

CHAKRA HEALING

Mini-Course

7 Steps to a Healthy,
Balanced, and Joyful Life

INTRODUCTION



WHAT ARE CHAKRAS?

Everything is composed of energy, and chakras are nodes where energies of the mind, body, and spirit integrate and concentrate, and then circulate to the surrounding area for use in everyday life. The word “chakra” itself means “wheel” or “circle” in Sanskrit, reflecting the rotational movement of energy at these nodes.

Each of the seven major chakras found in the human body has a specific energy pattern that matches different aspects of human existence: anatomical, physiological, emotional, mental, and even spiritual. Like sensors, they are highly attuned to and respond to the state of all of these aspects.

Chakras serve to regulate and balance these aspects by controlling energy flow throughout the body’s energy system.

They also act as outlets of energy that allow your body’s energy system to plug into the universal power source.



WHAT IS CHAKRA HEALING?

Caring for your chakras is an important component of reclaiming and maintaining your overall health. Because they are linked to every aspect of life, when your chakras are healthy, you are healthy.

Chakras are healthy when they are balanced. When too little or too much energy flows through them because they are blocked, weak, or overactive, issues arise in your physical health, emotional well-being, personal relationships, and ability to succeed.

These issues may seem solid and hard to change. But because everything is energy, solving them is simply a matter of rebalancing the energy in your chakras. Energy exists in three forms: light, sound, and vibration. Chakra healing techniques use any and all three to bring your chakras back into balance. All involve deep relaxation and concentration.

Because energy moves with your mind, your chakras are also activated according to what you focus on the most. Besides practicing specific exercises, you can keep your chakras balanced by focusing on the positive and giving your attention to both material and spiritual pursuits. Healing your chakras is about finding the right balance in life.



HOW TO FIND YOUR CHAKRAS

7TH Chakra ●
(Located on the crown of the head)

6TH Chakra ●
(Located on the third eye)

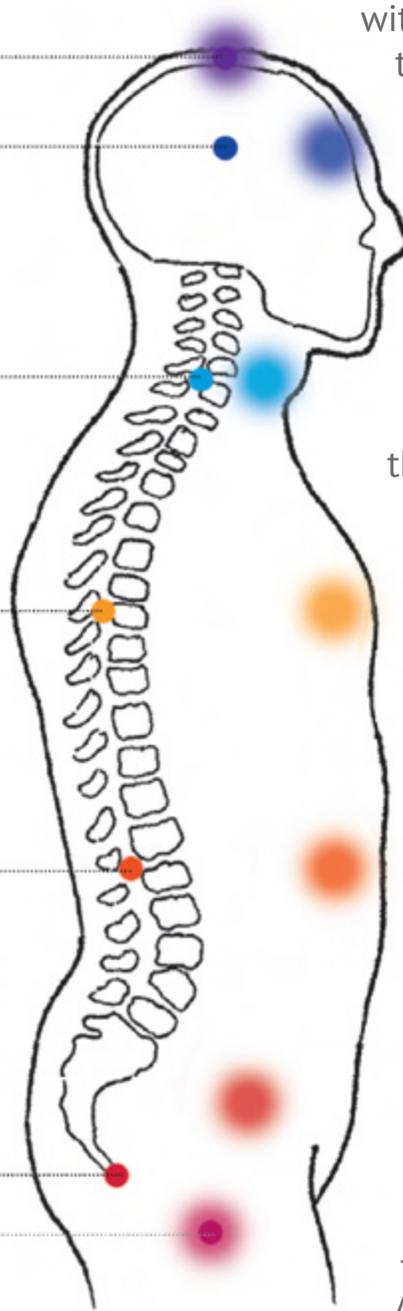
5TH Chakra ●
(Located on the spine
at the level of the throat)

4TH Chakra ●
(Located on the spine
at the level of the heart)

3RD Chakra ●
(Located on the spine
at the level of the navel)

2ND Chakra ●
(Located at the tailbone)

1ST Chakra ●
(Located at the perineum)



Six main chakras lie along the spine with the seventh located at the top of the head. Although they are invisible, they can be sensed. With practice, you can gain a feeling of your body's energy and observe the condition of your chakras by focusing on their location. When they are healthy and balanced, the energy of your first three chakras feels dense; the energy in your chakras becomes more diffuse the higher they are on your spine.

Each chakra also has a corresponding point on the body where it can be felt and influenced. Most of these are along the front of the body, with the exception of the first and seventh chakras.

You can also get an idea of your chakras' condition through sensing temperature. As the color of each chakra suggests, the lower chakras (1-4) contain warmer energy while the upper chakras (5-7) contain cooler energy. If the reverse occurs, then energy is blocked or weak in one or more of your chakras.

1ST CHAKRA

“I live.”

Alternate Name: Root chakra

Location: Base of spine, tailbone

Color: Dark Red

Associated Body Parts: Base of spine, legs, feet, bones, excretory system

Associated Hormone Glands:

Reproductive glands

Emotional Aspects: Birthright, ability to deal with tasks related to the material and physical world, self-defense, self-esteem, personal and emotional security issues, survival issues, money, food, shelter, financial independence. Represents our foundation and feeling of being grounded.

Signs of Deficiency: Feelings of fear, anxiety, or insecurity, especially about significant changes in your body, family finances, and businesses. Poor body image or engaging in self-destructive behaviors. The ultimate dysfunction is suicide.

Signs of Overactivity: Greed, selfishness, sexual addiction, and attachment to possessions or money.

Gifts of the 1st Chakra: Health, prosperity, safety, security, and physical vitality.



BUILD A STRONG FOUNDATION IN LIFE

The first chakra is the seat of the unconscious mind, housing the instinctual drives for food, sex, and survival. Through the first chakra, life is brought into being, preserved, and reproduced.

A person with a healthy first chakra possesses a natural love of life and a basic love of self. While a person with a healthy first chakra proactively ensures his or her own safety and well-being, he or she also has a natural trust in the abundance of life, knowing that basic needs will be provided for. The first chakra can inspire a sense of confidence and trust for any aspect of life.

Generally, the first chakra develops in utero and during the first few months of life. Its healthy development is dependent on the nurturing attention of caregivers. Negative information and fear-based thinking are like a disease to the first chakra, creating overconsumption and greed.

For overall health and happiness, the first chakra must be healthy to serve as a foundation upon which all other chakras may be supported.



2ND CHAKRA

“I feel.”

Alternate Name: Sacral chakra

Location: Sacrum

Color: Scarlet/Orange Red

Associated Body Parts: Hips, lower back, genitals, womb, bladder, and kidneys

Associated Hormone Glands: Adrenal glands

Emotional Aspects: Sensory and sensual perception, being in tune with feelings and intuition, desire, pleasure, sexuality, procreation, creativity. Our connection and ability to accept others and new experiences.

Signs of Deficiency: Physical vitality declines, frequently cold belly, hands, and feet, hot headed, judgment and concentration disturbed, envy, frustration, weakness, fatigue, no appetite for food or sex, aimlessness, guilt, fear of pleasure, resistance to change, lower back pain, sexual dysfunction, urinary tract and pelvic infections, and appendicitis. Tend to be rigid, lack emotion and empathy, and have social and intimacy issues.

Signs of Overactivity: Overly emotional behavior, sexual addiction.

Gifts of the 2nd Chakra: Creativity, depth of feeling, sexual fulfillment, and good circulation.



LIGHT UP THE BOILER OF HEALTH

The second chakra is like the boiler room of the body's energy system. It fills you with energy, giving you the power to go forth into the world with proactive confidence and a passionate and enterprising attitude. It also gives you creative ability, whether it's the ability to make money, grow a baby, or express sexual passion. Through this chakra, you anchor yourself to earth and to the center of your own being, which allows you to remain strong in the face of turmoil.

