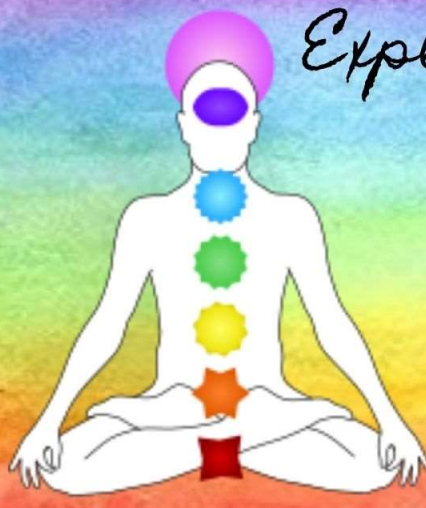


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Exploring Your Chakras

yoga
mudra
breath
relaxation
& sound

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The Subtle Body

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Prana & the Nadis

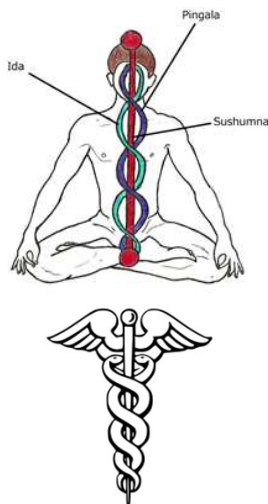


- Prana is the vital force that is present in the air that we breath, whole food that we eat, and in sunlight. It is what keeps us alive and enlivens every cell in the body.
- There are 72,000 nadis (rivers) in the body according to the Tantric texts, and they channel prana to every cell.
 - When these channels are open, and prana can flow through them, then the body is full of health and vitality.
 - When the distribution of prana is blocked, illness or injury may result

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Ida, Pingala & Sushumna Nadi



- Ida Nadi - Lunar, feminine, left nostril, right brain (creative)
- Pingala Nadi - Solar, masculine, right nostril, left brain (analytic)
- Sushumna Nadi - Central channel, balance
 - Ida and pingala spiral up from the root chakra toward the third eye
 - Chakras aligned along this central channel



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The Five Koshas

- The koshas, or sheaths, are layers of our being that comprise the totality of who we are: body, mind, and spirit:
 1. Anamaya Kosha - body
 2. Pranamaya Kosha - energy
 3. Manomaya Kosha - mind/emotions
 4. Vijnanamaya Kosha - witness consciousness
 5. Anandamaya Kosha - soul
- The outer four koshas may display ailments/chakra imbalances
- Only the Soul remains unaffected, it is already perfect!



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What are the Chakras?

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The Chakra System

- The chakras are seven invisible wheels of energy that line up along the center of the body from the pelvic floor to the crown of the head.
- Each has a color, sound, geometric image, body location, function, and psychology
- When the chakras are balanced, energy/prana flows freely through the seven centers.
- However, most of us have common imbalances in specific chakras that change as we move through life.
- Every physical, mental, and emotional complaint arises from excess or lack of energy in the chakras.



*"The body is a vehicle,
consciousness the driver.
Yoga is the path,
and the Chakras are the map"*

-Anodea Judith

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Chakra Locations

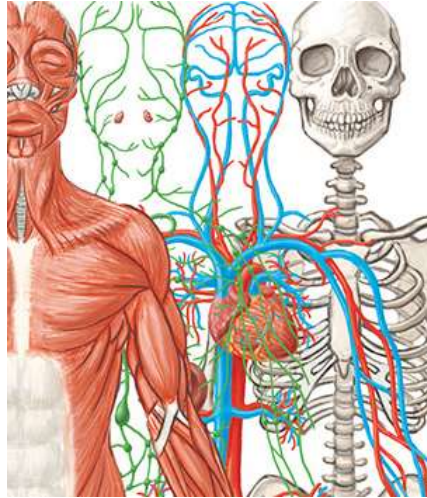
1. **Muladhara** - Perineum, sacral plexus
 - *Survival*
2. **Svadhithana** - Belly, lumbar plexus
 - *Intimacy*
3. **Manipura** - Abdomen, solar plexus,
 - *Will-power*
4. **Anahata** - Heart, cardiac plexus
 - *Love, compassion*
5. **Vishuddha** - Throat, cervical plexus
 - *Communication*
6. **Ajna** - Third-eye, pituitary gland
 - *Vision, wisdom*
7. **Sahasrara** - Crown, pineal gland
 - *Connection to spirit*



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Why these locations?



