmation. "I belong on this earth." (repeat..) or "Here and now, I feel safe." (repeat..)

As your breath pulls up the Earth's energies, picture at your root center, a red square box, filled with dark, rich soil which is moist and cool. Inside, a coiled serpent is sleeping...

Your task is to warm the environment, and so wake up the snake.

Root Chakra Energy Exercises

These exercises are meant to increase energy

flow throughout the body. They are meant to especially open and ease the flow of energy into the Root Chakra

They are mostly stretches for the acupuncture meridians and the spine.

As this set of exercises is easy and doesn't take much time to do, it's ideal to start the day with. If you're not used to doing exercise in the morning, you might find it wakes you up better than a cup of coffee. It makes you feel clearer and calmer and better able to face challenges.

For all exercises: keep your body as relaxed as possible and breath from your belly. Do them for the left and the right side of the body.

FLEXIBILITY PROCEDURE FOR THE FEET

This exercise makes your muscles relaxed and supple, as several acupuncture points that have this effect are stimulated. As the rest of the exercises go more smoothly when the muscles are in better condition, this is the perfect one to start with.

Do this while sitting on something low, a bed
e.g.

1. Put the lower part of your left leg on top of the other knee. Hold it with your left hand by putting the hand over the ankle with the thumb over the achilles tendon. (Do not press the thumb in the space between the tendon and the ankle.)

Hold the sole of the foot with your right hand by putting the hand over the ball of it.

Now rotate the foot with your right hand for say 20 times total. Turn both directions and keep the foot relaxed.

2. Hold the left foot with your left hand on top.

Hold all toes with the right hand, by putting the fingers on top, thumb around the big toe and top part of the palm under the toes. Rotate the toes, both directions, about 20 times. Again keep the foot relaxed.

Repeat with the right foot.

CROSS-LEGGED EXERCISES

As these exercises are pretty light to do, they are good for doing in the beginning of the set.

Sit cross legged on a mat on the floor or on a bed.

- Hold your ankles with your hands, and slowly bend your back forwards and backwards.

Do 4 - 10 times.

- Sit with your lower legs tucked under you, with your buttocks on your heels. Slowly bend your back forwards and backwards, while keeping your hands on your knees.

Do 4 - 10 times.

- Cross your fingers and put them in your neck. Alternate moving your upper back sideways, to the left and right. Let your elbow almost touch the ground at each side.

Do 4 - 10 times.

- Turn your head and look back over your

shoulder.

Do this twice on both sides.

- Gently pull at your ears at all sides.

As the ears contain acupuncture points that access the whole body, it is a good idea to enhance their connectivity by this exercise.

SITTING EXERCISES

To open the meridians in the legs.

- Sit on a bed or a mat with your legs straight.

Alternate turning both of your feet to the right and to the left. Turn far enough for the sides of your feet to touch the surface.

Do about 1 minute.

STANDING EXERCISES

To wake up some more.

Get up on your feet and stand with your feet parallel, and shoulder width apart. The knees should not be locked, but a bit bended and relaxed, so energy can flow uninterrupted.

- Walk in place, by alternately stand on the toes of each foot. Move the opposite hand forwards, as if walking.

Do 10 - 20 times.

- Move just your shoulders around, up, to the back, to below, to the front.

Do 4 - 10 times.

- Turn your arms, in windmill fashion, in front of you.

Do 4 - 10 times.

- Turn your arm at the side, holding the muscle

right under the armpit with the other hand.

Do with both arms, 4 - 10 times.

- Gently stretch one arm up and one downward.

The upper hand with palm facing upward, fingers pointing to opposite side, the lower hand with palm facing downward, fingers pointing to the front.

Keep for a one or two seconds, then slowly and relaxed change positions with palms facing each other.

Do 4 - 10 times.

- Put your hands on your hips and turn your bottom around, by moving it to the front, then to the right, to the back, to the left, the front, and so on. Also move counterclockwise.

Do 4 - 10 times.

- Let your arms dangle at the sides and turn your upper back around to the left, to the right, and so on. Keep your arms and upper body relaxed, move from your hips.

Do 10 - 20 times.

- Put your heel on a table or chair to stretch the back of your leg. Lay your hands near the knee to gently stretch a bit further.

FOOT MASSAGER ROLLER

Reflex zones on the sole of your foot can influence your entire body. How to massage your foot soles using a roller and some experiments.

In natural health stores, one can buy a roller

that's intended to massage the soles of the feet. There are several ways such a roller may be built. The one I have is for one foot at a time and has three separate rollers, but there are also rollers that are for both feet together, or that have only one roller.