This chakra is perhaps the most important for physical health; it provides a feeling of strength and wellness. The second chakra can be developed through physical exercise, especially the kind that builds endurance. A sedentary lifestyle is very bad for the second chakra, leaving you physically weak, emotionally wavering, and prone to disease.

When you are healthy, both mentally and physically, you keep a cool head and a warm abdomen. When the second chakra is fully activated, you can literally feel it as heat in the lower abdomen.

Although emotions do not emanate from the second chakra, it does play an important role in regulating your experience of emotions in the physical body. The second chakra also serves as a kind of anchor for the easily fluctuating fourth chakra, which regulates the emotions. When it is balanced, you experience emotional warmth and tolerance, helping you maintain good relationships.

3RD CHAKRA

“I do.”

Alternate Name: Solar plexus chakra, stomach chakra

Location: Solar plexus

Color: Orange

Associated Body Parts: Stomach, liver, pancreas, gallbladder, overall metabolism, neocortex

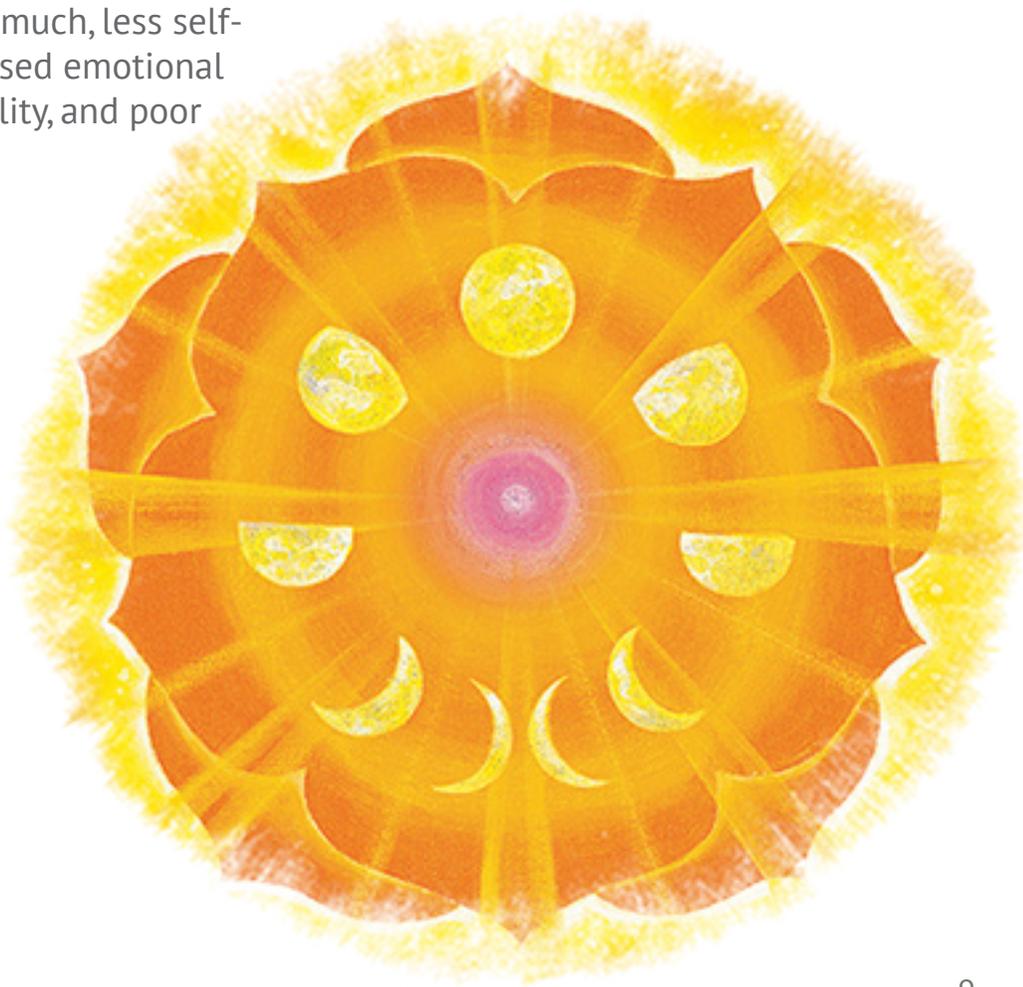
Associated Hormone Glands: Pancreas

Emotional Aspects: Self-worth, self-confidence, self-esteem, self-control, self-discipline, personal power, ego power, humor, the right to think.

Signs of Deficiency: Reduced appetite, digestive problems, eating disorders, worrying and thinking too much, less self-respect and esteem, increased emotional vulnerability, victim mentality, and poor self-discipline.

Signs of Overactivity: Excessive appetite and consumption, a highly aggressive approach to self-creation and a lack of concern for the needs of others. Overwork and obsession with status, power, and material success. Perfectionism, anger, hatred, controlling, arrogance, hyperactivity.

Gifts of the 3rd Chakra: Personal power, will, autonomy, self-esteem, spontaneity, and concentration.



EXERT YOUR WILL HARMONIOUSLY

Your will and desire for life are associated with the third chakra, along with your ability to be confident, disciplined, and in control—attributes that are important for creating your life. Before you can do or make anything in the world, you need sufficient will to make it happen. In this sense, the third chakra is the motivator of the sixth chakra, which is the seat of the intellect, where the intentions and aspirations of your life are formed.

The third chakra also fuels creativity by giving you the confidence to be spontaneous, playful, and able to take risks. When this chakra is strong, you feel in command of your emotions and thoughts, and your physical posture is straight and aligned.

Blockage in the third chakra often results from unresolved issues with authority and empowerment, also governed by the third chakra. Sometimes, outside authority, in the form of leaders and laws, do block you from creating what you want. But more often than not, your internal sense of authority and beliefs about yourself are a larger factor. Creating a solid sense of empowerment and internal authority is very important for the health of the third chakra.

The best way to ensure the health of the third chakra is to develop a strong personal identity rooted in your higher self and your life purpose. Through it you will always be able to strike the right balance between personal empowerment and compassion. When the third chakra is fully activated, you become aware of your life's purpose and are able to continuously orient your will toward it.

4TH CHAKRA

“I love.”

Alternate Name: Heart chakra

Location: Chest, just above the level of the heart

Color: Golden Yellow

Associated Body Parts: Circulatory system, esophagus, lungs, diaphragm, rib cage, upper chest, upper back, breasts, shoulders, arms, hands

