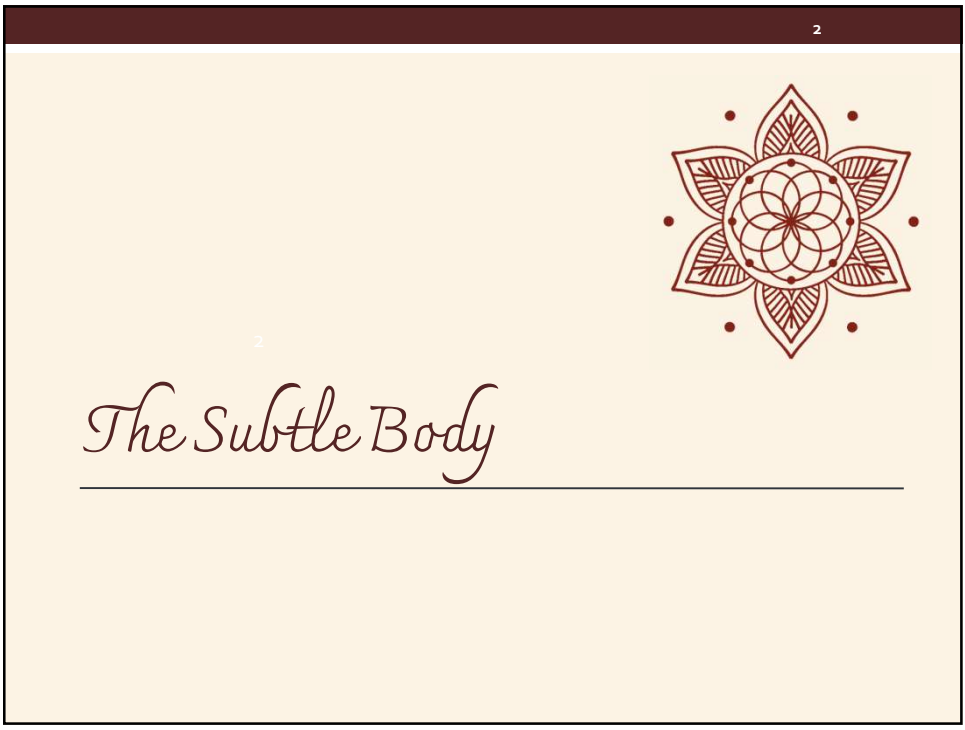


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Prana & the Nadis

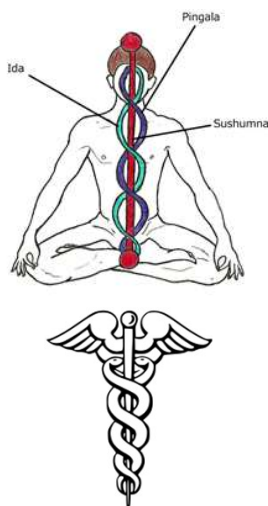


- Prana is the vital force that is present in the air that we breath, whole food that we eat, and in sunlight. It is what keeps us alive and enlivens every cell in the body.
- There are 72,000 nadis (rivers) in the body according to the Tantric texts, and they channel prana to every cell.
 - When these 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

3

4

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



4

5

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!



5

6



6

What are the Chakras?

6

7

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

7

8

Chakra Locations

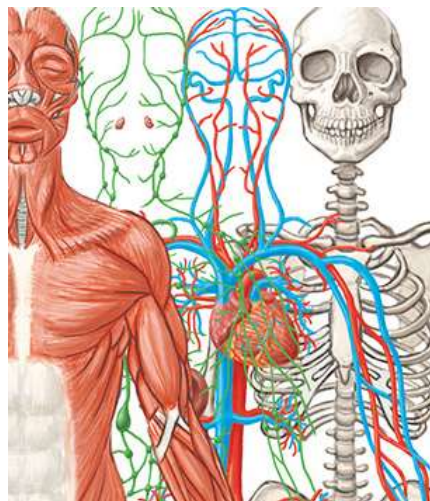
1. **Muladhara** - Perineum, sacral plexus
 - *Survival*
2. **Svadhithana** - Belly, lumbar plexus
 - *Intimacy*
3. **Manipura** - Abdomen, solar plexus,
 - *Will-power*
4. **Anahata** - Heart, cardiac plexus
 - *Love, compassion*
5. **Vishuddha** - Throat, cervical plexus
 - *Communication*
6. **Ajna**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



8

9

Why these locations?

