

Balancing Energy Centers – Handbook

a progressive awakening of the chakras

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Introduction

Chakras are affected with the various issues we face in life and how we choose to deal with them. Both external situations and internal habits, such as tension that frequently disturbs the body or negative thoughts about oneself, can cause a chakra to become imbalanced. When the chakras are not balanced properly, your body does not work as effectively as it could. Each of the seven chakras correlates to a specific function within the body. When a chakra is no longer functioning properly your body pays the price, physically, emotionally, and spiritually. Learning to recognize the different chakras within yourself will transform the way in which you live in this world. The practice of yoga with the chakras actively in mind can help you break through energy blockages. Keeping your chakras open and flowing is important to maintaining a balanced mind-set and energy level. From this workshop, you will be given the tools to realign and balance your own 7 main energy centers. You will learn what each chakra represents, identify if your chakras are balanced and how re-balance them to keep energy flowing freely.

A Brief History of the Chakras

The original word “chakra” or “cakra” is written in the Vedas 2,000 to 600 B.C. Meaning *wheel*, and referring to the wheels of the chariots used at this time. The wheel represents the eternal, cyclical nature of time. The sun, whose path is also cyclical, is the center of balance for our planet. In this way, the wheel, or “chakra”, is symbolic of celestial order and balance in our personal lives. Chakras are again mentioned in the Yoga Upanishads (circa 600 A.D) and in the Yoga Sutras of Patanjali (circa 200 B.C). In the tenth century the text known as Gorakshashatakam was written, explaining various meditation techniques relating to the chakras. The main texts explaining chakras, however, were the Sat-Cakra-Nirupana, written in 1577, and the Padaka-Pancaka, written in the 10th century. Both texts describe the seven chakra centers and practices related to maintaining and restoring balance. Arthur Avalon translated these texts into English in 1919 in his book *The Serpent Power*. It is through this book that the Western World was introduced to the idea of chakras.

Chakra Basics

At the core of this system are seven chakras, which serve as the basic energy centers of the body. As centers of force, it's helpful to think of chakras as physical locations where we receive, absorb, and distribute life energies.

Vibrational Bubble	Sense	Aspects of life
Root Chakra	Smell	Supports you with healthy relationships (so you keep can keep the ones you love, or finally find the one you have been looking for)
Sacral Chakra	Taste	Motivates you towards pleasurable experiences to create more abundance and live your life to the fullest
Solar Plexus Chakra	Sight	Promotes self confidence, self-esteem and self-belief to go after your dreams and reach your goals
Heart Chakra	Touch	Gifts you with Heart centered feelings and thoughts, so you can live through your heart and your emotions
Throat Chakra	Hearing	Enhances your creativity in all aspects of life, you'll be brimming with brilliant ideas
Brow Chakra	Light and Color	Opens your mind for new possibilities and allows things into your life you never thought possible
Crown Chakra	Thought	Sustains that feeling of being uplifted, joy filled and loved all day every day

Each of the seven chakras correlate to a specific function within the body, starting from the root at the base of the spine and working their way up through the genitals, navel, heart, throat, third eye (center of forehead), and crown of the head.

The lower chakras focus on details such as our home, family, and feelings, while the upper chakras develop synthesizing views and wisdom that help us understand the grander order of things. All of our chakras affect one another and ultimately work together.

The chakras rely on each other to function properly. It is impossible to find balance if even one chakra is overlooked. The ultimate goal is to bring the balance known as *sattva* to all of the chakras, a blend of activity and passivity that lead to harmony and balance in your life. When this balance happens, not only will your body function properly, but also your mind and spirit will be freed, allowing you to live in a state of profound gratitude and joy. The beauty is that balancing chakras not only affects your life, but also the lives of those around you.

CHART OF THE SEVEN CHAKRAS

name	base center	spleen center	solar plexus	heart center	throat center	brow center	crown center
location	base of the spine	half way between pubis & navel	just above navel	center of the chest	middle of the throat	middle of the forehead	top of the head
function	sex	health	power	com- passion	creativity & self- expression	para- normal powers	libera- tion
endocrine influence	ovaries gonads	liver pancrea	adrenal gland	thymus gland	thyroid gland	pitul- tary gland	pineal gland
color	red- orange	pink	kelly	yellow green	sky gold	indigo	purple
symbol	square	pyramid with cap- stone off	circle	cross	chalice	6- pointed star	lotus
sound	LA	BA	RA	YM	HA	AH	OM
element	earth	water	fire	air	ether		
dominant sense	smell	taste	sight	touch	hearing		
planetary influence	saturn	jupiter	mars	venus	mercury	sun & moon	
emotion	frustra- tion rage passion	anxiety well be- ing	power desire fear guilt doubt	joy grief	Inspira- tion repres- sion	obses- sion ecstasy	bliss
related illness	hemorroids sciatica prostate ovarian uterine	diabetes cancer	ulcers gall- stones	stroke angina arthritis	thyroid flu	schizo- phrenia kidneys	psychosis