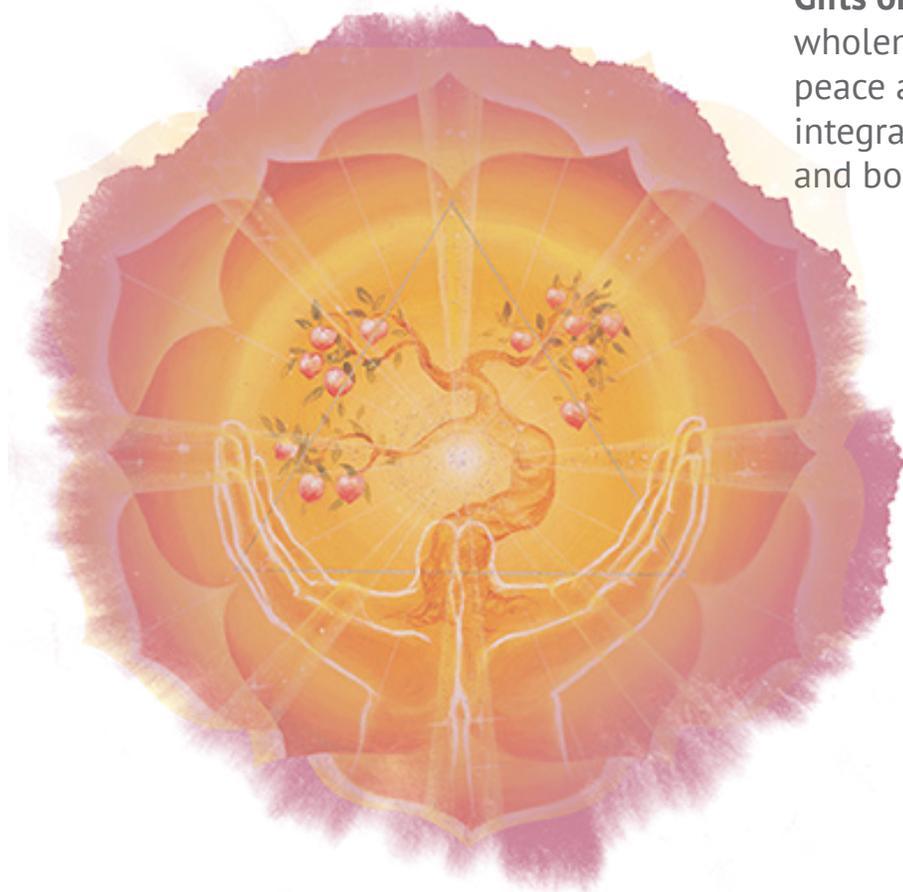
Associated Hormone Glands: Thymus

Emotional Aspects: Love, joy, inner peace, relationships, the right to love and be loved, forgiveness, compassion, self-acceptance, honesty, responsibility, diligence.

Signs of Deficiency: Shyness, loneliness, feeling alienated, fear of intimacy, attachment, inability to forgive, less empathy, anger, resentment, hatred, shallow breathing, repressed expressions of love, emotionally unstable, lacking a sense of balance, poor circulation, heart disease, respiratory problems, high or low blood pressure, depression, allergies, lung cancer, upper back and shoulder problems, and breast cancer.

Signs of Overactivity: Possessiveness, jealousy, heart disease, high blood pressure, tendency to become a ‘people pleaser’, unable to set healthy boundaries.

Gifts of the 4th Chakra: Boundless love, wholeness, compassion, a deep sense of peace and centeredness, and empathy. It integrates opposites in the psyche: mind and body, male and female, ego and unity.





GROW BEYOND SELF-CARE TO BOUNDLESS LOVE

The fourth chakra is the middle chakra of the seven. The three below it are deeply associated with physical energy, while the three above it are associated with spiritual energy. The fourth chakra bridges physical energy and spiritual energy, balancing mind and body. It is the first to take you beyond the limits of your personal self to experience connection and oneness with others.

A healthy fourth chakra creates a balanced and harmonious energy of boundless love, joy, compassion, completeness, and a deep sense of peace, which it sends in all directions in equal parts, expanding your energy. It facilitates the balance of logic with emotion and

the real with the ideal, helping you to develop the maturity to be objective and unconditional in your love of others. You give and receive love from a centered and balanced place. You are also better in tune with others' feelings, and at ease with yourself and the world.

Your emotional experience, both positive and negative, is regulated by and affects the fourth chakra. Positive emotions keep this chakra open while negative ones block it. Life is a constant process of opening the fourth chakra by positively responding to the world around you.

5TH CHAKRA

“I express.”

Alternate Name: Throat chakra

Location: Cervical plexus, behind throat

Color: Blue Green

Associated Body Parts: Neck, throat, teeth, jaw, mouth, neocortex, frontal lobe of brain

Associated Hormone Glands: Thyroid

Emotional Aspects: Communication, self-expression of feelings, truth, having a voice in relationships, the right to speak, learning to express oneself and one's beliefs, ability to trust, loyalty, organization, and planning.

Signs of Deficiency: Lack of conversational or speech skills, hoarse or low voice, a fear of speaking, excessive shyness, lying, depression, thyroid disease, neck stiffness, shoulder tension, grinding teeth, jaw disorders, laryngitis, and ear infections.

Signs of Overactivity: Excessive talking, inattention, inability to listen, rapid or confused speech, dominating the conversation, hearing difficulties, stuttering, and an overactive thyroid.

Gifts of the 5th Chakra: Communication on all levels, harmony, balance, healing, expression of your truth, and an ability to listen to your inner voice.





COMMUNICATE YOUR TRUTH

The fifth chakra is the center for purification and cleansing. It represents an open heart and mind, which lead to a greater understanding of life and an acceptance of the bad with the good. With this acceptance, you can see your emotions and your own inner truth and are able to go along with the flow of life.

When the fifth chakra is balanced, it brings clear communication and creative expression from within yourself and with others. An open throat chakra lets you express your truth and trust in your own voice and the process of interacting with others.

A problem with the fifth chakra translates into a lack of emotional regulation, resulting in a build up of emotional energy in the heart chakra. With the fifth chakra closed, you are unaware of the true desires of your heart, and may attempt to attain lasting fulfillment from riches and recognition.

Problems of the fifth chakra develop when you don't express your thoughts and emotions, but repress them, holding them inside. Purify and release negative energy blocking your fifth chakra and building up in your heart chakra by using your voice with compassion.

6TH CHAKRA

“I see.”

Alternate Name: Brow chakra, third eye

Location: Center of brain, center of forehead between the eyebrows

Color: Indigo

Associated Body Parts: Brain, nervous system, eyes, ears, and nose..

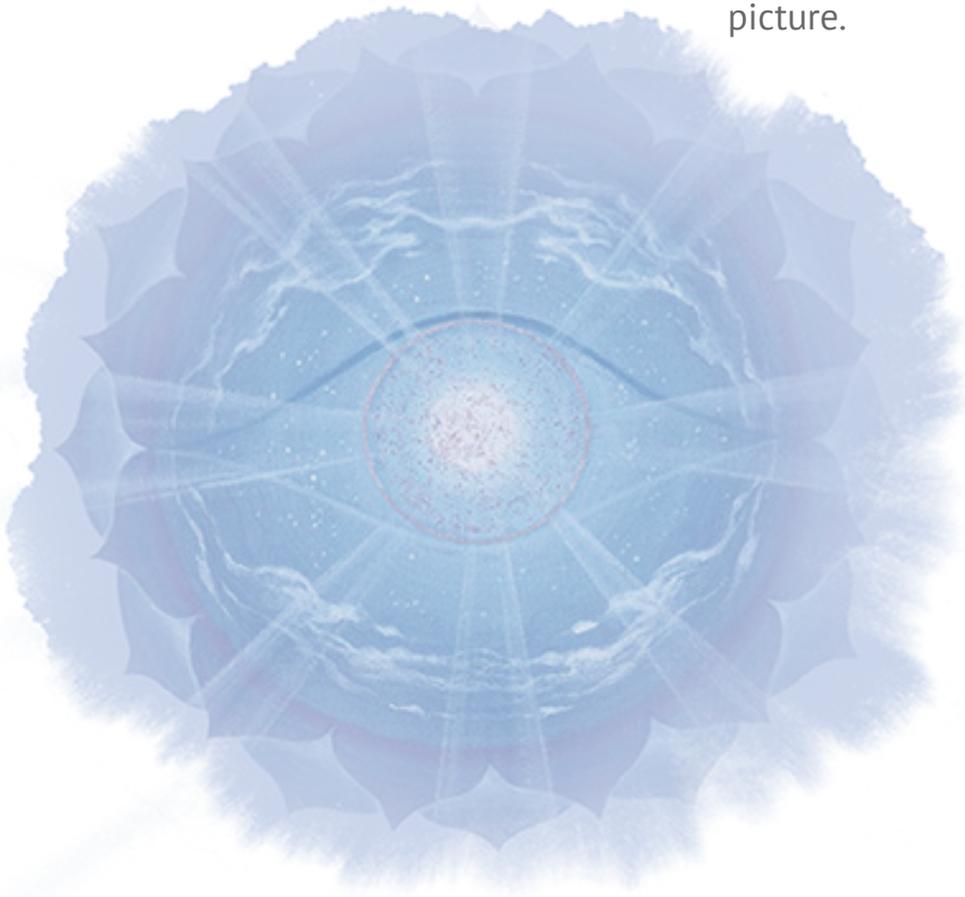
Associated Hormone Glands: Pineal gland

Emotional Aspects: Intuition, imagination, wisdom, self-realization, the ability to think and make decisions, the right to “see,” trusting intuition and insights, developing psychic abilities, releasing hidden and repressed negative thoughts.