On the feet, and particularly on the soles, there are areas that are connected to every part of the body. By massaging a particular area on the sole of the foot, one more or less massages a part (like an organ) somewhere else in the body at a distance. One can feel that part actually become warm while massaging.

This can have a healing effect or can be used to just become a bit more awake. A roller is a

simple way to massage the whole foot sole at once, and thereby reaching the bigger part of the body.

There are more body parts that are similarly connected to the rest of the body. The hands, the ears and the face also are.

One can become aware of this innerconnectedness by some simple experiment. Roll the sole of your foot on a broom stick (without broom) or a tube or something. While the stick is pressing on different parts of the footsole, you can actually feel it move through your body as well.

Actually you can simultaneously feel it moving through your face.

You can do a similar experiment with the palm

of your hand.

On the feet, it's not just the sole that has reflex zones. The sides and upper part of the feet are sensitive as well. Keep in mind that these parts aren't massaged by using a foot massage roller.

GYAN MUDRA

Hand position

The tips of the thumb and index finger touch, other fingers are straight but relaxed.

Emotional / spiritual use

Stimulates the Root chakra, and grounds.

Calms and improves concentration.

OPENING ROOT CHAKRA

Using the body and becoming aware of it

The Root chakra, being the first chakra, is the most physical one. This means that any activity that makes one more aware of the body, will strengthen this chakra.

This particularly goes for physical activity. One can do sports, martial arts, walking, yoga, Tai Chi, Reiki ...it all helps. But also house-cleaning, manual dishwashing and car-cleaning. It is important not to do things that make one insensitive to pain and not to overdo it. Exhaustion is just not good.

Zen meditation is an activity that seems to be the contrary of physical, but actually is. This can make one very aware of the body.

GROUNDING

The Root chakra is particularly about connecting to the ground. Expressions like "Be on firm ground" and "Getting on your feet again" convey a good connection and an open Root chakra. "To lose ground" and "Getting swept off your feet" convey a closed (or almost closed) Root chakra. When your Root chakra is closed too far, you may actually feel that your feet don't seem to really touch the ground.

This is an exercise to strengthen this connection to the ground.

Stand up straight and relaxed.

Put your feet shoulder width apart.

Slightly bend your knees.

Put your pelvis somewhat forward.

Keep your body balanced, so that your weight is evenly distributed over the soles of your feet.

Sink your weight downward.

Keep in this position for several minutes.

Contracting bottom muscles

By contracting the muscles that are between the anus and the genitals, the Root Chakra is stimulated. At each inhalation, contract these muscles inward, at each exhalation, relax. Do this for a few minutes.

This can be done while sitting, standing or walking.

My message to you is to Get Aligned!

Alignment is the #1 Key Step in maintaining your Life Energy and Balance. If you are anything like me, your life has multiple aspects that are in play at the same time. The Key is to get your Mind, Body & Life into Alignment with who you are.

There are many ways to bring alignment into your life.

1. First take a look at what you SAY, FEEL, THINK, & DO. Does it all match up? How many times do you SAY something, but THINK the opposite? How many times do you DO all the motions of life, but FEEL like doing something different? These are clues that you

need to take a look at the quality of your Life's level of Harmony.

2. Second, GET up and GET moving forward.

When is your sluggish hour? You know that time I am talking about. When you feel like “I really want to live better, but I just feel like dirt. I don't even want to move”.

This is the time to throw in the unexpected...do something to shake off this stagnation:

- Brush your teeth.
- Go for a walk.
- Take a Shower or a Bath.
- Touch your toes a few times.
- Get dressed up.

Chakra Healing can have profound effects on a person's life. When a person balances their seven chakra centers, and clears out stagnant energy their divine light shines through.

Before we get into detail on some of the more advanced concepts, let's cover some basics. A simple chakra definition is: An energy center in the subtle or etheric body that relates to each one of the seven centers of consciousness located in our energetic field.

The seven chakras are aligned vertically, starting at the base of the spine and ending at the top of the head. The concept of chakras comes from India. In Indian Sanskrit, it is spelled cakra, and is referred to as a wheel, circle, or vortex of energy within the human body.

CHAKRA HEALING DEFINITION

animosity towards other people, and be disconnected from loving other people.

Too Open: A person whose heart chakra is too open may find themselves overly sensitive to criticism and pain in the world around them. They may have a hard time relating to others because of the overflow of stimulation and emotions in their heart.

The Balance Point: The closed heart chakra isn't feeling enough. The overly open heart chakra is feeling too much. There is a nice balance point where the heart chakra is open, and the person automatically feels love and shares love with others. The person feels connected to others and has healthy relationships and friendships.