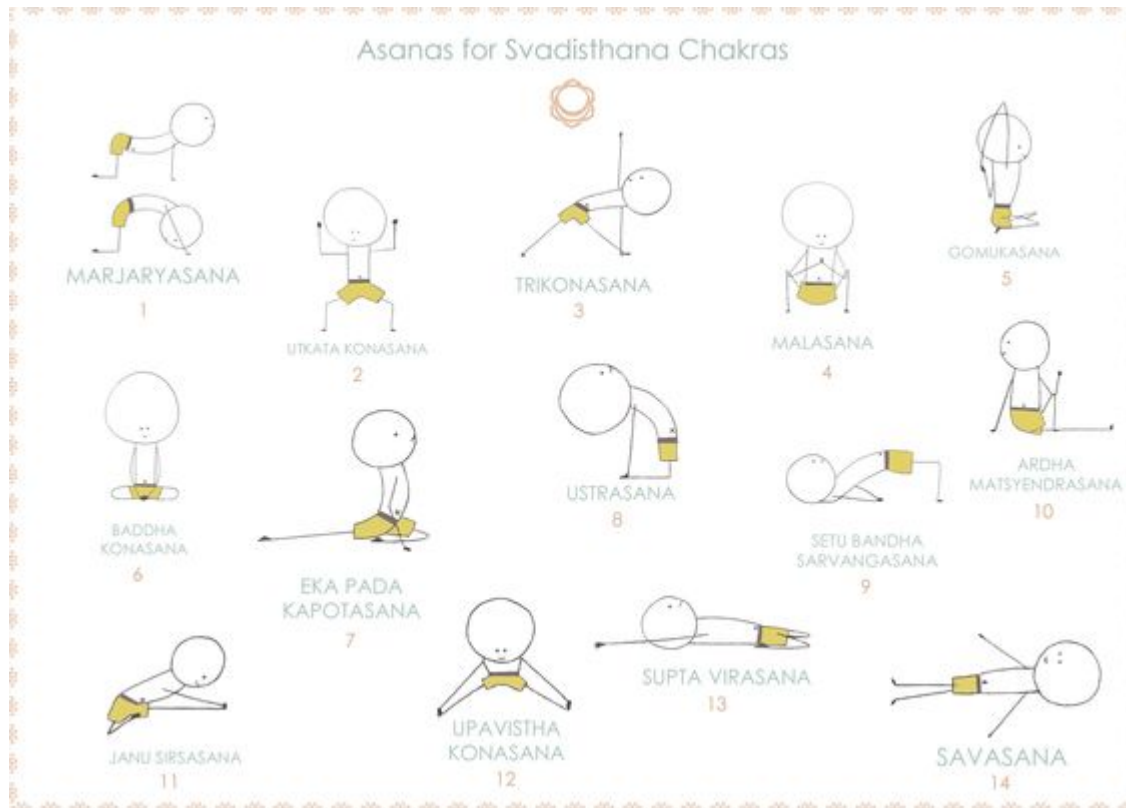
The Chakras

Muladhara: “Root Center” - First Chakra



- Location – Base of spine
- Function – Keeping you grounded and efficient, desire to procreate, and want of material security; creating loyalty
- Element – Earth
- Color – Red
- Mantra – “I Am Here”

Svadhishthana: "Identity Chakra" - Second Chakra



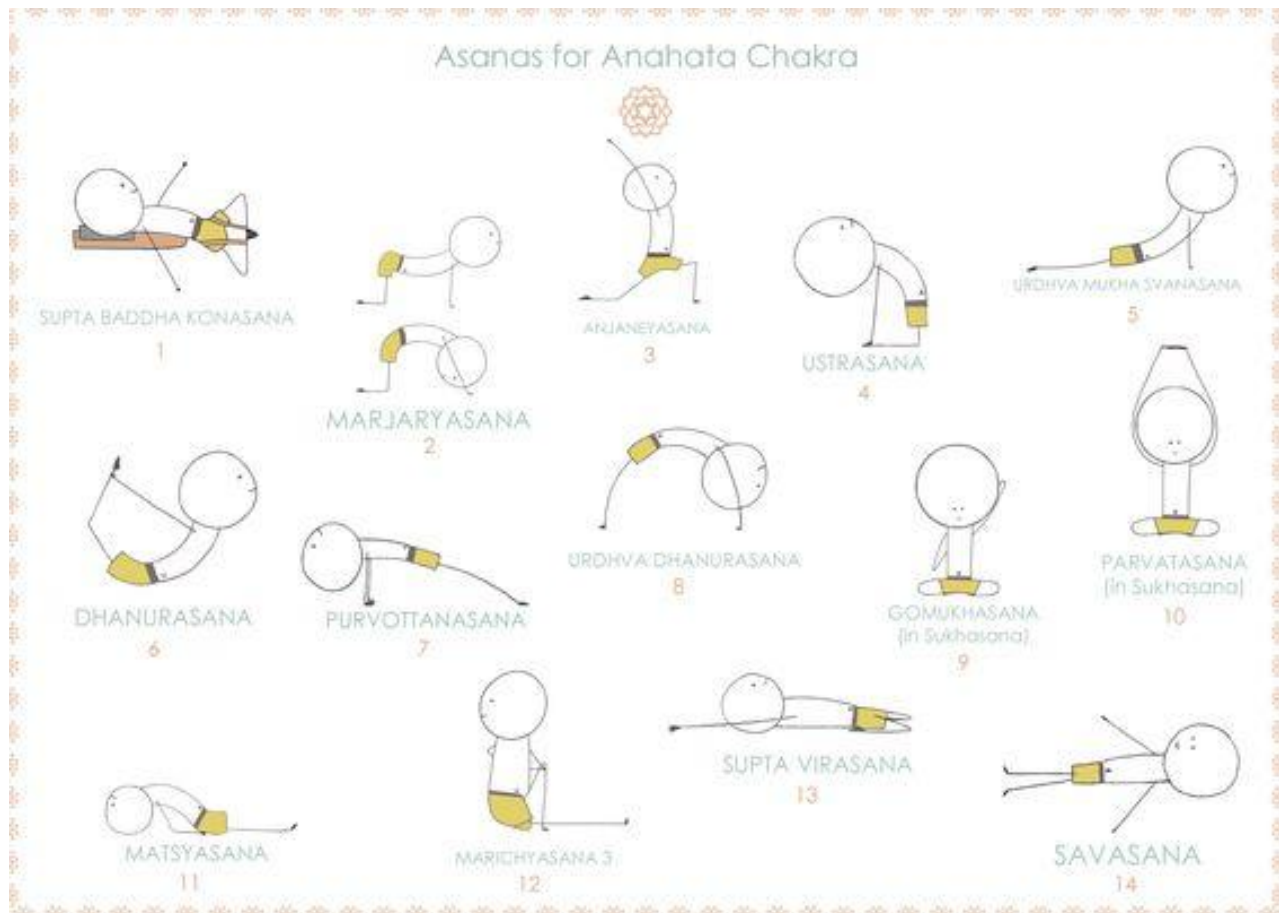
- Location – Basin of the pelvis around the genital area and below the navel
- Function – Source of our sexuality, desires, lusts, and greed. Drives our creativity, sense of self, and relationships with others.
- Element – Water
- Color – Orange
- Mantra – “I Want”