- Imagine a transparency of each body system and placed on top of each other
- Places where the systems intersect for the location of the seven chakras.

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How Energy Moves through the Chakras



- During each stage of life, we access the more profound learnings of the lower chakras toward the higher ones
- Challenges that trigger us reconnect us to the lessons we need to revisit from the lower chakras
- The energy moves up and down the system along Ida and Pingala nadis, causing the chakras to spin like intersecting gears
 - https://youtube.com/clip/Ugkxf8EM-IElCo8VEotvDDFyKoOzZogDGwgj?si=r6ZlojAnPgl_3gyn

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Chakra / Roundabout Analogy



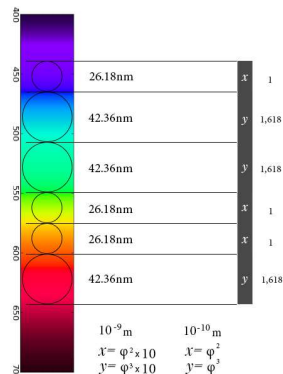
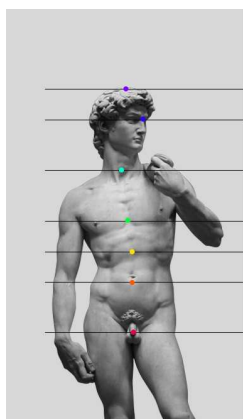
- Your life-force energy or prana is like a car moving along the...
- Highways which are like your nadis, channeling prana throughout the body
- Chakras are like roundabouts where prana is redirected to different parts of the energetic system.

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Light and the Chakras

- In 2021, Kalana Dido of France discovered that the Golden Ratio can be found in the visual spectrum of light, the proportions of the human body, and the location of the chakras



<https://www.goldennumber.net/light-human-body-chakras-golden-ratio/?unapproved=7541&moderation-hash=9caadd952d273c3c5b2bacd8b113ddfa#comment-7541>

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When a Chakra is Imbalanced



- We look at the world through the lens of that imbalance
- Everything we experience will have a hint (or tint?) of that imbalance
 - A first chakra imbalance may cause fear to color everything

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Sound and the Chakras

Sources disagree about the sound frequencies that resonate with each chakra ([Harmonizing Chakras with 432 Hz: A Deep Dive into Pythagorean Tuning and Vibrational Healing](#)):

Solfeggio scale

1. **Muladhara** - 396 Hz to release fear
 2. **Svadhithana** - 417 Hz to stimulate creativity
 3. **Manipura** - 528 Hz to clarify decisions
 4. **Anahata** - 639 Hz to heal trauma
 5. **Vishuddha** - 741 Hz to express authentically
 6. **Ajna** - 852 Hz to awaken intuition
 7. **Sahasrara** - 963 Hz to connect to oneness
- [7 Chakras Meditation with Isochronic Tones + Full Solfeggio Scale](#)
 - [Why Solfeggio scale is Important](#)

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Bija Mantras for Chakras

- Bijas or seed sounds where the consonant places the vibration in the chakra, and the 'AM' holds the vibration there.
 1. **Muladhara** - LAM at C₄
 2. **Svadhithana** - VAM at D₄
 3. **Manipura** - RAM at E₄
 4. **Anahata** - YAM at F₄
 5. **Vishuddha** - HAM at G₄
 6. **Ajna** - OM at A₅
 7. **Sahasrara** - Silent OM at BF₅

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Mudras and Elements

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What are Mudras?