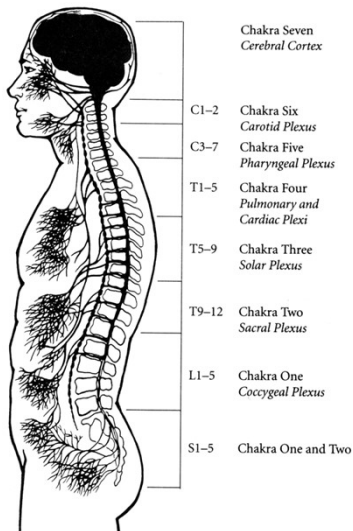


- Imagine a transparency of each body system and placed on top of each other
- Places where the systems intersect for the location of the seven chakras
 - Especially the neuroplexuses of spinal column and endocrine glands are located

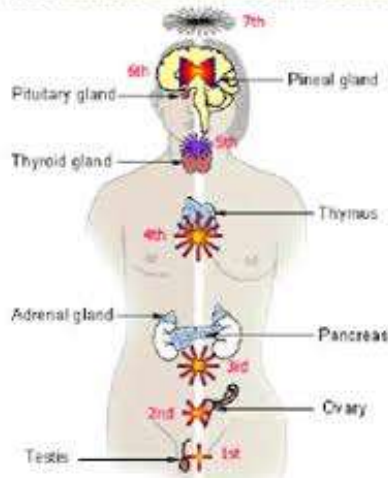
9

10

Neuroplexuses & Endocrine Glands



The 7 Chakras & the Endocrine Glands



10

11

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-IElCo8VEotvDDFyKoOzZogDGw9j?si=r6ZlojAnPgl_3gyn

11

12

Chakra / Roundabout Analogy



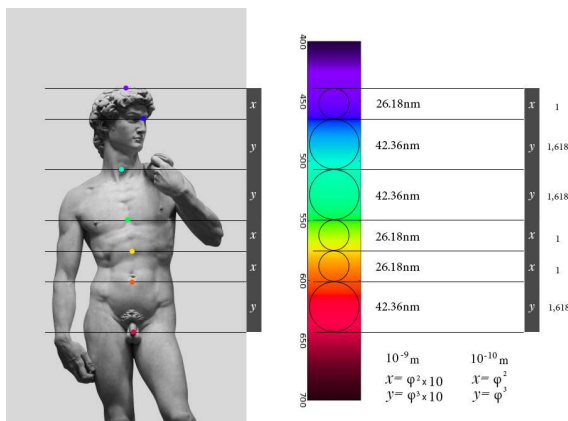
- Your life-force energy or prana is like a car moving along the...
- Highways which are like your nadis, channeling prana throughout the body
- Chakras are like roundabouts where prana is redirected to different parts of the energetic system.

12

13

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>

13

14

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

14

15

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](#)

15


16

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

16

17



17

Mudras and Elements

17

18

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

18

19

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.

19

20

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 imaging 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

20

21

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.

21

22

Five Element Theory



ETHER (Vishuddha chakra)
Spacious, refined, inactive
Governs spaces between atoms, between thoughts



AIR (Anahata chakra)
Dry, light, dispersing, movement
Governs gases in body, thoughts, and neural impulses



FIRE (Manipura chakra)
Heat, transformation, upward movement
Governs metabolism and body temperature



WATER (Svadhishthana chakra)
Liquid, flowing, downward movement
Governs the fluids of body



EARTH (Muladhara chakra)
Solid, heavy, steady, grounding
Governs the solid structures of body



22

23

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.

23

24

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.

24

25

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.

25

26

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 vayus, 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.

26

27

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.

27

28

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.


28



29

30

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.

30

31

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.

31

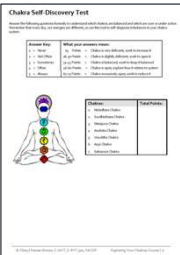
32

Homework on Course Website

<https://www.yogacheryl.com/olli-chakras-2024.html>

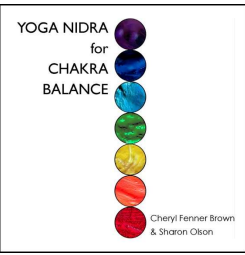
Chakra Self-Discovery Test

- Download and print from the course website
- Fill out before next week



Yoga Nidra for Chakra Balance

- Prop set up video
- Listen to meditation



32

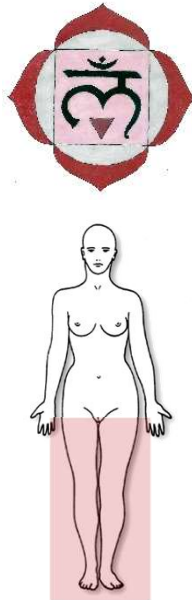


33

34

Qualities of Muladhara Chakra

- Name: Root support
- Color: Red
- Element: Earth
- Location: Perineum
- Body Region: Feet, legs, pelvic floor
- Body Systems: Skeletal, elimination, immune
- Sense: Smell
- Quality: Survival
- Mantra: 'I am'
- Gemstone: Garnet, hematite
- Ages: Birth to age 7; traumas during this time can install recurring fears when this chakra is imbalanced



34

35

Function of Muladhara Chakra















- **Function:** Physical identity, family heritage, need to belong, desire for safety, self-preservation, wealth, and material possessions
- **When Deficient:** Life changes (moving, marriage, divorce, serious illness, death of loved one, retiring) are experienced as a survival crisis, overly worried about other's opinion of you
- **When Excessive:** Hoarding, materialism, greed, sluggishness, obesity, and monotony
- **Fears When Unbalanced:** Physical safety, survival, abandonment, not having enough, losing physical order
- **Reaction to Fears:** Running away, isolation
- **When Balanced:** Stability, grounding, trust, positive body image, financial stability, calm, present, and patient, willingness to slow down and stay in one place
- **Balance Inhibited By:** Not being willing to face what's underneath