Manipura: “Gem Center” - Third Chakra



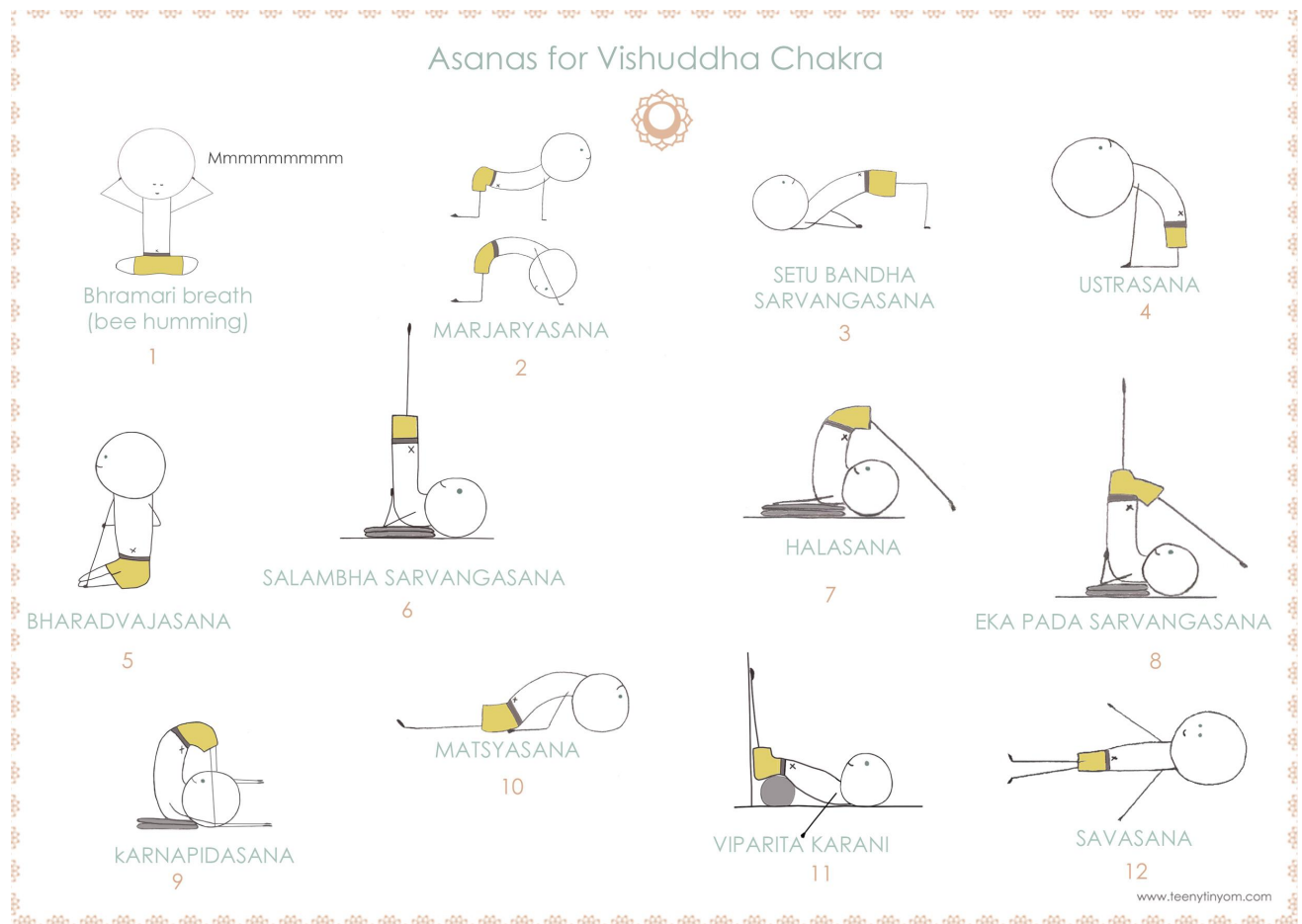
- Location – Navel, specifically around the solar plexus, and the digestive system
- Function – Source of emotion, feeling, intuition, harmony, and transformation. Determines whether a person feels introverted or extroverted, self-confident or unconfident.
- Element – Fire
- Color – Yellow
- Mantra – “I Can”