- Mudra comes from “mud” or happiness, bliss and “dhra” to draw forth or dissolve
 - Gestures that are used to dissolve duality so the bliss that is our true nature to be recognized.
 - Mudra is also commonly translated to mean seal, lock or gesture
- Mudras form a bridge between the physical body and the subtle energies
- They stimulate the nerve endings, nadis, and chakras in the hands that correlate to different brain areas and body systems
- They affect the five elements that make up our bodies, emotions, breath, mind, and spirit
- They redirect prana back into the body in specific patterns to illicit a specific response

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Think of Mudras Like...



An antennae that is picking up a subtle signal and amplifying it to create change.

A remote control that is maintaining balance between the physical and energetic bodies.



Or a radio that is tuned to a specific frequency to elicit a response in the body, mind or emotions.

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Hand Prana Exercise

- Gently but swiftly rub your palms together, stimulating the nerve endings, chakra points, and nadis in the hands
- Once the hands begin to feel warm, slowly separate hands a few inches from each other and imagining a glowing sphere of energy forming between the palms
 - Separate hands to find the point where you lose the energetic connection
 - Bring hands closer together and feel the energy become denser
- Finally bring palms together and imagine that the prana flows back up the arms and into your heart
- Then place hands on any area of your body that needs healing

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How Long Should You Practice Mudra?

- Practice each mudra for a **minimum of 2 minutes**
 - It takes 30 seconds to ignite the energies in the circuit
 - Ideally practice during transitional times (morning, afternoon, evening)
 - Ideally practice **15 minutes, 3 times a day** (45 min total)
 - Effect of mudra can stay in body 6-8 hours
- Try meditating with the same mudra every day for a week to feel its cumulative effects.
 - Use during meditation, asana practice, pranayama practice, in restorative poses.
 - Or while on the phone, on the bus, while walking, with your hands in your pockets, during a stressful conversation or while falling asleep.

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Five Element Theory

	<p>ETHER (Vishuddha chakra) Spacious, refined, inactive Governs spaces between atoms, between thoughts</p>	
	<p>AIR (Anahata chakra) Dry, light, dispersing, movement Governs gases in body, thoughts, and neural impulses</p>	
	<p>FIRE (Manipura chakra) Heat, transformation, upward movement Governs metabolism and body temperature</p>	
	<p>WATER (Svadhithana chakra) Liquid, flowing, downward movement Governs the fluids of body</p>	
	<p>EARTH (Muladhara chakra) Solid, heavy, steady, grounding Governs the solid structures of body</p>	

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Kanishtha Mudrā



Little Finger Seal

Hold hands open with palms facing center. Touch tips of pinkie fingers together.

"Red earth grounds me"

- Physical Benefits: Promotes relaxation
- Prana & Vayus: Activates Apana vayu, brings breath awareness to pelvis, lengthens exhalation and pause after exhalation
- Emotional: Promotes stability and grounding, cultivates relaxation and calm
- Elements: Activates earth
- Chakras: Activates Muladhara chakra
- Doshas: Balances Vata and Pitta doshas
- Practice Tips: Hold 5-45 minutes

Imagine red earth energy moving from your pelvic floor downward toward the center of the earth.



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Anamika Mudrā



Ring Finger Seal

Hold hands loosely with palms facing body. Touch tips of ring fingers together.

"Orange water nourishes me"

- **Body Systems:** Reproductive and urinary
- **Physical Benefits:** Eases joint stiffness, promotes self-healing
- **Prana & Vayus:** Activates Apana vayu
- **Emotional:** Assists with healthy intimacy, assists with overcoming addiction and co-dependency
- **Elements:** Activates water
- **Chakras:** Activates Svadhisthana chakra
- **Doshas:** Calms Vata and Pitta doshas
- **Practice Tips:** Hold 5-45 minutes



Imagine orange water energy flowing through your pelvic bowl.

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Madhyama Mudrā



Middle Finger Seal

Hold hands open with palms facing center. Touch tips of middle fingers together.