Signs of Deficiency: Poor memory, eye problems, lack of concentration, insomnia, headaches, earaches, sinus infections, lethargy, limited imagination, impatience, selective hearing, daydreaming, disorientation, overly passive or cynical, difficulty visualizing, difficulty recognizing patterns, and inability to see the big picture.

Signs of Overactivity: Headaches, vivid dreams, nightmares, escapism, hallucination, poor memory, intrusive memories, and lack of concentration.

Gifts of the 6th Chakra: Insight, intuition, wisdom, and the ability to see the big picture.



SEE BEYOND TIME AND SPACE

The role of the sixth chakra is to combine with energy from the lower five chakras and elevate it to a higher plane. The energy of the sixth chakra transcends time, integrating past, present, and future into a single moment, the eternal now.

This chakra is greatly affected by light, both the light you see with your eyes and the light of insight you see in your mind. That's why the sixth chakra is often called the third eye.

When your third eye opens, the energy in your brain is activated, and your intuition, creativity, and concentration increase. Then you are able to see to the heart of a problem and solve it much more easily, and give tangible form to what you imagine. With a finger on the pulse of the future, you are able to navigate wisely through the present. As a result, you can be cheerful, positive, hopeful, open-minded, and flexible. You welcome all possibilities without prejudice or preconceived ideas.

In contrast, when your sixth chakra is weak, then fresh, creative ideas are hard to come by and difficult to translate into reality. In frustration, you may develop a pessimistic, negative attitude, only believing in the small world visible to your narrow field of vision. Instead of searching for unseen possibilities, you may seek comfort in your present situation and evaluate and judge others using narrow standards.



7TH CHAKRA

“I am.”

Alternate Name: Crown chakra

Location: Crown of the head

Color: Lavendar, Violet

Associated Body Parts: Nervous system, cranium, muscular system, skin

Associated Hormone Glands: Pituitary

Emotional Aspects: Inner and outer beauty, connection to spirituality, pure bliss, compassion, empathy, sense of unity and justice.

Signs of Deficiency: Early senility, dizziness, headaches, multiple sclerosis, some cancers, genetic disorders, autoimmune diseases, depression, schizophrenia, multiple personalities, lack of inspiration, spiritual skepticism, materialism, clumsiness, accident prone, dizziness, closed mindedness.

Signs of Overactivity: Overly intellectual, spiritual elitism, depression, chronic fatigue, overly zealous or obsessive spirituality, feeling responsible for all humanity while neglecting personal well-being, obsessively searching for answers, and a deep need to be right.

Gifts of the 7th Chakra: Awakened consciousness, enlightenment, altruism, humanism, devotion, spiritual connection, and totality of being.



UNIFY WITH THE UNIVERSE

The seventh chakra is the gateway between the physical and the spiritual, through which your own spirit connects with the pure energy of the cosmos. You can do this in life when the seventh chakra is open and balanced. In death, the seventh chakra is the opening through which the soul leaves the body. Life energy also enters through this gate; all life forms depend on this energy.

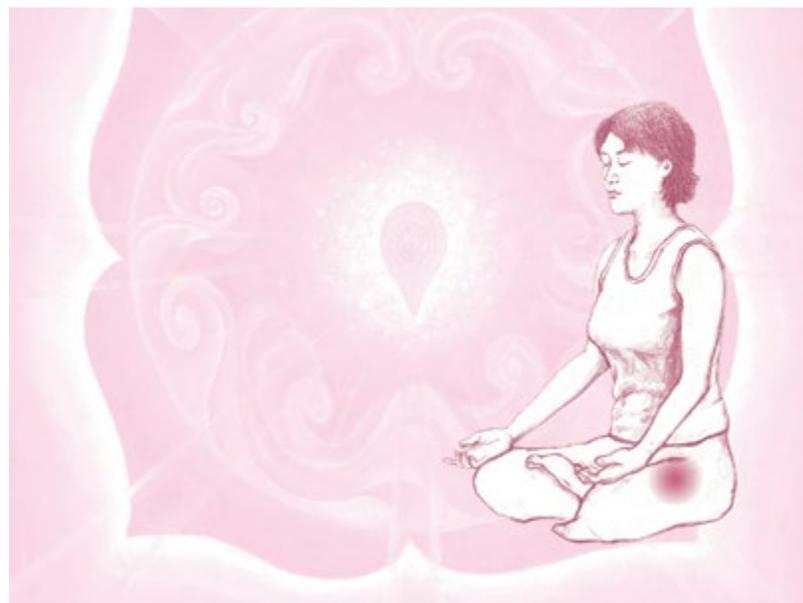
When the seventh chakra is awakened, you can feel as if your body disappears and you become energy itself. As the illusion of separation falls away and all duality becomes integrated, you feel one with the universe, becoming free of conflict without and within. In this place of infinity, suffering caused

by illusory pleasure, pain, fame, and wealth is nonexistent. It is the ultimate here and now where you can discover the meaning of existence and the purpose of your life. The information you receive while connected to this clear, higher, multidimensional consciousness helps clear any negative beliefs. This is the experience many people call “enlightenment.”

The seventh chakra tends to awaken following the activation of the sixth chakra. Its awakening unites the energies of the lower six chakras with the energy of the universe in divine union. This is the culmination of all seven chakras and signifies illumination, shining the universal rays of divine integration throughout your body and into the world.

SENSE YOUR FIRST CHAKRA

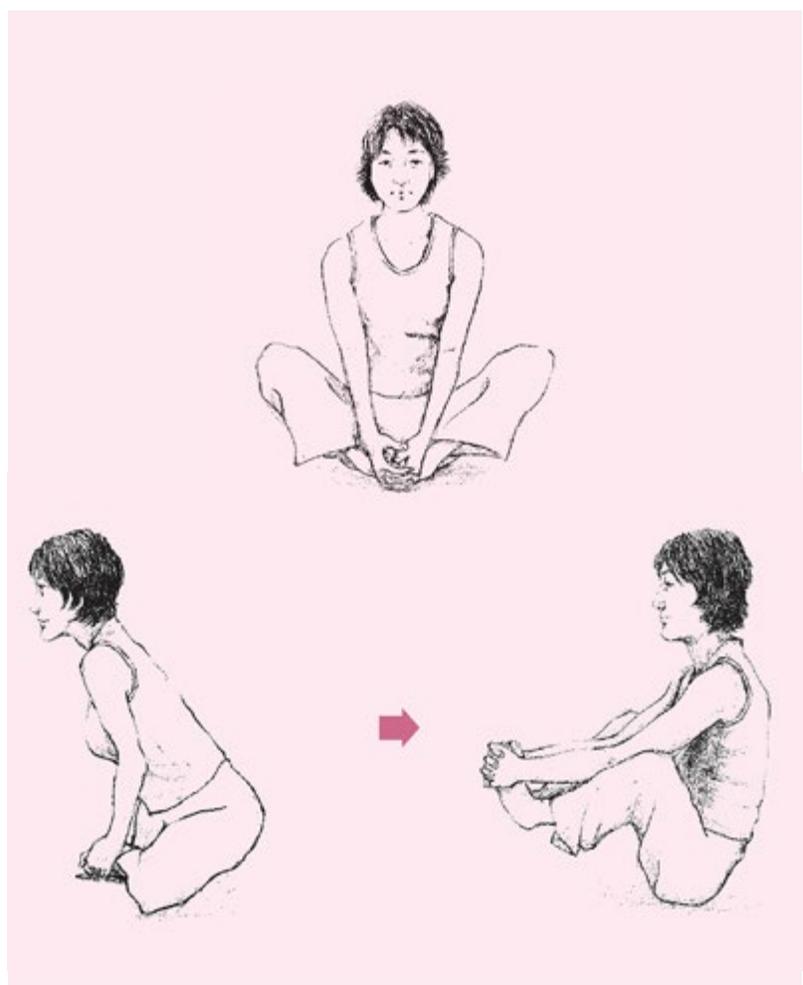
Your first chakra is called the “root chakra” because it is located in the tailbone, which is at the very bottom of the spine. The correspondence point of the root chakra is the perineum. In a man, the perineum is located between the genitals and the anus, and in a woman, it’s found at the back of the cervix, which is between the anus and the urethra. The first chakra is closely associated with reproduction and physical birth.