Anahata: “Heart Center”- Fourth Chakra



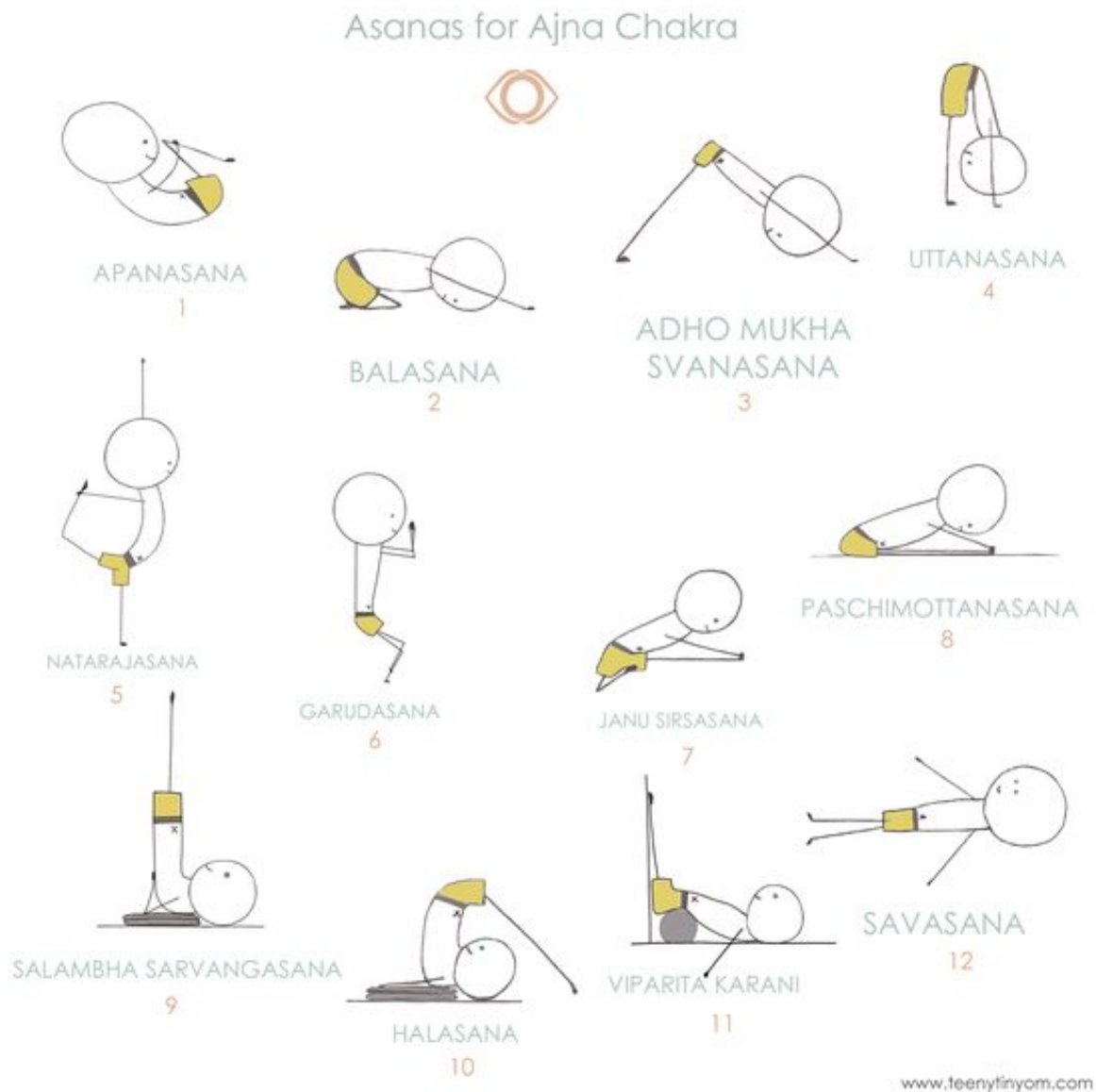
- Location – Heart
- Function – Source of compassion and unconditional love translating into one’s ability to share and serve selflessly.
- Element – Air
- Color – Green
- Mantra – “I Give And Receive Love”

Vishuddha: “Purification” - Fifth Chakra



- Location – Neck, throat, jaw, and mouth
- Function – Creation of individual voice and communication as well as ability to listen to others; allows one to accept compliments and criticism with ease.
- Element – Sound or Ether (clear sky beyond clouds)
- Color – Blue
- Mantra – “I Speak”

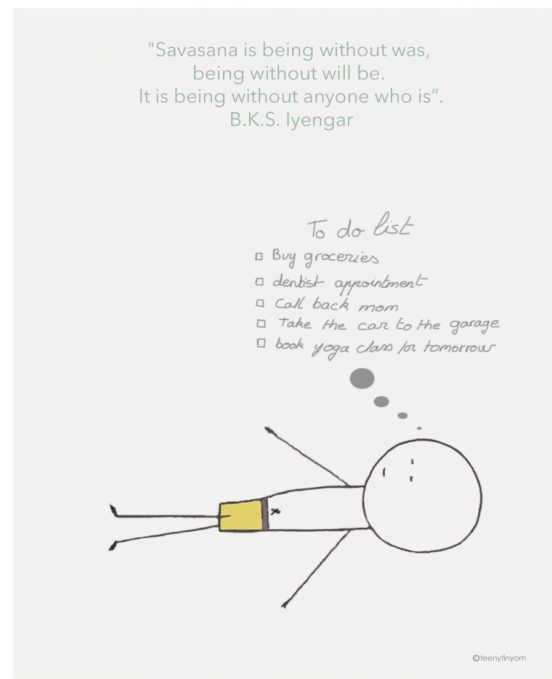
Ajna: “Third Eye” - Sixth Chakra



- Location – Between and slightly above the eyes; the center of the brain
- Function – Self-realization and intuition, seeing the “big picture” as well as beyond the physical (clairvoyance, telepathy, intuition, dreaming, imagination, visualization)
- Element – Light or Bliss (*Mahat*)
- Color – Indigo
- Mantra – “I See”

7th Chakra – Sahasrara: “Unbound” or “Infinite”, The Seat Of The Soul

- Location – Crown of the head
- Function – Realization of the infinite, spirit, Divine God, universe, and unity; enlightenment and spiritual connection; ability to receive understanding and knowledge
- Element – Universal intelligence (*Satchitdananda*) or Thought/Meditation
- Color – White (sometimes depicted as Violet)
- Mantra – *Silence*

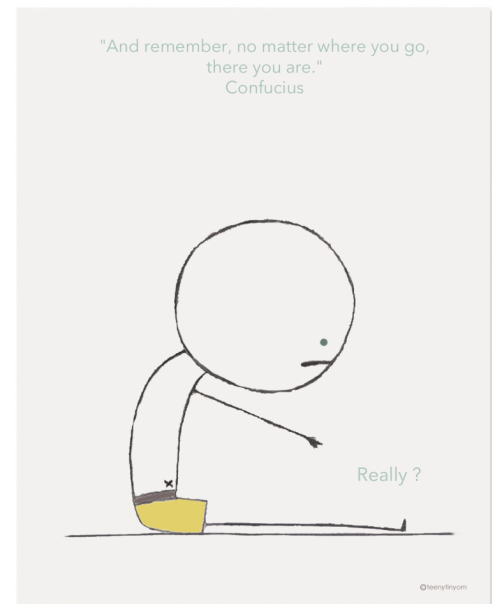


Recognizing Imbalances In The Chakras

When a chakra is not functioning properly it has a ripple effect throughout our lives and even into the lives of those around us. At any given moment, depending on a wide range of circumstances, the energy in a chakra can become stuck or excessive, and causing imbalance in the system. People in tune with their system can recognize these changes and begin working on correction, whether through simple exercises, major life changes, yoga, and meditation. Sometimes the energy in a chakra is stuck only for a matter of minutes and other times it can be stagnant for years, or even a lifetime. The list below show how a weakness, whether a deficiency or excess, in a specific chakra manifests negatively in daily life and activities.