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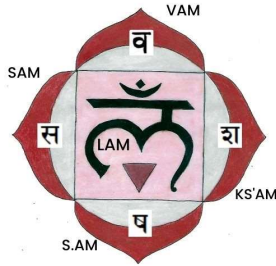
Protocol for Muladhara Chakra

| | | | |
|--|--|---|--|
|  Point/Flex Ankles |  Circle Ankles |  Extend Knee |  Hamstring Stretch |
|  Mountain Pose |  Palm Tree Pose |  Stork Pose |  Tree Pose |
|  Apana Mudra touch tips of middle and ring to thumb |  Prithvi Mudra touch tip of ring to thumb |  Exhale Retention |  Chant LAM |

36

37

Yantra & Mantra for Muladhara Chakra



A circle surrounded by four lotus petals:

- Square represents stability and the four cardinal directions
- Small downward-facing triangle refers to the water element denoting the balance of earth and water in Muladhara chakra

- LAM stimulates the chakra's location in the perineum
 - G₄ (369 Hz)
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Vam, Sam, Sham, Ks'am
- Representing the four forms of longing:
 - Psychological, soul, physical, and longing for spiritual liberation

37

38



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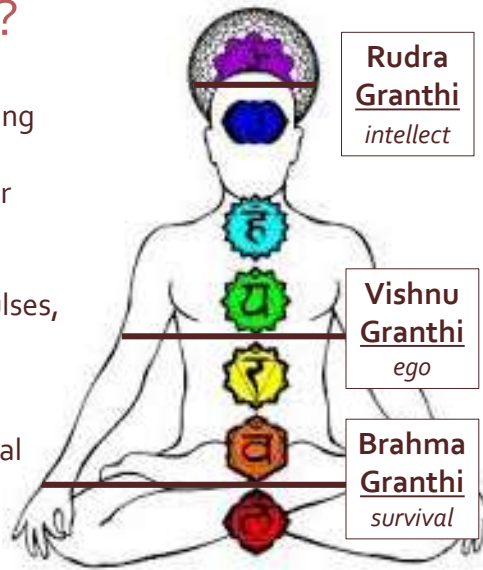
Brahma Granthi

38

39

What are Granthis?

- Granthis are psychic knots preventing prana from flowing through Sushumna Nadi
- They are kept tangled by our unconscious fears and psychological conditioning
- When we act upon our impulses, they reinforce our limited identities and bind us to our limitations
- The Granthis impede spiritual progress and must be overcome to access the higher chakras' lessons

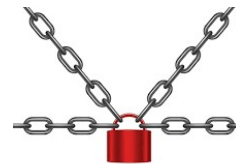


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40

Kleshas: Impediments to Spiritual Progress

1. Avidya - Lack of self-knowledge that is the heart of all suffering
 - Healed through recognizing the illusion of separation (*maya*)
2. Asmita - Misidentification with the ego that keeps the mind bound in suffering
 - Healed through compassionate self-awareness
3. Raga - Attraction, desire
 - Healed through practicing equanimity
4. Dvesha - Aversion
 - Healed through practicing equanimity
5. Abhinidvesha - Fear of death
 - Healed through acceptance of the transient nature of the material world



The Granthis bind the soul, locking us to the kleshas

Yoga Nidra for the Kleshas MP3:

https://www.yogacheryl.com/store/p175/Yoga_Nidra_for_the_Kleshas_%28mp3%29.html

40

41

Qualities of Brahma Granthi

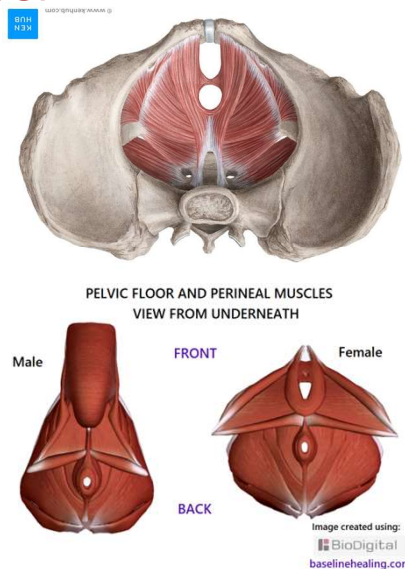
- Location: At the base of the spine in Muladhara Chakra
- Guna: Tamas (inertia)
- Governs: Primal survival instincts, stress response, other physical patterns
- Tendency: Chaos, lethargy, anxiety, apathy, and ignorance
- When Blocked: Fear of death, food and shelter insecurity, ungrounded, attachment to pleasures of the material world
- When Pierced: Release fear, guilt, shame, hopelessness, and selfishness so energy can rise into Svadhithana, and Manipura Anahata chakras

