



CLEANSING OF CHAKRAS (KUNDALINI)

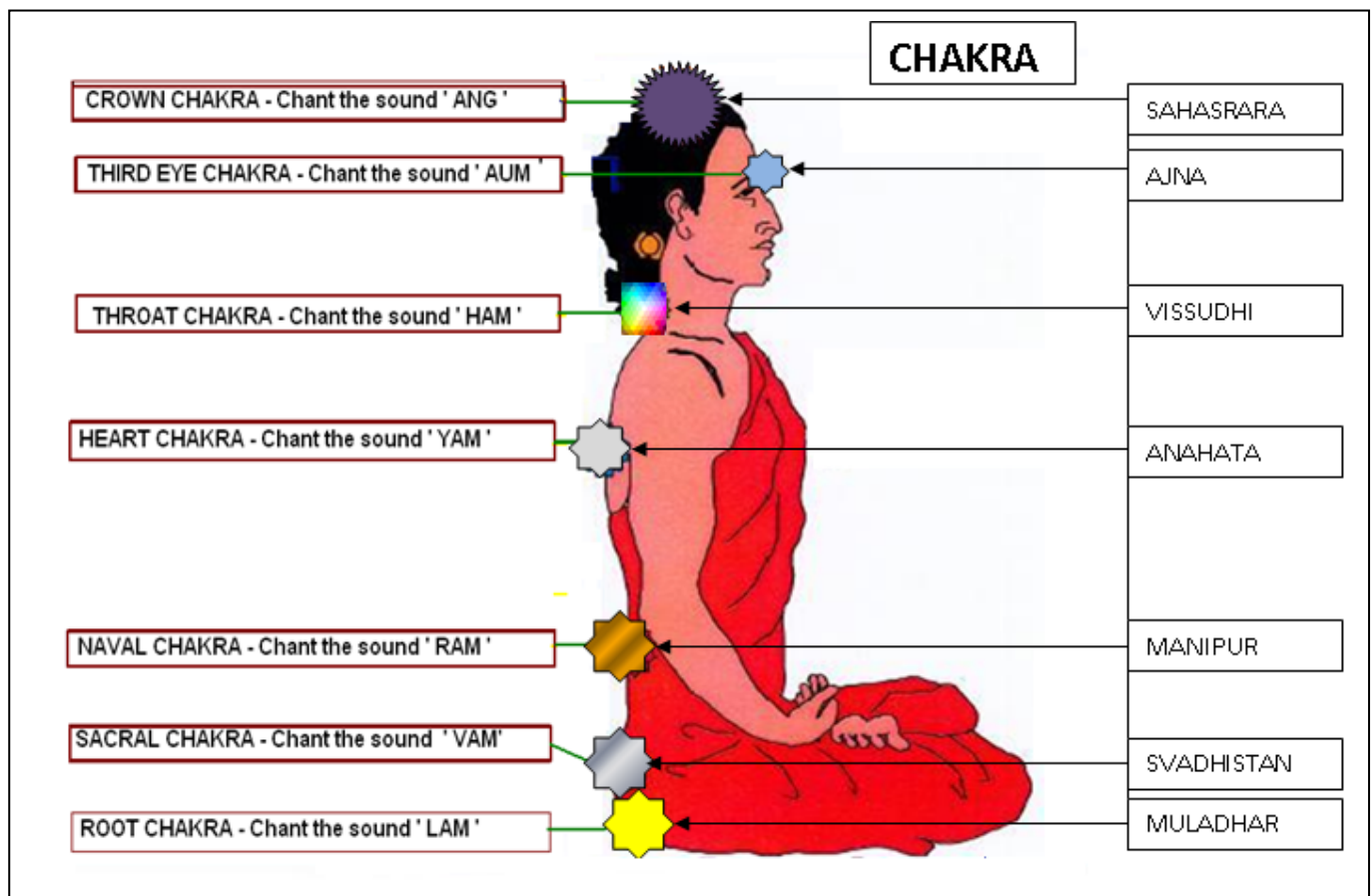
CHARKAS are the energy centers of various kinds located in our “PRANIC BODY”, regulating the functioning of the vital organs of the physical body by providing the energy needed by it. All Chakras are linked together starting from the root to the top of the spinal cord. In normal state they lie undeveloped like un-bloom lotus. When they get right stimulus through yogic procedure then supernatural powers are developed. The Chakras are balanced, energy flows freely & we feel our best.

There are Eight Chakras and nine gates in the body.

MUDRA (Finger posture) that regulates the elements, it helps in awaking the KUNDALINI & upward movement of PRANAS. Stimulating one part of the body can have a positive effect on another part of the body.

CHAKRA MEDITATION

- ❖ Mudras + sound to open the chakra
- ❖ Mudras have power to send more energy to particular chakras.
- ❖ One must follow the sequence of opening chakras from root to crown.
- ❖ Sound cause resonation in the body at the chakras, they are meant for.
- ❖ Chant the sound several times each breath (3 times).
- ❖ The whole endocrine system gets balanced and body becomes healthy.





CLEANSING OF CHAKRAS

- ❖ Sit comfortably in asana.
- ❖ Do Aswini mudra 10 times.
- ❖ Take a deep breath until you are completely relaxed and imagine that you are floating in the air.