Muladhara (Root Chakra)

- Feeling of being overwhelmed by personal life, work, and responsibilities that results in either high stress or simply giving up
- Struggling with “survival crises” – health, money, home, family
- Piles of clutter, “to-do” lists, and chores that don’t get moved or accomplished
- Often described as a messy or disorganized person
- Travel frequently
- Resistant to exercise, healthy diet, and fresh air
- Greediness, hoarding money or possessions
- A sense of feeling ungrounded often – living in the head instead of the body

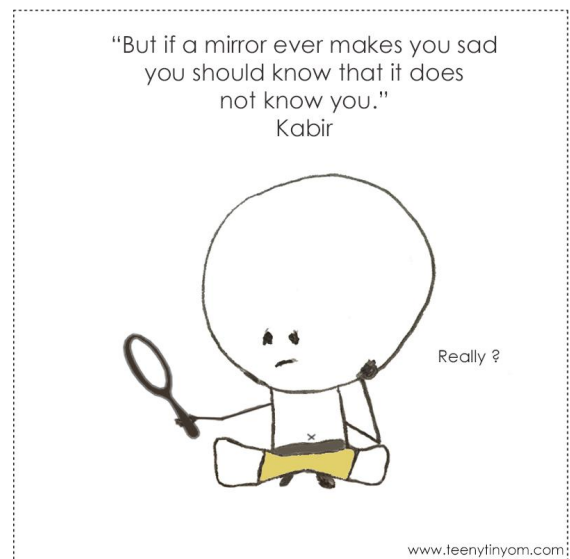


Svadhishthana (Pelvic Chakra)

- Prefer solitude because of fear of judgment or what other people think of you
- Feelings of insecurity or not being safe
- Feeling “stuck” in either your professional or personal relationships, or both
- A strong desire of wanting someone to take care of you, to the point of neediness
- Self-described “workaholics”
- Growing up in an environment where emotions or pleasure was repressed or denied
- History of sexual abuse or issues expressing and experiencing sexuality
- Chronic pain in the lower back and hips
- Reproductive health issues
- A strong desire to exhibit power over others in order to create a false sense of confidence
- A personality dominated by either timidity or aggressiveness

Manipura (Navel Chakra)

- A feeling that life is confusing, unsatisfying, or should be something feared
- Making decisions based on pure emotion or selfishness
- Frequent bouts of anger, sadness, and intense emotional pain
- History of digestive problems or eating disorders
- Low self-esteem
- Sensitive to a variety of stimuli resulting in coping mechanisms such as drugs, alcohol, over-eating, and other forms of self-abuse
- A desire to be a perfectionist
- An obsessive need of self-protection and/or protection of others

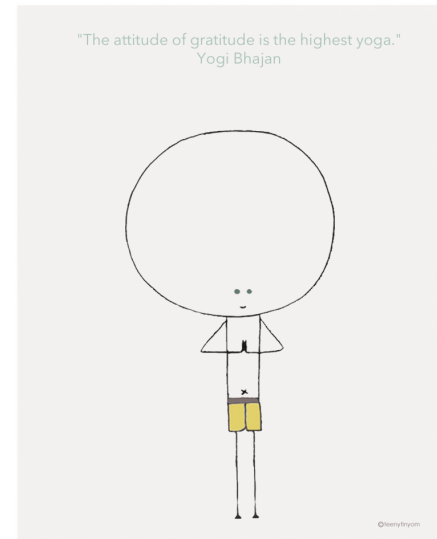


Anahata (Heart Chakra)

- Frequent negative emotional reactions to painful or difficult life experiences
- A life driven by fear and misconception
- Anxieties and emotional scars that are dealt with on a regular basis
- Inability to forgive or let go
- Lack of empathy
- A strong attachment to the outcome of an experience rather than gratitude for an experience
- Fear of letting people too close into your personal world
- Intense shyness and/or loneliness
- A struggle to receive or give love fully
- Frequent poor posture – head forward, rounded shoulders, collapsed chest
- Deep unhappiness, selfishness, indifference, and even hatred
- Shallow breathing patterns, asthma, and lung diseases
- High blood pressure and heart disease

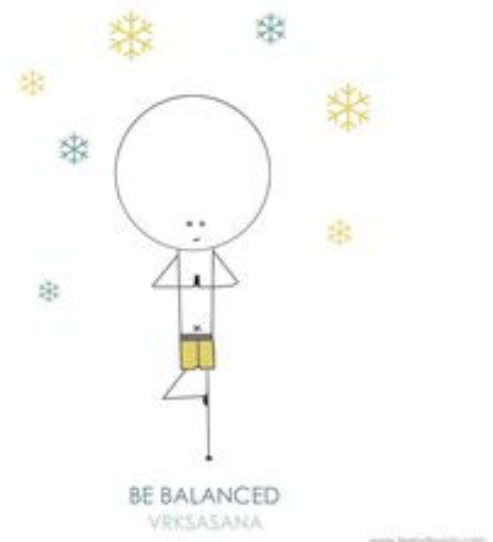
Vishuddha (Throat Chakra)

- A feeling of being inadequate (body, profession, material possessions, speech)
- Fearful of making mistakes
- Abuse of power or a lack of power
- Often surrounded by negative people
- An affection for gossip or frequently speaking without thinking
- Extremely shy, especially when it comes to speaking in front of groups
- Struggle with accepting compliments
- Difficulty listening to others
- Smokers or tobacco users
- Sufferers of seasonal allergies
- Frequent sore throats or thyroid issues
- Stiff necks and shoulders, teeth grinding, and jaw disorders



Ajna (Third Eye Chakra)

- Follow trends and people blindly, oblivious to potentially dangerous situations
- Lack of creativity
- Inability to focus or concentrate during daily tasks
- Find it difficult to make decisions because the situation doesn't seem clear
- Hypersensitive to the feelings and behavior of people around you
- Frequent headaches, hallucinations, nightmares
- Poor memory and/or eye problems