41

42

Muscles of Pelvic Floor

- The pelvic floor for men and women have similar muscles that support the abdominal organs, and the weight of everything above the pelvic floor in the torso
- Chronic tension or laxity in these muscles causes a host of symptoms including incontinence, constipation, pelvic pain, and more



42

43










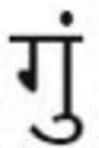
Diaphragm & Pelvic Floor

- The movement of the diaphragm is mirrored in the pelvic floor

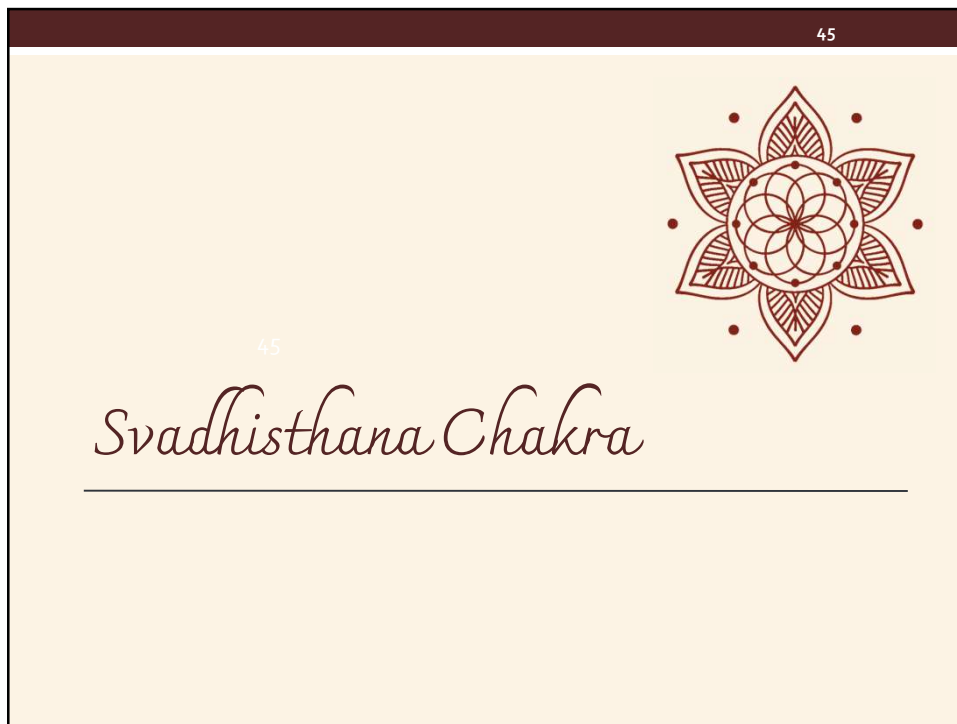
43

44

Brahma Granthi Protocol

| | | | |
|---|--|---|--|
|  Knees to Chest |  Knees Wide |  Knee Circles |  Pelvic Tilt/Tuck |
|  Bound Angle |  Belly Breath |  Pelvic Floor Breath |  Mulabandha |
|  Kalesvara Mudra thumb and middle pads together, backs of other fingers together curl in (releases shame) |  Mahajana Mudra index to thumbs, right hand at heart, left hand on lap (releases attachment) |  Adhi Mudra hold thumbs inside soft fists (reduces anxiety) |  Chant GUM |


44



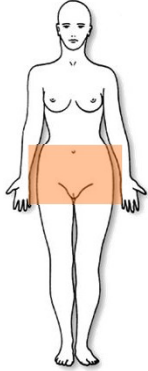
45

46

Qualities of Svadhithana Chakra



- Name: Sweetness
- Color: Orange
- Element: Water
- Location: Lower abdomen
- Body Region: Pelvis, lower back
- Body Systems: Reproduction, elimination
- Sense: Taste
- Quality: Intimacy
- Mantra: 'I feel'
- Gemstone: Carnelian
- Ages: 8-14 years old



46

47

Function of Svadhishthana Chakra



- Function: Intimate relationships, gender identity, sexuality, emotional identity, imagination, creativity
- When Deficient: Resistance to change, out of touch with feelings, fear of pleasure, or reproductive problems
- When Excessive: Overly emotional behavior, poor boundaries, co-dependence, emotional drama, the constant need for stimulation, hoarding, all addictions
- Fears When Unbalanced: Fear of not having enough, fear of betrayal
- Reaction to Fears: Obsessive thoughts
- When Balanced: Go with the flow and release resistance to life's changes, healthy intimacy, sexuality without guilt, and acceptance of what is and what you already have.
- Balance Inhibited By: Guilt