1. OPEN THE ROOT CHAKRA (MULAADHAR)

- ❖ LOCATION: two fingers above the base of the anus and two finger below the urinary organ
- ❖ This is rectangular shape
- ❖ It is the color of Sunflower (Light yellow)
- ❖ Thumb touches the tip of index finger Opens root chakra
- ❖ Pull your solar plexus/nabhi inward.
- ❖ At the same time pull the point between your back passage and sex organs upward
- ❖ Concentrate and meditate on this chakra and chant the sound 'LAM'



Benefits:

- ❖ Makes you healthy
- ❖ Your body becomes energetic and radiant.

2. OPEN THE SACRAL CHAKRA (SVADHISTAN – EXCRETORY SYSTEM)

- ❖ LOCATION: Two fingers above the Mulaadhar chakra
- ❖ It is half moon shape
- ❖ The color is moon light or silver
- ❖ Put left hand underneath the right palm and tip of the thumb touching gently
- ❖ Concentrate on sacral chakra and chant the sound 'VAM'



Benefits:

- ❖ Helps to control hunger and thirst

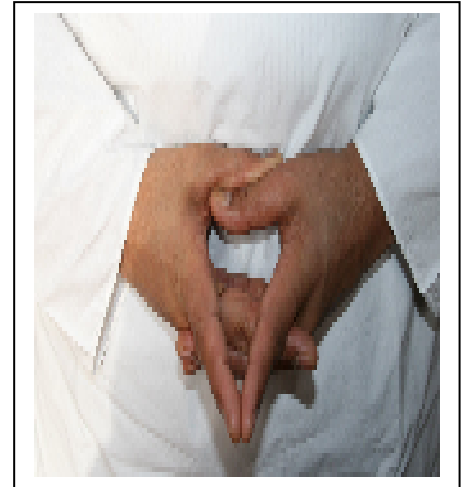


3. OPEN THE NAVAL CHAKRA (MANIPUR – DIGESTIVE SYSTEM)

- ❖ LOCATION: Naval and surrounding areas
- ❖ This is triangle shaped
- ❖ The color is twilight or the light around the wick of burning candle (reddish yellow)
- ❖ Concentrate on your solar plexus
- ❖ Chant the sound ‘RAM’

Benefits:

- ❖ Energises the whole digestive system (stomach, liver, spleen, pancreas & intestines)
- ❖ Heat in the body and digestive power increase



4. OPEN THE HEART CHAKRA (ANAHATA)

- ❖ LOCATION: Heart region
- ❖ Thumb touches the tip of index finger Opens root chakra in Gyan Mudra
- ❖ The color is light grey
- ❖ Concentrate on the heart chakra
- ❖ Chant the sound ‘YAM’

Benefits:

- ❖ Circulatory/respiratory system improves



5. ANAHAT CHAKRA

- ❖ LOCATION: Between the two breasts
- ❖ When Mulaadhar, Swadhisthana and Solar plexus chakras are awakened this chakra automatically awakens

Benefits:

- ❖ Bones and muscles start getting healthy and strong
- ❖ Love, compassion and sympathy are developed by meditation on this chakra because it is a emotional part of the heart which leads to mind or psyche of the person

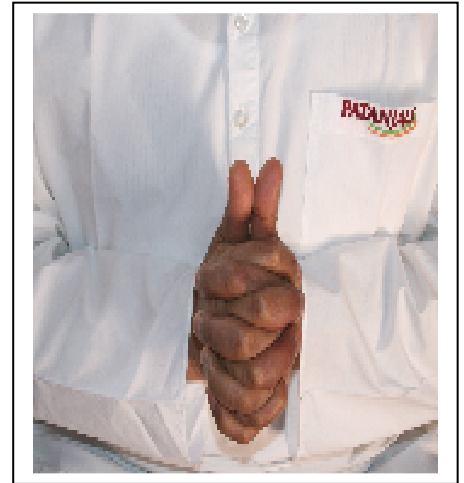


6. OPEN THE THROAT CHAKRA (VISSUDHI)

- ❖ Clasp your hand together and place both thumbs on either side of the throat
- ❖ Concentrate on the throat chakra
- ❖ Think of space between earth and other planets with sparkling multi-colored stars (Christmas lights)
- ❖ Chant the sound 'HAM'

Benefits:

- ❖ Balances the hormones and increases metabolism

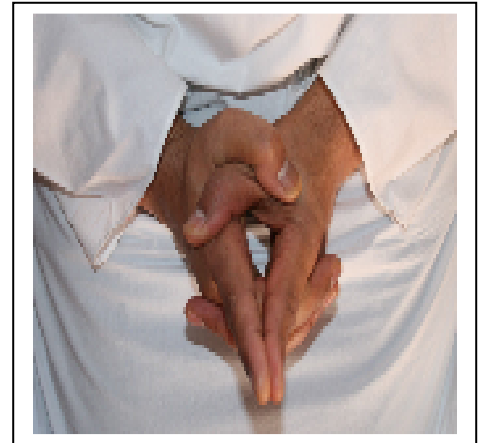


6. OPEN THE THIRD EYE CHAKRA (AJNA)

- ❖ **LOCATION:** Middle spot between the eyebrows
- ❖ Clasp your hand together, index fingers touching each other and crossing over the thumbs
- ❖ Imagine color is indigo
- ❖ Concentrate on the third eye, point between the eyebrows.
- ❖ Chant the word 'AUM'.

Benefits:

- ❖ Your understanding and grasping power increases



7. OPEN THE CROWN CHAKRA (SAHASRARA)

- ❖ **LOCATION:** On top of the head
- ❖ Color is violet
- ❖ Concentrate on the crown Chakra at the top of the head
- ❖ Chant the sound 'AUM'

Benefits:

- ❖ Divine knowledge (Knowing the past present and future)
- ❖ Memory power increases