Sahasrara (Crown Chakra)

- An inability to still the mind
- A fear to do something today because of a traumatic past experience
- Acting without using innate intuition
- Apathetic
- An inability to think for yourself
- A spiritual skeptic
- Frequent materialistic urges – shopping addictions
- Overreaction to ignorance – both yours or others
- An inability to think intrinsically, almost always resorting on analytical knowledge learned from schools and institutions
- Seeing yourself as an elite member of a spiritual or intellectual group

"You are not just the drop in the ocean.
You are the mighty ocean in the drop."
Rumi



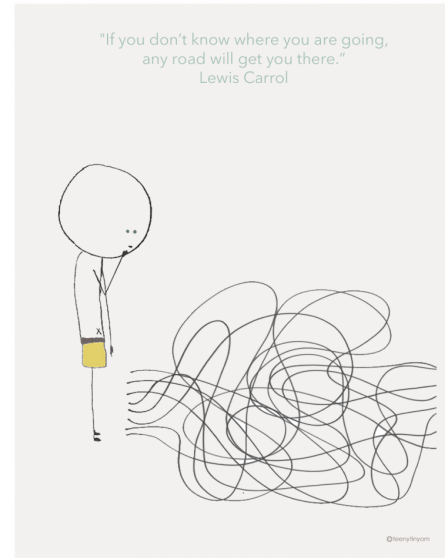
Rebalancing The Chakras

Depending on how long energy has been stuck in a particular chakra and to the extent of imbalance, redirecting prana back through the energy centers can be a simple fix, but often it requires daily dedication and intention, especially when dealing with issues that have been chronic in life. It's important to remember that our chakra systems are delicate and unique. Patience is definitely required when working to restore balance, but so much can be learned along the way.

	<p>Seventh Chakra - CROWN Located at the top of the head.</p> <p>Affirmation : "I Am" , "I Understand"</p>	<p>Spiritual Centre, Development of Psychic Abilities, Enlightenment, Unity.</p> <p>Balancing this chakra helps Central nervous system, muscular system, skin</p>
	<p>Sixth Chakra - THIRD EYE Located in the centre of the forehead</p> <p>Affirmation : "I Know" , "I Think"</p>	<p>Perception Centre; Psychic Consciousness; Wisdom; Intuitive Ability; Visualization; Power Of Mind.</p> <p>Balancing this chakra helps brain and neurological system, eyes, ears, nose.</p>
	<p>Fifth Chakra - THROAT Located in the centre of the throat</p> <p>Affirmation : "I Speak" , "I Express"</p>	<p>Expression Centre; Communication; Inner Voice; Speaking from Truth; Expression of Creativity (Arts, Music) ; Will Power.</p> <p>Balancing this chakra helps throat and thyroid, esophagus, trachea, mouth, jaw, teeth, neck, vertebrae</p>
	<p>Fourth Chakra - HEART Located in the centre of the chest</p> <p>Affirmation : "I Love"</p>	<p>Love Centre; Compassion; Unconditional Love; Hope; Forgiveness.</p> <p>Balancing this chakra helps heart, circulatory system, ribs, breast, thymus gland, lungs, shoulders, arms, hands, diaphragm.</p>
	<p>Third Chakra - SOLAR PLEXUS Located in the area above the naval</p> <p>Affirmation : "I Can" , "I Do"</p>	<p>Power Centre; Self-confidence and Esteem; Manifestation.</p> <p>Balancing this chakra helps stomach, pancreas, adrenals, upper intestines, liver, gall bladder, middle spine</p>
	<p>Second Chakra - SACRAL Located in the lower abdomen, genitals, wombs</p> <p>Affirmation : "I Feel" , "I Want"</p>	<p>Creativity and Sexuality; Relationship with Money, Career and Power; Procreation; Ability to Feel Joy and Pleasure.</p> <p>Balancing this chakra helps sexual organs, large intestine, lower vertebrae, pelvis, hip area, urinary bladder</p>
	<p>First Chakra - ROOT Located at the base of the spine</p> <p>Affirmation : "I Do" , "I Am"</p>	<p>Survival and Security Centre; Family Connections; Animal Instinct; Controls Fear; Helps in Grounding.</p> <p>Balancing this chakra helps Spinal column, rectum, legs, bones, feet. Energizes body, Increases overall health.</p>

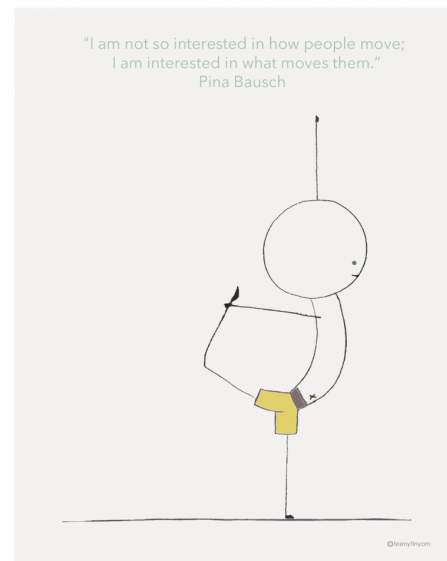
Muladhara (Root Chakra)

- Walk barefoot when possible
- Engage in a variety of physical and athletic activities
- Wear jewelry with ruby, garnet, or onyx gems
- Use essential oils of rosemary, sandalwood, frankincense, and myrrh
- Eat a diet rich in root vegetables, protein, and hot spices
- Follow through with your commitments
- Practice yoga with a focus on grounding through your feet



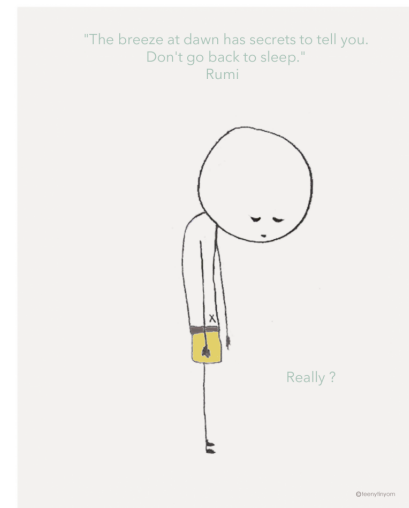
2nd: Svadhishtana (Pelvic Chakra)