"I burn with the golden fire of transformation"

- **Body Systems:** Digestive
- **Physical Benefits:** Eases tension in the middle back
- **Breath & Prana Vayus:** Activates Samana vayu, facilitates full yogic breath
- **Emotional:** Brings balance between giving and receiving, promotes balanced energy levels and understanding of how we use our energy in the world, promotes healthy self-esteem and confidence
- **Elements:** Activates fire
- **Chakras:** Activates Manipura chakra
- **Doshas:** Balances Vata and Kapha
- **Practice Tips:** Hold 5-45 minutes



Imagine golden fire energy in your solar plexus giving you energy, enthusiasm, and drive.

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Tarjani Mudrā



Index Finger Seal

Hold hands open with palms facing center. Touch tips of index fingers together.

"I expand with the emerald air of my heart"

- **Body Systems:** Respiratory
- **Physical Benefits:** Brings awareness to the upper chest,
- **Prana & Vayus:** Activates prana vayu, brings focus to inhalation and expands the breath
- **Emotional:** Opens the emotional heart, eases depression, promotes emotional processing, enhances enthusiasm, compassion and unconditional love
- **Elements:** Activates air
- **Chakras:** Opens Anahata chakra
- **Doshas:** Balances Kapha and Pitta
- **Practice Tips:** Hold 5-45 minutes



Imagine green air energy in your heart expanding in all directions opening you to unconditional love and compassion.

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Angustha Mudrā



Thumb Seal

Hold hands open with palms facing center. Touch tips of thumbs together.

"I communicate in the blue space of my throat"

- **Body Systems:** Endocrine and nervous
- **Physical Benefits:** Brings awareness to the throat, lengthens cervical spine, promotes health of thyroid
- **Prana & Vayus:** Activates Prana vayu, directs breath into throat area
- **Emotional:** Enhances communication and awakens inner listening
- **Elements:** Activates space
- **Chakras:** Activates Vishuddha chakra
- **Doshas:** Balances Kapha
- **Practice Tips:** Hold 5-45 minutes



Imagine blue space in your throat that rings with what is true.

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Hakini Mudrā



Seal of Union

Touch the tips of all fingers together creating a spherical shape within the palms.

"My body, mind and spirit are integrated"

- Body Systems: Integrates all systems
- Physical Benefits: Enhances body awareness and integration, improves memory and concentration, promotes communication between right and left hemispheres of the brain
- Prana & Vayus: Activates all vayus, facilitates full yogic breathing
- Emotional: Promotes confidence and equanimity
- Elements: Integrates earth, water, fire, air, and space
- Chakras: Integrates lower six chakras
- Doshas: Balances All doshas

Imagine all five elements integrating within you.

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Butta Shudhi Meditation

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Bhutta Shudhi Meditation



Bhutta Shudhi is a meditation to purify the five elements of the body by moving through the chakras visualizing the color, shape and element for each chakra.

Allow your awareness to drop down to the base of your body. Imagine that you are sitting in a meditation posture and that your pelvis, legs and feet are inside of a red square, as if you were sitting inside of a red sandbox. Feel the grounded sensation of the lower body as you absorb this red earth energy that provides a foundation for all of your experiences.

In your lower belly, imagine an orange circle above the red square. Waves of breath create ripples in the lower belly. Absorb this orange water energy that cleanses your emotions.

At your solar plexus, imagine a yellow triangle pointing upwards. Feel the fire of your inner sun and absorb this golden energy that illuminates your path forward.

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Bhutta Shudhi Meditation, cont.



At your heart center, imagine a green six-pointed star made of two interlaced triangles. As you inhale, feel a buoyant and joyful sensation in your heart and absorb this green air energy that brings gratitude and love.

At your throat, imagine a sky-blue crescent moon facing upwards like a sacred bowl. Feel the spaciousness in your throat and absorb this blue ethereal energy that strengthens your inner voice of truth.

At the space between the eyebrows, imagine an indigo drop of nectar. Feel the clarity found within your third eye point and absorb this indigo energy that awakens your truest wisdom and intuition.

At the crown of the head, imagine a violet-colored lotus with 1000 petals. Feel the protection it provides the body below and the connection through which you are aware of the unity inherent in your true nature.

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