Healing a Chakra Imbalance: There are many energy healing methods for healing an imbalanced chakra. Here are a few examples of energy healing methods that can be used:

Reiki

Energy Healing

Mantras and Toning

Guided Meditations

Positive Affirmations
Working with Chakra Crystals
Emotional Freedom Technique
Quantum Touch
Therapeutic Touch
Crystal Singing Bowl Therapy

So now that you have an idea of what chakra healing is, let's get into the details.

Below we have links to all of the chakra pages on our site. You'll find lots of detailed information and techniques in these pages to get you started with balancing and healing your own seven chakra system.

I highly recommend starting with the detailed chakra chart page. It offers an overview of the seven chakras and their corresponding attributes. Another page that is a favorite with our visitors is Cosmic Meditation. It's a guided meditation for balancing the chakras using planetary symbols and correspondences.

Many Blessings to You,

#20

BIJA MANTRA

◆ BIJA MANTRAS

◆ LAM

◆ VAM

◆ RAM

◆ YAM

◆ HAM

◆ OM

◆ ALL

The **Bija Mantras**, also often called bij mantra, beej mantra, and seed mantras, are ancient healing mantras that associate with the chakra system. They come to us from the Hindu culture.

The bija mantras, are seven Sanskrit words that correspond to the ENERGY BODY SYSTEM AT THE LOCATION OF SEVEN ENERGY SYSTEMS

By chanting them, even once per day, a person is activating their chakra system, energizing it, balancing it, and clearing out blockages in it. They are a powerful practice. The first five are pronounced with a long a similar to ahhhhh. Om is pronounced like home. All is pronounced like fall.

BIJA MANTRAS □

1st CHAKRA: Root: Lam (Laaammm)

2nd CHAKRA: Sacral: Vam (Vaaaaamm)

3rd CHAKRA: Solar: Ram (Raaammm)

4th CHAKRA: Heart: Yam (Yaaammm)

5th CHAKRA: Throat: Ham(Haaammm)

6th CHAKRA: Third Eye: OM(Oooomm)

7th CHAKRA: Crown: All (Aaaaalllllll)

Doing the bija mantras everyday will have a transformative effect on every aspect of your life. We suggest giving it a try for a few months and seeing what a difference they can make!

Do it before your DAILY MEDITATION

and you'll really see a major change. Or combine it with your existing energy healing work, and see how much more powerful it becomes.



MEDITATION CAN BE EASY

Welcome to the **Easy Meditation Techniques** section of the

**TOUCH FOR ABUNDANCE SANJEEVNI
REKI HEALING**

In this section you will find meditation tips to get you started, healing meditation basics, and meditation facts.

It is amazing how much benefit can be gained from even five minutes of meditation.

We have quick and *easy meditation techniques* designed for beginners and people on the run who may have only a few moments

.

MEDITATION

A meditation practice doesn't have to be a strenuous hour-long affair held at five in the morning. Easy Meditation Techniques are supposed to be exactly that; Easy. If you have a busy life, consider starting with a simple 5-minute meditation ritual:

Find a quiet place. This can be in your home, at a park, in your car, in the bathroom. Anywhere you can get away for a few minutes without distractions.

According to tradition the ideal meditation position is a full lotus with a straight yet relaxed spine. For the five minute meditation, don't hold yourself to this standard, unless you are very comfortable with it already. Instead sit comfortably. You can sit cross-legged on the floor or in a straight-backed chair. Alternatively you can lay down flat on your back on a bed or your floor.

Once you are comfortable in your position you are ready to begin....

EASY FIVE MINUTE MEDITATION TECHNIQUE



Spend the first minute just listening to your body. Ignore the mind and focus on the messages you are getting from the physical. Pay attention to all sensations, any pain, any tightness, any discomfort. Those are mini-signs asking you to give a little, extra attention and love to those areas of your body. If you are already a light worker start with attitude of gratitude

For the second minute, start focusing on your breathing. Just pay attention to the gentle flow of air filling your body and slowly leaving your body. Allow your consciousness to filter out everything except for the flow of life force (air).

For the third minute, deepen your breathing.

Long, slow breaths in and out. Feel your lungs filling and releasing.

For the fourth minute, continue to deepen and slow your breathing. Focus exclusively on the air entering your nostrils, traveling to your lungs, and exhaling out of your mouth.

For the fifth minute, let your consciousness move back over your body. Notice any changes, any tension that has been released, any change in feelings or mental states.