- Wear jewelry with carnelian, fire opal, or citrine gems
- Use essential oils of orange, rose, jasmine, and hibiscus
- Eat tropical fruits, honey, and spices like cinnamon and vanilla
- Be open to all forms of self-expression; act on those that interest you
- Dance in public
- Learn to let go and go with the flow
- Get a massage, take a bath, listen to soothing music (aka relax)



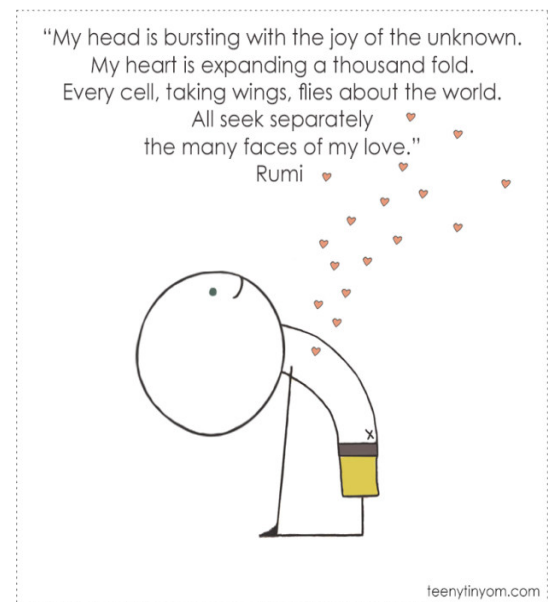
Manipura (Navel Chakra)

- Wear jewelry with amber, golden topaz, or yellow sapphire gems
- Use essential oils of chamomile, peppermint, and marjoram
- Eat a diet rich in grains and dairy and spices like ginger, turmeric, and fennel
- Face your fears – do something you’ve always wanted to but never have



Anahata (Heart Chakra)

- Take deep, soothing breaths
- Wear jewelry with rose quartz, emerald, jade, moss agate, or pink sapphire gems
- Use essential oils of rosewood, jasmine, poppy, and eucalyptus
- Eat a diet rich in leafy green vegetables and spices like sage, cilantro, basil, thyme, and parsley
- Drink green or herbal teas in the morning and at night
- Collaborate openly with others
- Recognize others in yourself



Vishuddha (Throat Chakra)

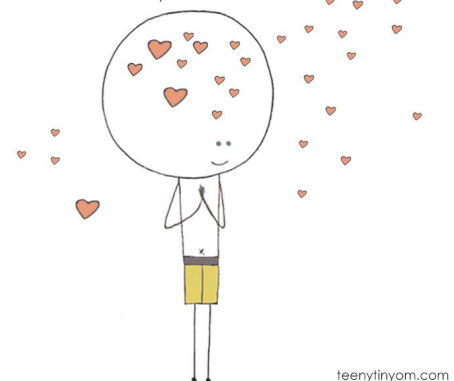
	Chakra	Color	Note / Tone	Vowel	Vowel sound	Mantra (Bija) chakra seed syllable variations		
1	Root	Red	C	UH / U	"huh"	LAM	Lum	Lang
2	Sacral	Orange	D	OOO / O	"you" / "ewe"	VAM	Vum	Vang
3	Solar Plexus	Yellow	E	OH / AH	"go"	RAM	Rum	Rang
4	Heart	Green	F	AH / A	"father"	YAM	Yum / Sam	Yang
5	Throat	Blue	G	EYE / I	"I"	HAM	Hum	Hang
6	Third Eye	Indigo	A	AYE / E	"say"	AUM	Aum / OM	Aum
7	Crown	Violet	B	EEE / E	"me"	AH	Ahh... / Aum	

- Sing loudly, chant, read poetry aloud
- Wear jewelry with turquoise, blue opal, or blue topaz gems
- Use essential oils of sage, lemongrass, geranium, and hyssop
- Drink plenty of water, fresh fruit juices, and herbal tea
- Use lemon with most meals
- Refrain from eating dairy and using tobacco products
- Eat tree grown fruits (apples, pears, peaches, nectarines, plums, apricots, cherries, etc.) on a daily basis
- Express your opinions directly and proudly while remaining open to other points of view
- Think before you speak
- Stand up for yourself

Ajna (Third Eye Chakra)

- Wear jewelry with azurite, purple fluorite, or lapis lazuli gemstones
- Use essential oils of lavender, Queen Anne's lace, rosemary, spruce, and peppermint
- Eat bush or vine grown fruits on a regular basis (blueberries, blackberries, grapes, raspberries, etc.)
- Drink a serving of red wine or grape juice daily
- Create art
- Observe people without judgment – strive to learn from everyone

Watch your thoughts; they become words.
 Watch your words; they become actions.
 Watch your actions; they become habits.
 Watch your habits; they become character.
 Watch your character; for it becomes your destiny.
 Upanishads



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7th: Sahasrara (Crown Chakra)

- Wear jewelry with amethyst, clear quartz, or diamond gems
- Use essential oils of lotus, jasmine, sandalwood, star tulip, and St. John's Worth
- Fast and/or detox 3 to 4 times each year
- Burn incense and "smudge sticks" made from sage and juniper
- Meditate

'Life isn't about waiting for the storm to pass...
It's about learning to dance in the rain.'
Vivian Greene



Teenytinyom

Chakra Balancing Chart

Color	Chakra	Gemstone	Essential Oils
 Violet	Crown	Clear Quartz	Frankincense
 Indigo	Brow	Amethyst	Lavender
 Blue	Throat	Sodalite	Geranium
 Green	Heart	Rose Quartz	Ylang Ylang
 Yellow	Solar Plexus	Citrine	Peppermint
 Orange	Sacral	Carnelian	Jasmine
 Red	Base	Hematite	Patchouli