47

48

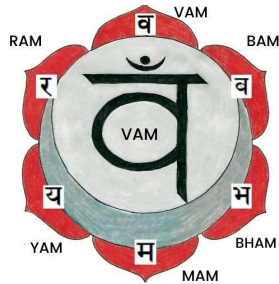
Protocol for Svadhishthana Chakra

| | | | |
|--|---|---|---|
| <p>Floor Flow</p> | | | <p>Windshield Wipers</p> |
| <p>Circular Cat/Cow</p> | <p>Bridge Hip Extension</p> | <p>Reclined Twist</p> | <p>Reclining Bound Angle & Belly Breath</p> |
| <p>Jala Mudra thumb and pinkies together, palms up on lap <i>(promotes healthy intimacy, reduces co-dependency)</i></p> | <p>Varuna Mudra R thumb holds down pinkie, R hand in L palm, L thumb over R thumb <i>(activates water)</i></p> | <p>Maha Sacral Mudra thumbs to pinkie pads, hands join at thumb/pinkie and ring fingers <i>(reduces anxiety)</i></p> | <p>Chant VAM</p> |

48

49

Yantra & Mantra for Svadhisthana Chakra



A circle surrounded by six lotus petals:

- Silver crescent moon facing upwards represents the water element, the emotions, and the unconscious mind.

- VAM stimulates the chakra's location in the lower abdomen
 - G#4 (417 Hz)
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Vam, Bam, Bham, Mam, Yam, and Ram
- Representing the emotions that must be overcome to purify Svadhishthana:
 - Wrath, hate, jealousy, cruelty, lust, and pride

49

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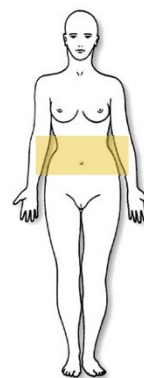
Manipura Chakra

50

51

Qualities of Manipura Chakra













- Name: City of jewels
- Color: Yellow
- Element: Fire
- Location: Solar plexus
- Body Region: Upper abdomen, middle back
- Body Systems: Digestion
- Sense: Sight
- Quality: Will power
- Mantra: 'I do'
- Gemstone: Citrine, topaz, tigers eye
- Ages: 14-21 years old



51

52

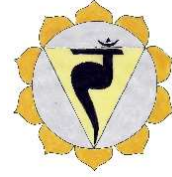
Protocol for Manipura Chakra

| | | | |
|---|--|---|---|
|  |  |  |  |
| Standing Side Bend | Wide-Leg Forward Bend | Wide-Leg Twist | Chair Pose |
|  |  |  |  |
| Warrior II | Chair Triangle | Seated Cross-leg Twist | Seated Forward Fold |
|  |  |  |  |
| Breathe In Strap | Medha Prana Kriya Mudra index tips to second joint of thumbs, palms up on lap (breath in middle lungs) | Surya Mudra tip of ring into base of thumb, extend others, palms up on lap (will power) | Chant RAM |

52

53

Function of Manipura Chakra

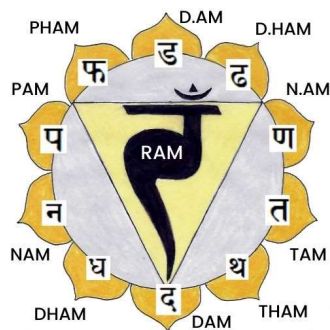


- Function: Identity, self-image, ego, will-power, transformation, courage, practical intelligence
- When Deficient: Low self-esteem, self-doubt, negative self-talk, feeling victimized, digestive problems, eating disorders
- When Excessive: Perfectionism, blaming, anger, domination, desire for personal power, righteous indignation, territorial, jealous, paranoid
- Fears When Unbalanced: Fear of evolution or success; fear of what other people think of you
- Reaction to Fears: Self-sabotage
- When Balanced: Balanced self-esteem, sense of purpose and direction, living your truth and values, understanding what you can control and what you need to let go of, accepting responsibility, balanced power dynamics, compassionate leadership, can take risks but also set limits, vitality, healthy metabolism
- Balance Inhibited By: Shame