Exercise to Stimulate the Perineum and Activate Your First Chakra

Do this exercise to help you feel the location of your perineum and awaken your sense of your first chakra.

1. Sit in a butterfly position and grab your feet with both hands.
2. Raise your hips up and down so that you roll over the bottom of your trunk, stimulating the perineum.
3. Repeat ten times.
4. Then sit comfortably with your back straight and breathe naturally.
5. Focus on your perineum and notice the sensations you feel, such as heat or tingling, even emptiness or fullness.
6. Because energy concentrates where you do, the longer and stronger you focus, the more energy will gather in your first chakra, opening and filling it.



SUPPORT YOUR FIRST CHAKRA

Affirmation

The health of your chakras depend on positive messages and sounds. Give yourself empowering chakra messages to keep them strong and balanced.

Courage and strength are attributed to the first chakra, so repeat this simple affirmation often whenever you feel your first chakra needs an extra boost:

“I have courage and strength.”



Everyday Actions

Everything we do all day affects our chakras. Since our first chakra is important to our fundamental physical existence, keep it healthy by nurturing your physical body with nutritious food, careful grooming, energizing exercise, and rejuvenating sleep and relaxation.

SENSE YOUR SECOND CHAKRA

Your second chakra is called the “sacral chakra” because it is located in the sacred space of the reproductive organs, in the lower abdomen. The correspondence point of the sacral chakra is about 2 inches below the naval in the lower abdomen and towards the end of the spine. In men, this area is the giver of life (testicles) and in women, it is the bearer of life (ovaries). The second chakra is closely related with the sexual organs, lower back, bladder, kidneys, and large intestine.



Exercise to Strengthen the Lower Abdomen and Activate Your Second Chakra

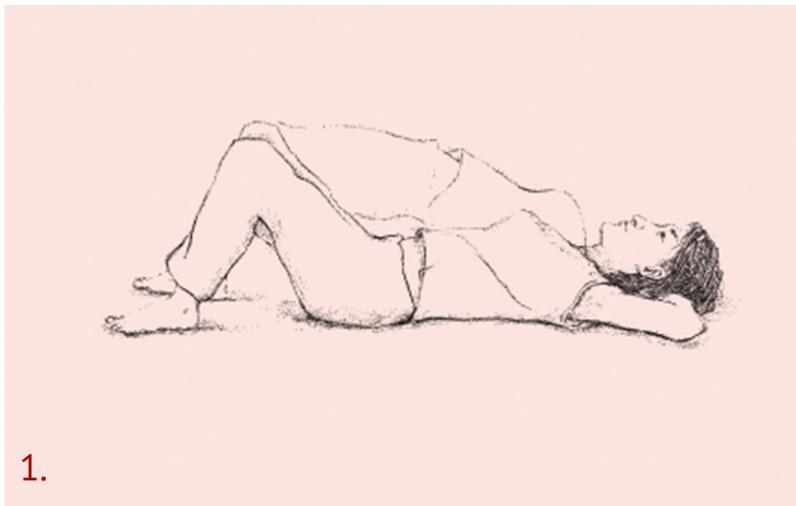
Do this exercise to feel the location of the second chakra and strengthen both the lower abdomen and lower back.

First Exercise:

1. Lie flat on your back with your hand interlocked behind your head and your heels close to your hips.
2. Breathe in and press through the heels to lift your hips up.
3. Breathe out and lower your hips to the ground. Repeat this motion three times.

Second Exercise:

1. Lie on your stomach with your arms to the sides, face down. Point your toes.
2. Breathe in and raise your right leg, breath out and lower. Repeat with the left leg. Repeat this three times.



SUPPORT YOUR SECOND CHAKRA

Affirmation

The balance and alignment of your chakras is important to your overall health and wellbeing; mentally, physically and emotionally. The second chakra can be responsible for emotional imbalances and stagnant energy which blocks the movement of energy.

This area is associated with relationships, fear, financial security, happiness and creativity. Bring strength to your sacral chakra by repeating this affirmation:

**“I am the creator of my life.
Joy and happiness flow from me.”**



Everyday Actions

What we do on a daily basis affects our chakras, energy, and life. As the second chakra is deeply connected to sexuality and creativity, doing things that make you feel creative and full of life will nurture this chakra.

All human beings are creative, not just artistic types. Making an effort to discover and develop your unique sense of creativity will connect you more deeply to your purpose. Draw from the reservoir of creativity within yourself, focus on your second chakra.



SENSE YOUR THIRD CHAKRA

Your third chakra is called the “solar plexus chakra” because it is located in the part of the body medically referred to as the solar plexus or celiac plexus. This area is 3 inches above your belly button and directly below your sternum. At the back it is on the first lumbar vertebra, L1. It is literally a plexus, or convergence, of nerves and arteries in the body. It is known as the core of our personality, ego, will and desire. The third chakra is associated with the adrenal gland, digestive system, pancreas and liver.



Exercises to Activate Your Third Chakra

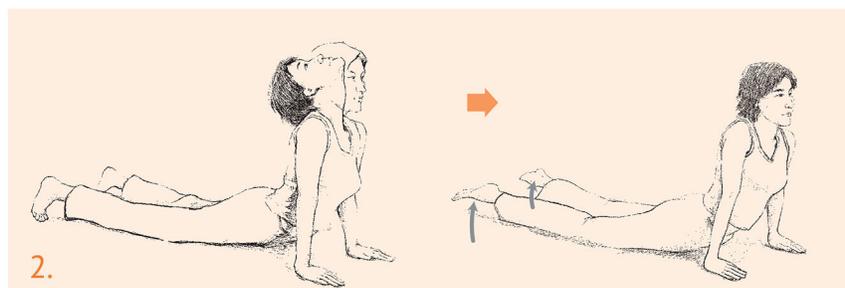
These exercises will strengthen your stomach and internal organs and help you focus your attention on the location of the third chakra.

First Exercise

1. Sit in half lotus position with your right leg on top and place your right hand on your right foot.
2. Breathe in and raise your left arm skyward while looking at the palm of your left hand.
3. Breathe out and lower the arm.
4. Switch arms and repeat 10 times.

Second Exercise

1. Lie on your stomach and breathe in while you push your upper body up using your arms.
 2. Press your toes into the floor for balance.
 3. Breathe out as you lower down and relax.
1. For the next round, tighten your entire body and lift your feet off the floor.
 2. Breathe out as you lower down and relax. This exercise stimulates your digestive system and stretches the abdominals.



SUPPORT YOUR THIRD CHAKRA

Affirmation

The third chakra is the center of willpower and the perception of who you are. An unbalanced third chakra can lead to doubt, low self-esteem and weakened willpower. A strong third chakra is empowered with the ability to move forward in life with confidence and act on choices.

Self love, self acceptance and acknowledgement of your own worth are the building blocks of the third chakra. Shine light from your solar plexus with this affirmation:

“I am strong and courageous.
I am worthy of love, kindness
and respect.”



Everyday Actions

As the third chakra is deeply connected to your sense of worth and achievement, do things that you know you can accomplish; even if it's just the daily "to do" list.