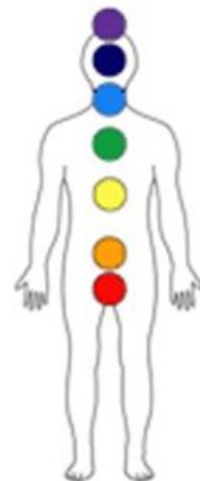
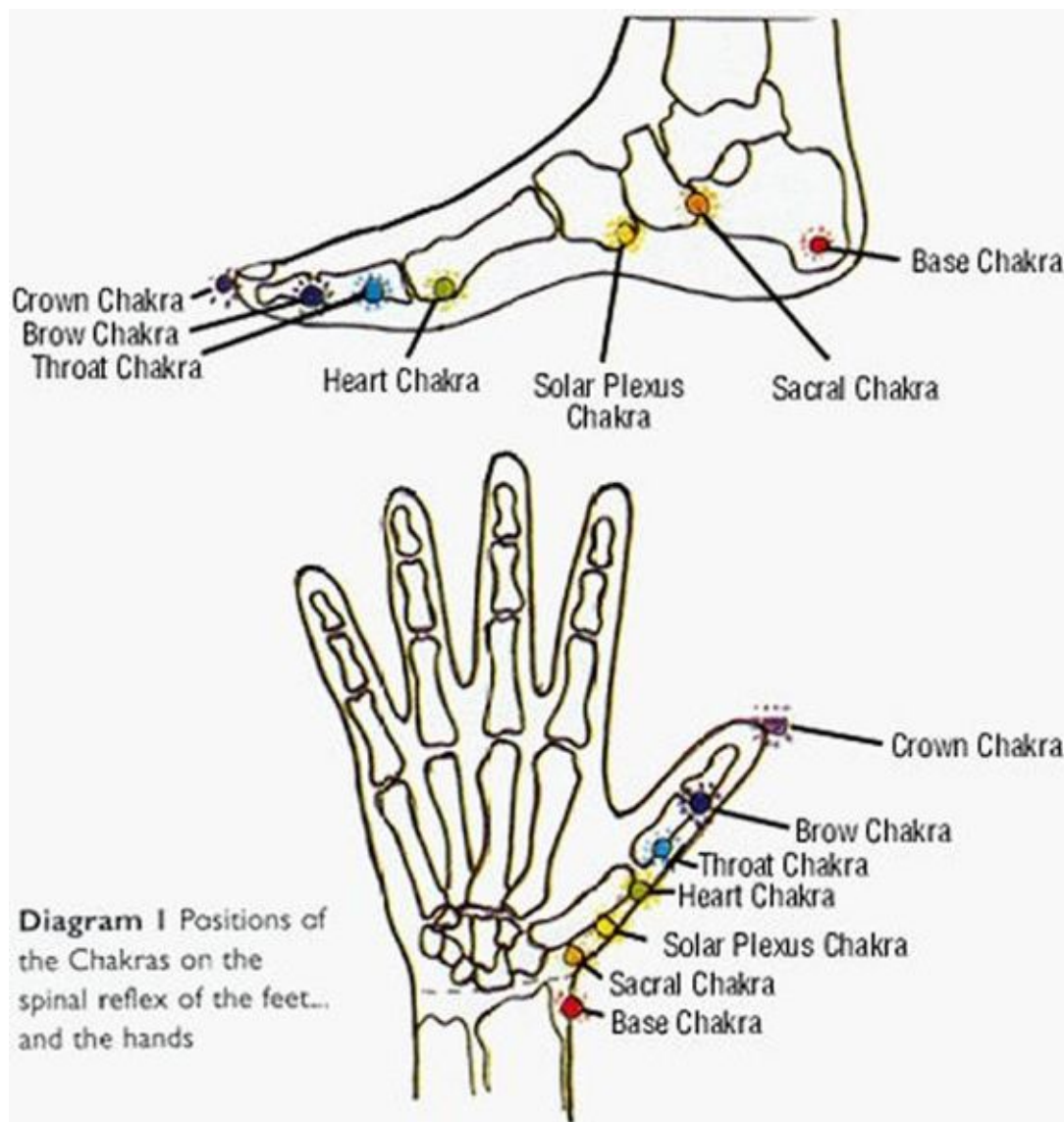


Table 2

The 7 chakras and their currently assigned glands/organs, and traditionally assigned elements.

The multiple entries below, separated by the word "or" show the need for more consensus.

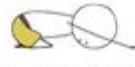
Chakra	Glands / Organs	Element
Crown Chakra	Pineal Gland or Pituitary Gland or None	
Brow Chakra	Pituitary and / or Pineal Gland	
Throat Chakra	Thyroid Gland	Ether / Space
Heart Chakra	Thymus Gland / Heart / Lungs	Air
Solar Plexus Chakra	Digestive System Glands	Fire
Sacral Chakra	Ovaries / Testes	Water
Root Chakra	Adrenals	Earth



Beautiful general practice



DANDĀSANA
Staff



ADHĀ MUKHA VIRĀSANA
Downward Facing Hero Pose



ADHĀ MUKHA ŚVANĀSANA
Downward Facing Dog



PARSVOTTĀNĀSANA
Preparation



UTTANĀSANA
Intense Stretch



TĀDĀSANA
Mountain



UTTHITA TRIKONĀSANA
Extended Triangle



VIRĀBHADRĀSANA 2
Warrior 2



VIRĀBHADRĀSANA 1
Warrior 1



PARSVOTTĀNĀSANA
Intense Sideways Stretch



PRASĀRITA PĀDOTTĀNĀSANA
Spread Out Leg Stretch



UPAVIŚṬHĀ KŌNĀSANA
Wide Seated Forward Bend



PARIVṚTA JANU ŚĪRĀSANA
Revolved Head on knee



PARSVA UPAVIŚṬHĀ KŌNĀSANA
Side Seated Angle



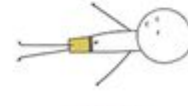
UPAVIŚṬHĀ KŌNĀSANA
Wide Seated Forward Bend



ARDHA ADHĀ MUKHA VIRĀSANA
Half headstand against the wall



SETU BANDHA SĀVĀṅGĀSANA
Easy Pose on Bolster



ŚAVĀSANA
Corpse

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