NOW SAY LOUD TO YOUR SELF THE FIVE PRINCIPLE THREE TIMES

Congratulations! You finished a five-minute meditation. Give yourself some time to integrate back into regular life.

It can be a shock to the system to go from a meditative state to instant action. Give yourself at least a few minutes to transition back.

Now it's time to make a commitment to tomorrow. Can you spare five minutes somewhere in your day? You're already half-way there to a regular meditation practice.

May You Be Blessed with Serenity and Peace.

Namaste

Chakra Healing

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spelled cakra, and is referred to as a wheel, circle, or vortex of energy within the human body.

CHAKRA HEALING DEFINITION

Above, we covered a simple definition of what a chakra is. Now let's move on for a *Definition of Chakra Healing*: using an energy healing modality to balance the seven chakra centers within a person's body.

Each of the seven chakra centers can become imbalanced in two different ways: too open, or too closed. Let's explore one of the seven chakras, the heart chakra, as a way of describing the differences of a chakra in two different states of imbalance....

Too Closed: A person who's heart chakra (4th chakra) is too closed may find themselves not relating well with others, feeling anger and animosity towards other people, and be disconnected from loving other people.

Too Open: A person who's heart chakra is too open may find themselves overly sensitive to criticism and pain in the world around them. They may have a hard time relating to others because of the overflow of stimulation and

emotions in their heart.

The Balance Point: The closed heart chakra isn't feeling enough. The overly open heart chakra is feeling too much. There is a nice balance point where the heart chakra is open, and the person automatically feels love and shares love with others. The person feels connected to others and has healthy relationships and friendships.

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Positive Affirmations

Working with Chakra Crystals

Emotional Freedom Technique

Vibration healing

Quantum Touch

Therapeutic Touch

Crystal Singing Bowl Therapy

So now that you have an idea of what chakra healing is, let's get into the details.

Cosmic Meditation. It's a guided meditation for balancing the chakras using planetary symbols and correspondences.

Many Blessings to You,

Welcome to our Guided Cosmic Meditation

It is a guided meditation technique designed to align you to the cosmic planetary energies, and align your chakras using corresponding planetary elements.

The Cosmic Meditation is designed to enhance your awareness of the cosmic forces that are at work in your life. It combines chakra healing cosmic exploration, color therapy, energy healing. I like to use this meditation before going to bed. It is great for stimulating dreams of flying and connecting your energies to the cosmos. Use this technique as often as you wish. Allow your intuition to guide you.

#22 THE COSMIC MEDITATION

1) Begin the Cosmic Meditation by sitting or laying down in a comfortable position. Fold your hands in your lap and allow yourself to relax. Close your eyes gently.

2) Bring your attention to your breath. Follow the movement of your breath in and out of your body. Slowly breathe in through your nose and out through your mouth. Take a total of ten deep healing breaths.

3) Bring your attention to your third eye chakra located in the center of your brow. Visualize a ball of indigo colored energy in your third eye.

4) Visualize this sphere of energy expanding slowly outwards around your body. Your whole body is surrounded by this beautiful indigo colored globe.

5) Visualize yourself rising into the sky. You feel very light, very calm. Rising higher and higher through the clouds. The sky gets darker and darker until you are surrounded by the darkness of outer space.

6) All around you, you can see stars. Some are very distant, just pinpricks of light. Others are huge and glow with the brightness of the

Sun. You can see the blackness of space extending outward in all directions.

7) You move towards a large planet with rings around it and recognize it as Saturn as you get closer to it you can feel your ROOT CHAKRA .get strengthened and balanced. You glide around the rings of Saturn and feel the essence of it, firm and grounded. You plunge into the heart of the Red Storm of Saturn. You are surrounded and filled by the color red. You feel warm, stable, and protected.

8) You leave Saturn and move toward another planet, the giant named Jupiter. As you fly around Jupiter, you feel the your Sacral chakra becoming strengthened and balanced. You are surrounded and filled by the color orange. You feel creative and your emotions are in harmony.

9) You then find yourself flying through the universe toward Mars. The red planet is small but you feel immense power emanating from it. You are aware of your solar chakra and feel your level of personal power increasing far beyond anything you have ever felt before. You feel the essence of the true potential within yourself. You are surrounded and filled by the color yellow. You feel very confident and able to rise above any challenges you are

presented in your life.

10) You leave Mars and move through the universe toward the gentle planet Venus. Venus radiates the energy of the Divine Feminine and feelings of warmth and love fill your soul as you sail around her surface. You are surrounded and filled by the color green. Your heart chakra expands and you feel as though you are being cradled in the arms of the universe.

