



AWAKNING AND CLEANSING OF CHAKRAS (KUNDALINI)

CHAKRAS 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. When the Chakras are balanced energy flows freely and we feel our best.

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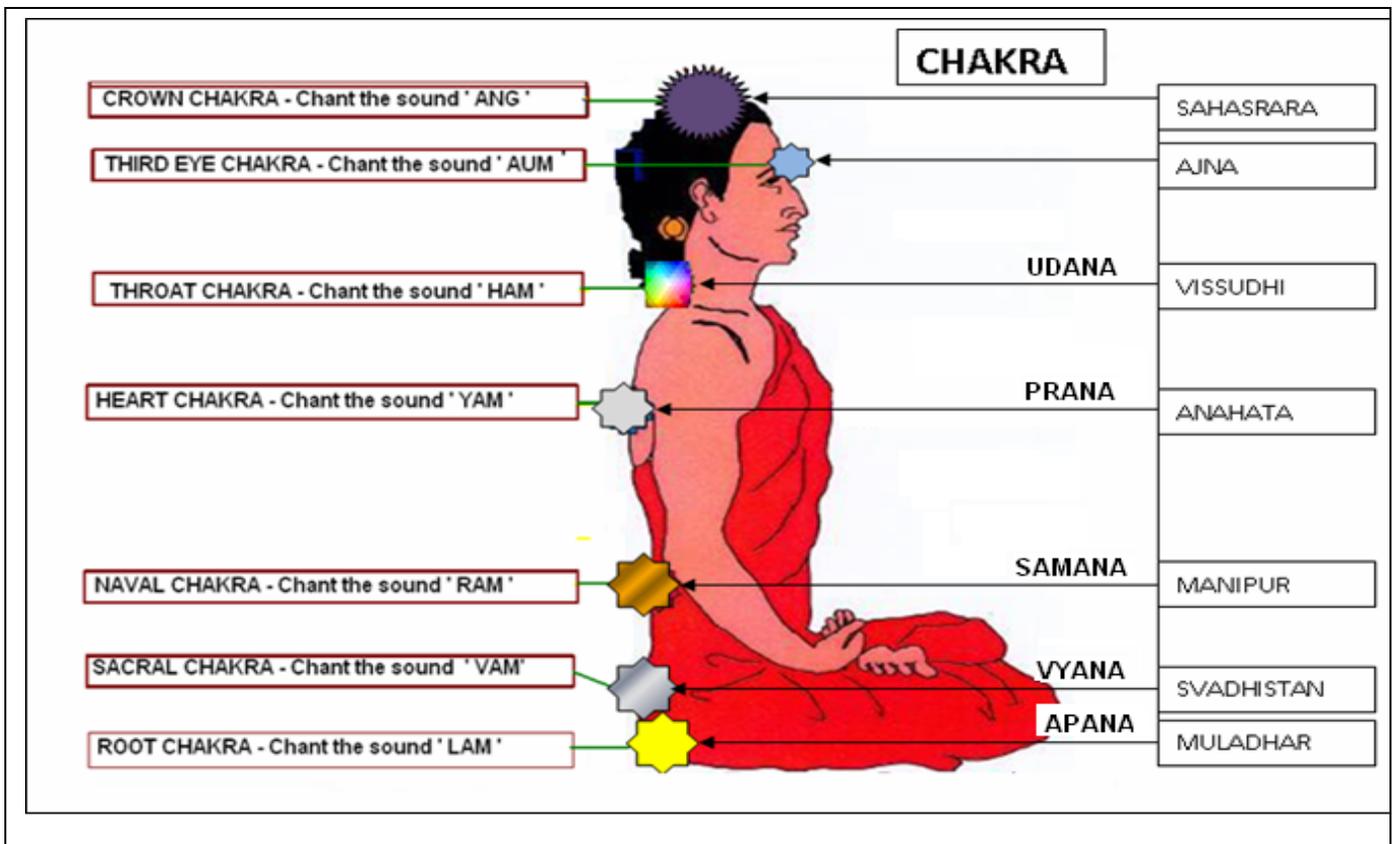
MUDRA (Finger posture) that regulates the elements, it helps in awaking the KUNDALINI & upward movement of PRANAS. Stimulating one part of the body can have a positive effect on another part of the body.