53

54

Yantra & Mantra for Manipura Chakra

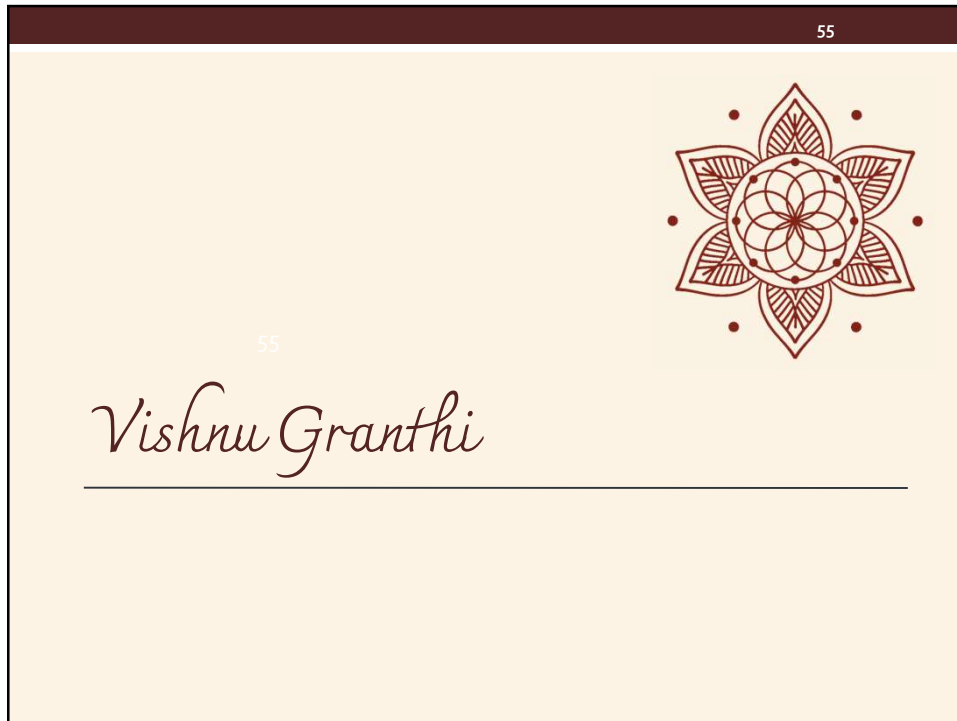


A circle surrounded by ten lotus petals

- Downward-pointed triangle represents the fire element

- RAM stimulates the chakra's location in the solar plexus
 - C5 or 528Hz
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Dam, Dham, Nam, Tam, Tham, Dam, Dham, N.am, Pam, and Pham
- Representing the qualities that must be overcome to purify Manipura:
 - Ignorance, thirst, jealousy, treachery, shame, fear, disgust, delusion, foolishness, and sadness.

54



55

56

Qualities of Vishnu Granthi

- Location: Between Svadhisthana & Anahata Chakras (both connected to emotions and attachment)
- Guna: Rajas (action)
- Governs: Emotional patterns, individuality
- Tendency: Individuality, ego, passion, pride, power, possessions, fear of being ignored or losing prestige
- When Blocked: Mind remains attached to accomplishments and ambitions, desire to preserve traditions, dichotomy of benevolent self-righteousness
- When Pierced: Show vulnerability, challenge the status quo, release self-serving behavior so energy can rise to Anahata, Vishuddha, and Ajna chakras

56

57

Uddiyana Bandha



CONTRAINDICATIONS:













Pregnancy, hernia, high blood pressure, heart disease, recent abdominal surgery

- "Flying Upward" improves digestion, prevents constipation, increases circulation, and directs prana into the upper torso and higher chakras.
- Sit or stand with feet wide, lean forward, hands on knees
- Inhale into the belly, then exhale completely and contract the core.
- Expand your ribcage (mock inhale) without inhaling; the negative pressure in the lungs draws the abdomen inward and upward.
- Keep your head, neck, and shoulders relaxed while you hold your breath out.
- Relax your abdominal muscles and slowly inhale, allowing your abdomen to expand naturally.
- Stand up straight and take a few normal breaths before repeating 3-5 times.

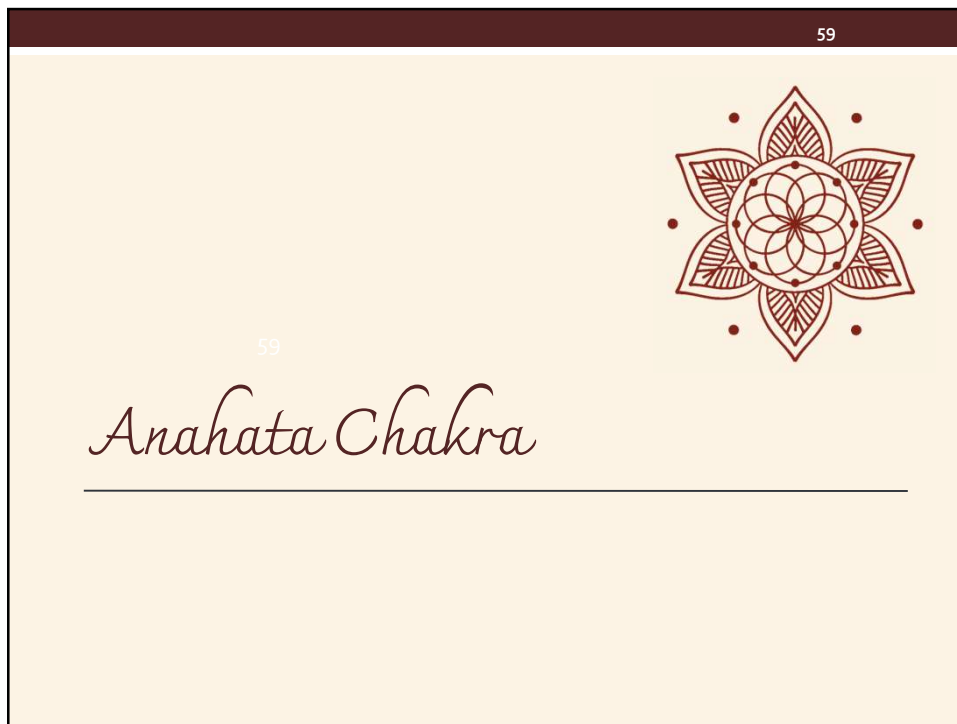
57

58

Protocol for Vishnu Granthi

| | | | |
|---|--|--|---|
|  Windshield Wipers |  Dead Bug |  Alternate Dead Bug |  Half Forward Bend |
|  Down Dog on Chair |  Chair Pose |  Seated Lateral Bend |  Cross Leg Twist |
|  Uddiyana Bandha Exhale fully, abdomen in and up; hold breath out |  Kali Mudra Interlace hands, extend index fingers together, cross thumbs (<i>overcoming ego</i>) |  Vajra Mudra curl ring & pinkie into palm, join middle tips, bring index to thumb pads and join (<i>empowerment</i>) |  Chant Krim |