11) You now move toward Mercury. As you approach, you are illuminated by the bright light of the Sun. Mercury awakens your throat chakra, increasing your ability to communicate. You are surrounded and filled by the color blue. You understand the nature of honesty and feel empowered to Speak Your Truth.

12) You are inspired by the immense glow of the star known as the Sun, the center of our known Universe. Glide Inside your protective indigo shield you can feel the heat of the Sun, serving as a beacon of light and source of life to all things on our planet. You fly directly into the heart of the Sun. The light floods your third eye and the cellular consciousness of your entire body awakens. A depthful knowledge of all things fills you and your third eye is more

open and aware than ever before. You are surrounded and filled by the color indigo.

13) You then travel to the dark surface of Earth's Moon. The dark side of the moon holds an air of mystery. Calm and peaceful, you explore the valleys and craters of the Moon. The intensity of the Sun's light is perfectly balanced by the gentleness of the Moon. Your third eye is open and balanced. No fear can touch you now as all things, light and dark, have been explored.

14) Feeling completely balanced and whole, you fly freely through the Cosmos. Stars zip past you and you see thousands of planets, moons, and full galaxies in your exploration of outer space. Infinity stretches out in all directions and your soul smiles at the newfound knowledge of the vastness of what we call the world. You are surrounded and filled by the color violet. Your crown chakra is open and you are aware of the "I am" presence, the knowing that you are beyond any labels or judgements.

15) Allow yourself to explore for as long as you feel guided to do so. When you are finished, move back down to the Earth. When comfortably back in your original position, return your attention once more to the breath

moving effortlessly in and out of your body. Take ten long, slow, deep breaths.

16) You are now finished with the Cosmic Meditation.

Feel free to use the Cosmic Meditation as often as your wish. It works particularly well when you feel stagnant or limited in your daily life. Cosmic Meditation is also a chakra balancing technique and can stimulate a strong healing reaction when practiced regularly.

One last note: The Cosmic Meditation is greatly enhanced when used in conjunction with Moldavite.

If you have Moldavite available, lay down and place the stone on your third eye. I have found this to be incredibly powerful. If you are doing the Cosmic Meditation in a sitting position, hold the Moldavite against your third eye for

the first four steps and then place in your lap
or under your chair.

ENERGY HEALING AND THE HAND CHAKRAS

Opening the hand chakras is an important
beginning step to practicing reiki
sanjeevenihealing THE VIBRATIONAL healing

energy healing techniques are made with the
intention of increasing the amount of energy
you are able to generate and manipulate.
Others are for controlling universal healing
energy to accomplish a specific purpose. The
energy healing technique you will learn today
is how to open the HAND CHAKRAS so that
you can transmit more energy through them.
Feel free to use the technique either exactly as
it is described here or modify it to suit your
own style..

SIMPLE TECHNIQUE TO OPEN YOUR HAND CHAKRAS

**This is a very simple technique that will
allow you to open or activate the chakra
energy centers located in the center of the
palms. It is useful for doing energy healing**

work of all types, whether it is SANJEEVN HEALING OR ANY VIBRATIONAL HEALING

Putting positive energy into anything improves your results.

1) Begin by holding your hands, left over right, palms open, at solar plexus height. Hold them so that the fingers of your left hand point to your right, and the fingers of your right hand point to your left. It will look a little bit like you are holding a small ball between your hands.

2) Focus your intention on opening the hand chakras.

3) Start opening and closing both hands, as quickly as is comfortable, anywhere from 12-24 times. This is like making a loose fist, one hand over the other, very quickly, over and over.

4) Reverse the hand positions so that your right hand is now over the left. The fingers of both hand will still be facing the same direction, left fingers pointing right, right fingers pointing left.

5) Repeat step 3, opening and closing both hands quickly 12-24 times.

6) Hold hands at chest height, prayer position, and rub your palms together as though trying to warm them. Do this for about 6 seconds.

7) Say or think, "Open" and clap your hands together 3 times.

8) Hold your hands at chest height and allow yourself to feel the energy between the palms of your hands. Focus on the sensations in your hands. There may be a tingling, warming sensation. This is a combination of the circulation being stimulated and energy being channeled.

The more a person practices this technique, the easier it will become to activate and open the hand chakras and the easier it will be to feel the energy. I use it every time I am going to:

Do energy healing work

Pass a Reiki attunement

Draw energy healing symbols

Sense or scan for energy (such as when working with crystals)

Play crystal singing bowls, guitar,
You can use it to do all of the things

mentioned above as well as to practice your skills as you learn energy healing.