The energy of this chakra allows you to transform intention to creation through action. Take action on the things you intended to do and feel the sense of accomplishment that accompanies this success. Let your soul shine from your solar plexus chakra and allow the world to feel your brilliant radiance.

SENSE YOUR FOURTH CHAKRA

Your fourth chakra is called the “heart chakra” because it is located at the center of your chest at your heart, in between your lungs. At the back, it is on the spine between where the shoulder blades come to an end.

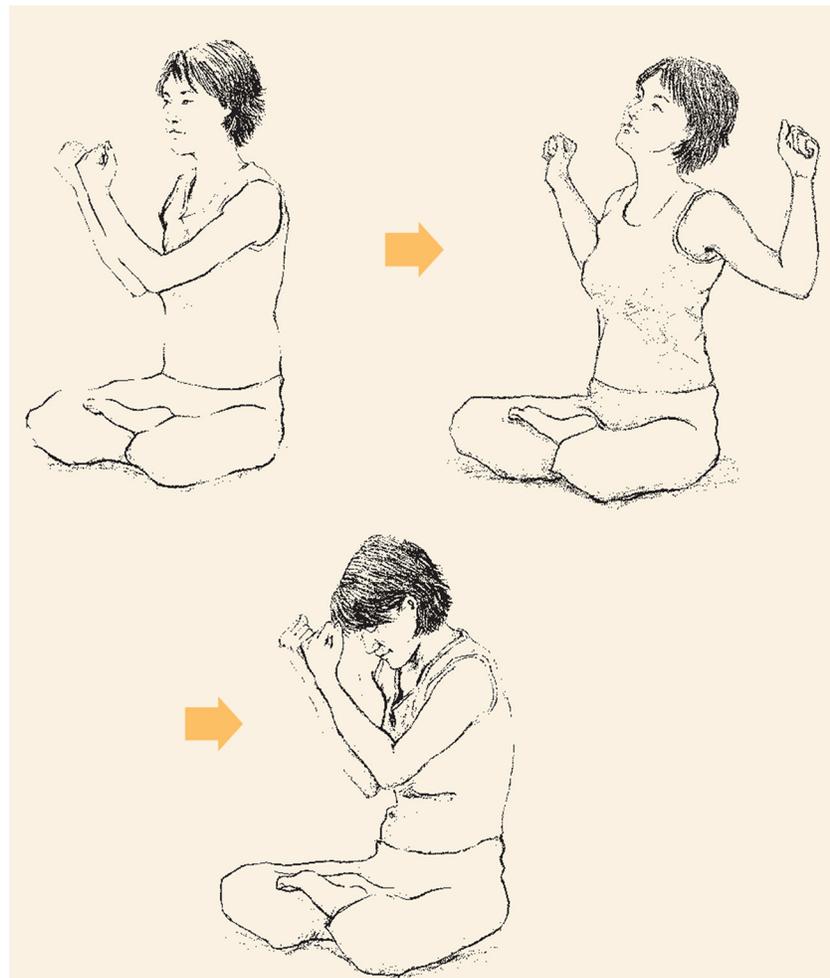
It is associated with the heart, lungs, circulatory system, arms, hands and thymus gland. It is known as the center of our compassion, ability to love and understand others, and offer forgiveness. It is the healing center and the unifying chakra, helping us to experience oneness.



Exercises to Open Your Heart and Activate Your Fourth Chakra

1. Sit in half lotus position and bring your forearms together in front of your chest, making your hands into fists.
2. Try to keep your elbows elevated and your spine straight.
3. As you breathe in, pull your arms back, gently lift your head and pause there for 10 seconds.
4. Breathe out and bring your arms together in front of your chest and gently lean forward. Repeat this 10 times.

This exercise will open your heart and bring a refreshing feeling to your shoulders and chest, while relieving stress.



SUPPORT YOUR FOURTH CHAKRA

Affirmation

The heart chakra is, unsurprisingly, the center of our love, deep bonds with other beings and recognition of something larger, beyond our physical bodies. An unbalanced heart chakra can lead to lack of compassion, self destructive actions and difficulty to connect with others.

When the heart is open, love flows freely to self and others and connection to our true essence is made. Feel the warmth of accepting love with this affirmation:

“I am open to love. I feel a sense of unity with nature, animals and humans.”



Everyday Actions

As the fourth chakra is focused on living daily life from this place of pure and unconditional love, be sure to be mindful of your actions and attitude.

Choose love everyday. Choose to give and receive kindness and compassion. When you feel momentary frustration or resentment towards someone, allow love to supersede.

Practice the exercises to open your heart and practice compassion with yourself and those who cross your path. The thing about love is that it is a choice; a conscious choice you have to continue to make.

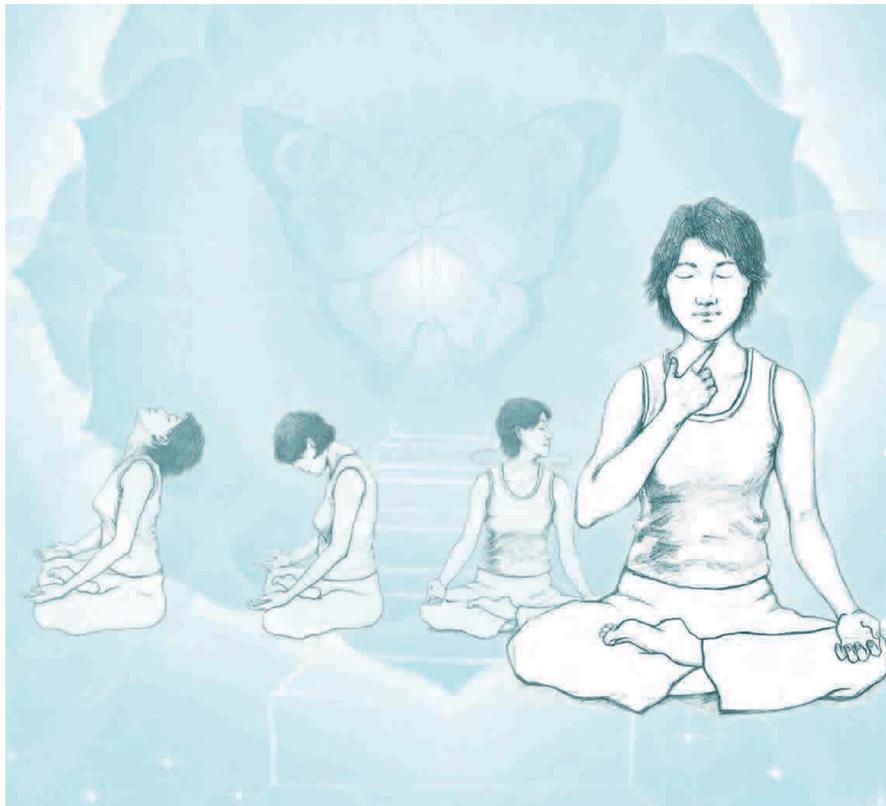


SENSE YOUR FIFTH CHAKRA

Your fifth chakra is called the “throat chakra” because it is located in the middle of your neck at the throat. It is the first of the higher spiritual chakras.

It is associated with the neck, shoulders, throat, ears, mouth and thyroid gland. This chakra allows you to express yourself with your voice as your vehicle. It also allows you to listen deeply as it is your communication center, and the road of communication goes both ways.