58

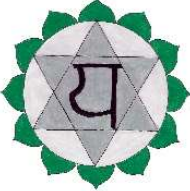



59

60

Qualities of Anahata Chakra

- Name: Unstruck
- Color: Green
- Element: Air
- Body Region: Chest, shoulders, arms, hands
- Location: Heart
- Body Systems: Respiratory, circulatory
- Sense: Touch
- Quality: Love
- Mantra: 'I love'
- Gemstone: Jade, malachite, aventurine
- Ages: 21-28 years old

60

61

Function of Anahata Chakra















- **Function:** Social identity, relationship to community, self-acceptance, compassion, gratitude, empathy, joy
- **When Deficient:** Closed posture with head forward and shoulders rounded (leading with head and not with heart), breathing disorders, asthma, shyness, loneliness, inability to forgive, lack of empathy
- **When Excessive:** Heart disease, high blood pressure, co-dependency, clinginess, jealousy, possessiveness
- **Fears When Unbalanced:** Loneliness, commitment issues, afraid to follow your heart
- **Reaction to Fears:** Isolation, holding yourself back
- **When Balanced:** Compassion, feeling confident in love and in your ability to love, creativity, inspiration
- **Balance Inhibited By:** Grief, heartache, betrayal

61

62

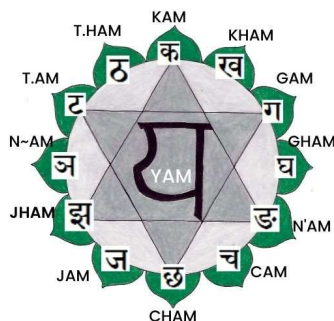
Anahata Chakra Protocol

| | | | |
|--|---|---|---|
|  |  |  |  |
| Shoulder Rolls Backward | Lateral Bend | Chest Stretch | Hug Shoulders |
|  |  |  |  |
| Bridge on Block | Hold Opposite Elbows | Reclining Heart Opener | Fountain Breath |
|  |  |  |  |
| Kapota Mudra Bring palms together, then separate center of hand at the base of the fingers (depression, compassion) | Padma Mudra Bring palms together and separate index, middle, and ring fingers (openness, loneliness) | Hridaya Mudra Rest hands on heart center, right over left (eases emotional processing) | Chant HAM |

62

63

Yantra & Mantra for Anahata Chakra



A circle surrounded by twelve lotus petals

- Intersecting triangles represent Anahata's central placement
- Integrating material world of lower three chakras and spirit world of upper three

- YAM stimulates the chakra's location in the heart
 - **D#5** 639 Hz
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Kam, Kham, Gam, Gham, N'am, Cam, Cham, Jam, Jham, Nyam, T.am, and T.ham
- Representing the qualities to be overcome to receive Anahata's gifts
 - Peace, bliss, love, harmony, empathy, understanding, purity, clarity, compassion, unity, forgiveness, and kindness.

63

64



64

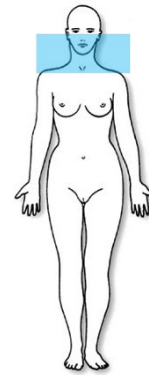
Vishuddha Chakra

64

65

Qualities of Vishuddha Chakra

- Name: Purification
- Color: Blue
- Element: Space
- Location: Throat
- Body Region: Mouth, throat, neck, ears
- Body Systems: Endocrine, detoxification
- Sense: Hearing
- Quality: Expression, communication
- Mantra: 'I speak'
- Gemstone: Amazonite
- Ages: 28-35 years old



65

66

Qualities of Vishuddha Chakra

- Function: Self-expression
- When Deficient: Talking quietly, mumbling, biting the tongue, not being heard, TMJ issues, neck & shoulder tension, under active thyroid
- When Excessive: Excessive talking, stuttering, losing the voice, inability to listen, hearing problems, overactive thyroid, feeling overextended
- Fears When Unbalanced: Fear of speaking up or of defending yourself
- Reaction to Fears: Negative self-talk
- When Balanced: Melodious voice, creativity, artistic inspiration, serenity, ability to interpret sacred writings, understanding dreams
- Balance Inhibited By: Lies, an inability to speak your truth



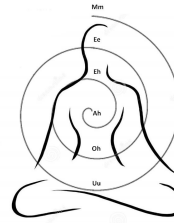
66

67

Simple Sound Practices

VOWEL SPIRAL

Sounding the vowels and feeling vibrations in different parts of the body.