SOUND: - groups of words that carry vibrations and energy to specific organs.

COLOR: - Using different colors aims to balance and enhance our body's energy centers/chakras and also to help stimulate our body's own healing process.

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.
Method: Sit in any meditative asana, close eyes and relax whole body. Then take the awareness to the anus. Rapidly contract the anal sphincter muscles for a few seconds without straining, and then relax. Only do the contraction to anal area. Repeat 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 – Pelvic Plexus)

LOCATION: two fingers above the base of the anus and two finger below the urinary organ

- ❖ Imagine a rectangle shape fill with sunflower yellow color
- ❖ Thumb touches the tip of index finger Opens root chakra (Gyan Mudra)
- ❖ 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.
- ❖ Infertility and disorder of gentiles.

2. OPEN THE SACRAL CHAKRA (SVADHISTAN – EXCRETORY SYSTEM, Hypo gastric

Plexus)

LOCATION: Two fingers above the Mulaadhar chakra

- ❖ Imagine half moon shape in silver color
- ❖ Put left hand underneath the right palm and tip of the thumb touching gently. (Bhairava Mudra)
- ❖ Concentrate on sacral chakra and chant the sound ‘VAM’

Benefits:

- ❖ Helps to control hunger and thirst
- ❖ Urinary disorder & kidney disease.





3. OPEN THE NAVAL CHAKRA (MANIPUR – DIGESTIVE SYSTEM, Solar Plexus or

Epigastric Plexus)

LOCATION: Naval and surrounding areas

- ❖ Imagine a triangle shape filled with twilight colour.
- ❖ Claps the finger together and make a triangle shape using both thumbs and index finger (Yoni Mudra)
- ❖ Concentrate on your solar plexus and Chant the sound ‘RAM’

Benefits:

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



4. OPEN THE HEART CHAKRA (ANAHATA – Cardiac Plexus)

LOCATION: Heart region

- ❖ Thumb touches the tip of index finger to open the root chakra (Gyan Mudra)
- ❖ Imagine color light grey
- ❖ Concentrate on the heart chakra and Chant the sound ‘YAM’

Benefits:

- ❖ Circulatory/respiratory system improves
- ❖ Heart Disease and high blood pressure.



5. ANAHAT CHAKRA (HARDAY CHAKRA – Lower mind Plexus)

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 – Carotid Plexus)

- ❖ Clasp your hand together and place both thumbs on either side of the throat (Ling Mudra)
- ❖ 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
- ❖ Asthma and lungs disorders.



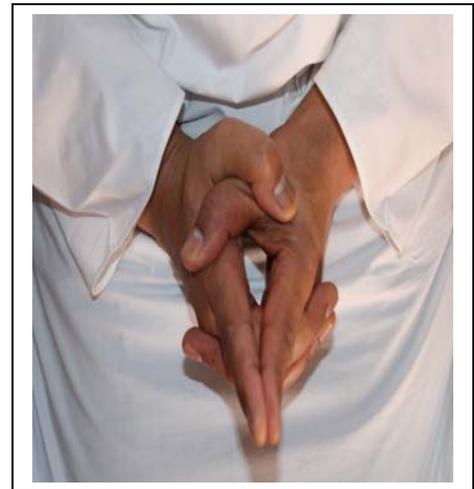
7. OPEN THE THIRD EYE CHAKRA (AJNA – Medullary Plexus)

LOCATION: Middle spot between the eyebrows

- ❖ Clasp your hand together, index fingers touching each other and crossing over the thumbs (Yoni Mudra)
- ❖ Imagine color is indigo
- ❖ Concentrate on the third eye, point between the eyebrows.
- ❖ Chant the word ‘AUM’.

Benefits:

- ❖ Controls mind
- ❖ Your understanding and grasping power increases
- ❖ Good for epilepsy, Fainting and paralysis.
- ❖ Improves nervous system.



8. OPEN THE CROWN CHAKRA (SAHASRARA – Cerebral Gland)

LOCATION: On top of the head

- ❖ Imagine colour 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