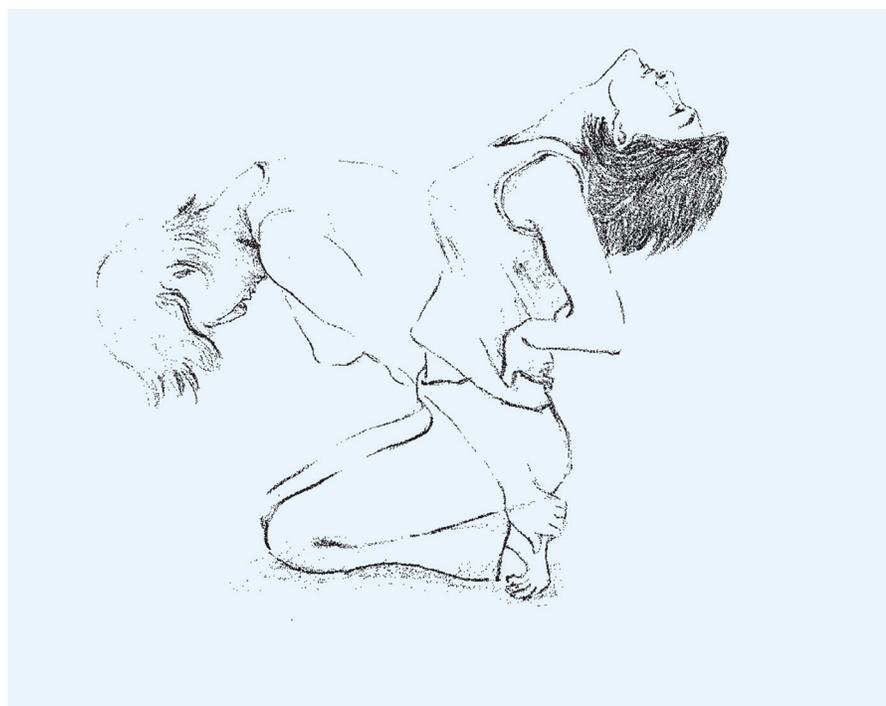
Your fifth chakra is the center for standing up for what you believe, allowing others to have the experience of being heard, and being honest and clear in what you say.



Exercise to Open and Activate Your Fifth Chakra

1. Kneel with your hips resting on your heels.
2. Place both hands on your back, approximately where your kidneys are located.
3. Breathe in and bend your upper body backward as much as possible without straining your breath or body.
4. Breathe out and bend your torso and head forward. Pull your chin down toward your chest.

Do this exercise 10 times at your own pace. When finished notice the sensation of warmth and slight vibration in your neck.



SUPPORT YOUR FIFTH CHAKRA

Affirmation

The throat chakra is your voice, your expression and your way to connect your inner world with the outer world. It also allows you to seek knowledge and escape cultural conditioning. An unbalanced throat chakra can create doubt, frustration with self, negativity and being misunderstood.

When the throat chakra is activated and open, you will notice that you not only express your authentic self better, but you also help others be themselves by listening. Feel the beauty of an open fifth chakra with this affirmation:

“I have a right to speak my truth. I live an authentic life. I know when it’s time to listen.”



Everyday Actions

As the fifth chakra is your communication center, be mindful to say what you mean and mean what you say. Be clear in your speech and be compassionate when others open to express their truth as well.

When this chakra is activated and open, you will have no problem saying “no” when you need to.

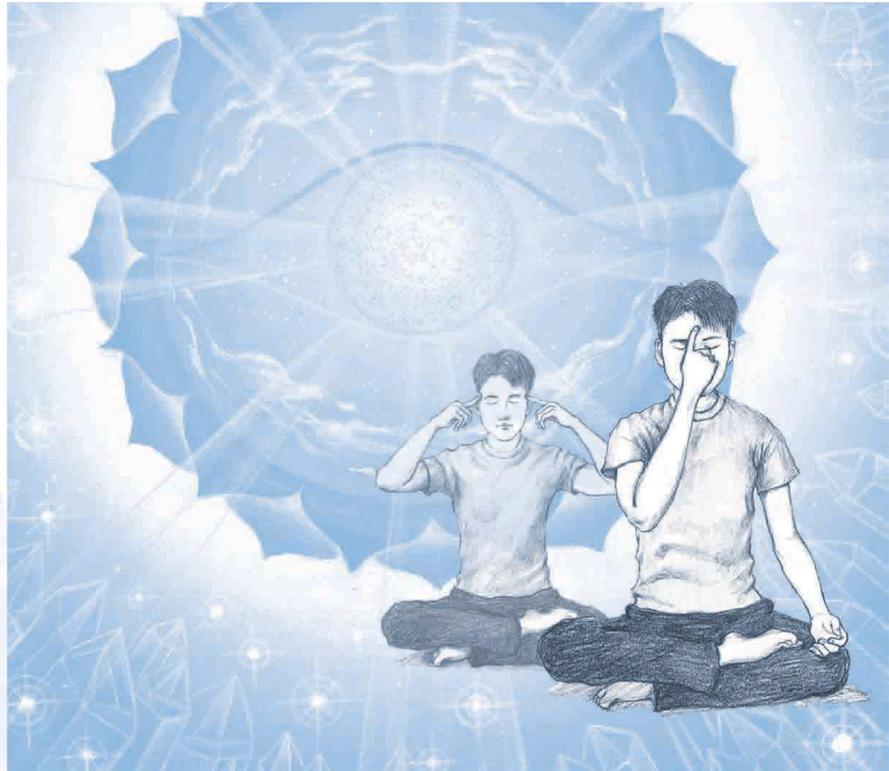
Dare to be creative. Dare to be honest. Dare to inspire others to do the same.

SENSE YOUR SIXTH CHAKRA

Your sixth chakra is called the “third eye chakra” because it is located at the brow but also in the brain at the same level. It is the chakra of insight and intuition.

It is associated with the eyes, brow, skull and pituitary gland. The pituitary gland has been referred to as the “seat of the soul” because it is believed to be the physical location of human consciousness.

An active sixth chakra will balance creative and logical thinking and act as the observer in life, gaining wisdom and knowledge from deep within.



Exercise to Open & Activate the Third Eye Chakra

1. Sit comfortably with your eyes closed.
2. Bring one hand to the middle of your back at the 3rd chakra and connect your thumb and middle fingers.
3. Bring your other hand up to the side of your head with your palm facing your temple.
4. Breathe in and out through your 3rd chakra and imagine your 3rd and 6th chakras connecting. With every breath, feel everything between your 3rd and 6th chakras relaxing and clearing.



Practice this exercise for as long as you wish.

SUPPORT YOUR SIXTH CHAKRA

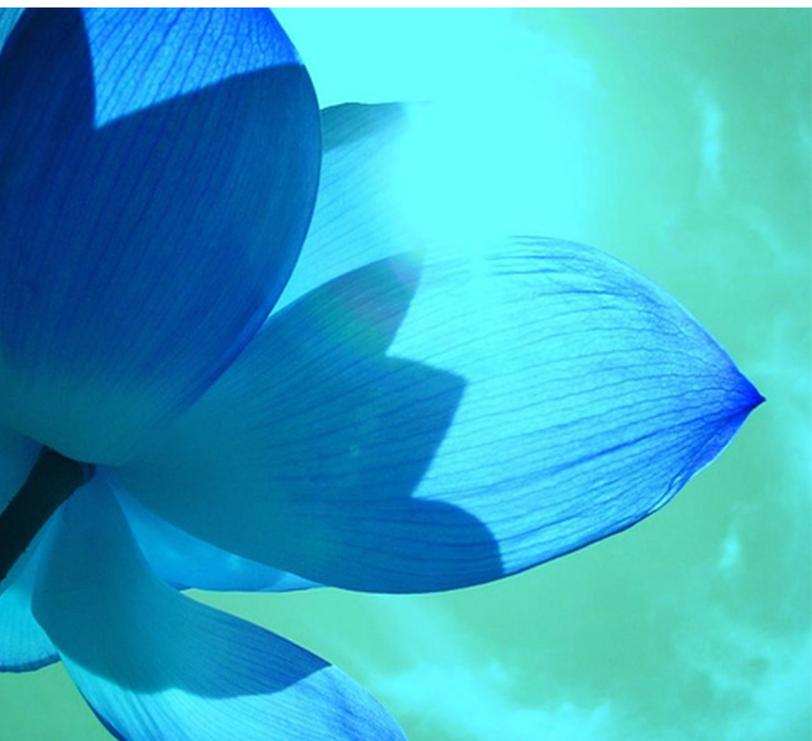
Affirmation

The third eye chakra allows you to see both inner and outer worlds clearly and with insight. It is the seat of wisdom and the center for processing and understanding all that is happening.

An unbalanced sixth chakra is caught in societal conditioning and believing illusions. An open and active third eye will allow you to see deeper truths—beyond the mind and beyond words. There is a deep understanding of everything when the third eye is open.

Experience the gift of insight with this affirmation:

“I listen to my deeper wisdom. I nurture my spirit and trust my intuition. I am at peace.”



Everyday Actions

Learn from your daily experiences and seek to understand the deeper truth in everything. Know that within you lies ancient knowledge that you can tap into in order to enhance your experience in this life.

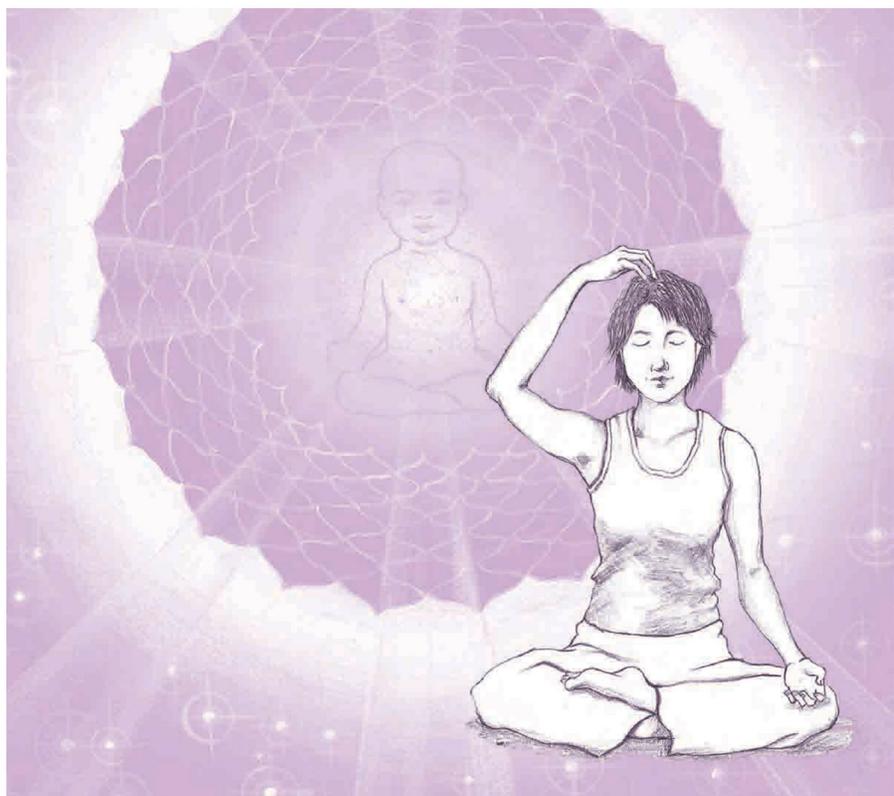
Simply be mindful and aware of the moments passing and act as the observer. When you step back from the experience, you will have a different perspective and appreciation for the events, and be able to better understand the deeper lesson .

SENSE YOUR SEVENTH CHAKRA

Your seventh chakra is called the “crown chakra” because it is located at the top of your head, at the crown of your skull. The seventh chakra is the highest on the chakra ladder and connects with the universe and the divine source of creation.

The crown chakra is associated with the central nervous system, cerebral cortex and pineal gland. It is the center of emotional intelligence. It is the meeting point between the finite (ego) and infinite (universal energy).

An active seventh chakra will connect you with the “zero point” or natural state of living.



Exercise to Open and Activate Your Crown Chakra

1. Kneel down on the floor, or sit in half lotus if you have a knee injury.
2. Bring your hands together, touching each fingertip to form a pyramid shape. The pyramid represents a very stable form and acts as a transformer of energy between your body and the universe.
3. Place the pyramid on top of your head and raise your chin about 15 degrees skyward with your eyes closed.
4. With your back straight and feet overlapping, breathe naturally and feel the flow of energy throughout your body.

Do this exercise for 3-5 minutes.



SUPPORT YOUR SEVENTH CHAKRA

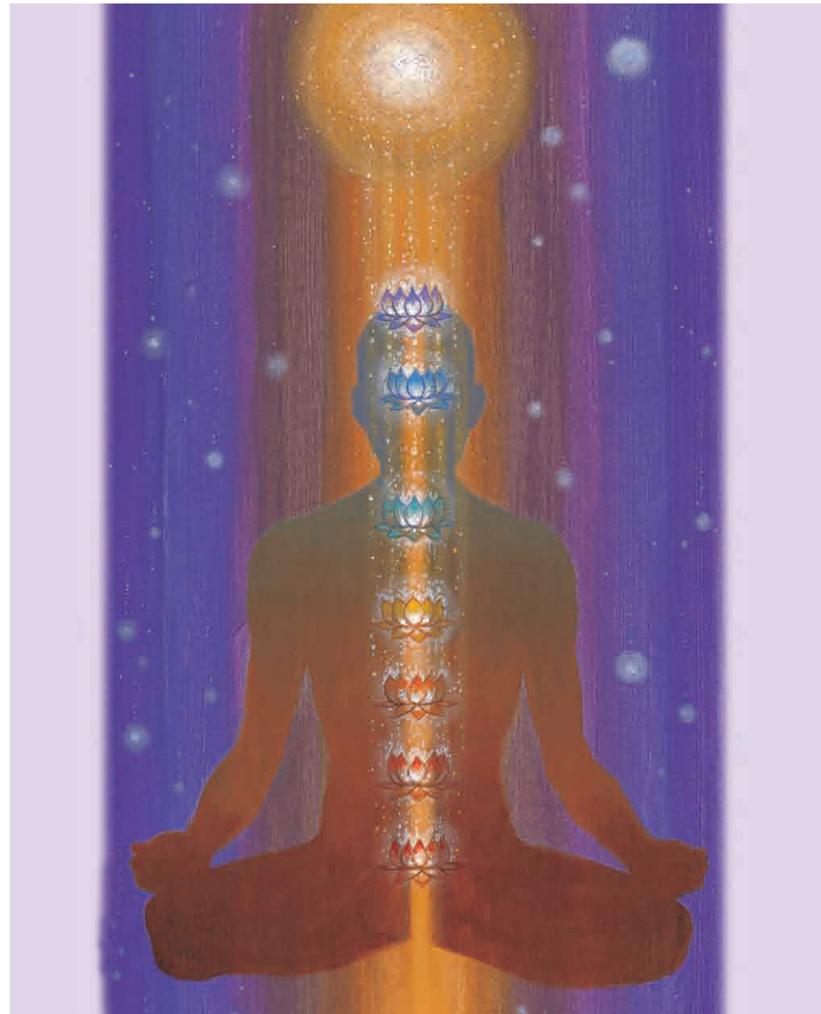
Affirmation

The crown chakra allows us to have faith that we are part of the larger scheme of life. We begin to live with an “attitude of gratitude” and trust the flow of all things.

An unbalanced crown chakra invites fear, doubt and anxiety into our lives and prevents us from seeing the connection in everything—the bigger picture. A balanced crown chakra liberates the spirit yet also keeps us deeply rooted to the earth.

Feel the higher power within and without with this affirmation:

“I am part of the Divine and honor the Divine within me. I listen to the wisdom of the universe.”



Everyday Actions

As you become more comfortable in your etheral body and more aware of changes in your energy, you will be able to identify fluctuations in each of your chakras. Live as an observer and take note of these fluctuations in energy and the situations that cause them.

Trust in the universe and in your infinite power. Live in gratitude for all you have and all that the universe brings to you.

Let go of attachments to people, places and things and you will feel immense freedom.