CHANTING

Using your voice to create sounds that in turn create vibrations in the body and mind.

JAPA MALA w/ MANTRA

Speaking or thinking a statement to create an anchor for the mind. Use prayer beads/mala to count.



67

68

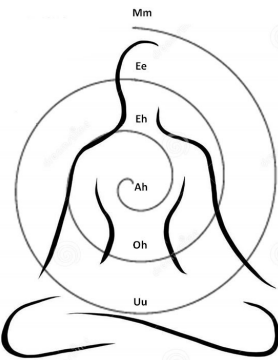
Vowel Spiral

- The Vowel Spiral is a sound practice that uses vowel sounds (plus a humming sound) to move vibration around into different areas of the torso.
- It is used for both relaxation and as an awareness building exercise.
- Rather than chanting loudly, reserve some of the energy for yourself by directing it inwards to create a stronger sensation of vibration.
- A slow and smooth exhale creates a smooth tone and builds control over the diaphragm and breath.
- This is an excellent practice to do alone when you are feeling stressed or hurried, before bed, or before other meditation or yoga practices to help you center and ground.

68

69

Vowel Spiral






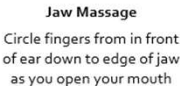








- Begin seated. Take a few breaths into the lower belly and exhale naturally through the nose
- Chant at natural speaking pitch, can also place hand over the areas of the body where the vibration is strongest
- Each vowel resonates within your body at different levels bringing awareness and relaxation
 - AHH at the Heart
 - AAA at the Throat
 - OOO at the Belly (lips very round)
 - EEE in the Head (smile wide with the mouth)
 - UUU at the Tailbone
 - MMM at the Crown
 - Repeat AHH at the Heart

69

70

Vishuddha Chakra Protocol

| | | | |
|--|--|--|---|
|  Head Side/Side |  Head Up/Down |  Head Tilt Lift opposite ear up, DON'T pull head down! |  Shoulder Rolls |
|  Shoulder Shimmy |  Jaw Massage Circle fingers from in front of ear down to edge of jaw as you open your mouth |  Ujjayi Breath Soft glottal contraction SO HAM Mantra (I am) |  Vishuddha Mudra Press thumb into lowest joint of ring finger, palms up (releases unspoken words) |
|  Lion's Breath |  Kaki Breath Inhale thru pursed lips, exhale thru nose |  Vowel Spiral |  Chant HAM |

70

71

Vishuddha Yantra & Mantra

- HAM stimulates the chakra's location in the throat
 - F#4 or 741 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
 - Am, Amm, Lm, Llm, Um, Uum, Rm, Rrm, Lm, Llm, Em, Alm, Om, Aum, Aam, and Ahm
- These vowels are easy to pronounce, representing easy communication

A circle surrounded by sixteen lotus petals

- Circle inside a downward-pointed triangle represents the space element

71

72

Ajna Chakra

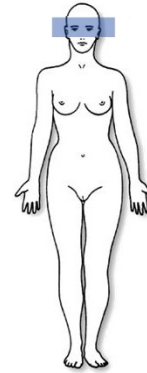
72

73

Qualities of Ajna Chakra



- Name: Center of command
- Color: Indigo
- Element: Thought or Light
- Location: Space between eyebrows
- Body Region: Eyes, corpus callosum, pineal gland
- Body Systems: Astral body
- Sense: Sight (external and internal)
- Quality: Mindfulness, intuition
- Mantra: 'I see'
- Gemstone: Lapis lazuli
- Ages: 36-42 years old



73

74

Qualities of Ajna Chakra

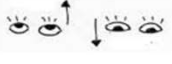













- Function: Archetypal identity, spiritual insight, higher consciousness, Intuition, self-reflection, clairvoyance, visualization
- When Deficient: Poor memory, eye problems, hormonal imbalance, Lack of clarity or focus, faulty perception, difficulty recognizing patterns, difficulty concentrating, inability to see what is in front of you, inability to visualize well, holding on to old thought patterns, not trusting your intuition
- When Excessive: Headaches, nightmares, hallucinations, delusions, spiritual arrogance, unhealthy pride
- Fears When Unbalanced: Fear acknowledging the truth, fearing our shadow side, fear of the future
- Reaction to Fears: Unwillingness to look within
- When Balanced: Mental insight, clairvoyance, telepathy, intuition, psychic perception, accurate interpretation, imagination, seeing the 'big picture', imagination and creativity, deep self-awareness, visualizing the life you want, being open to guidance from the other chakras
- Balance Inhibited By: Cynicism, closed-mindedness

74


75


Ajna Chakra Protocol

| | | | |
|--|---|---|--|
|  Eyes Up/Down |  Eyes Side to Side |  Eye Rainbow |  Eye Pendulum |
|  Eye Circles |  Chant AUM |  Warm Hands Over Eyes |  Jnana Mudra Press tips of index and thumb together, palms up <i>(improves intuition)</i> |
|  Chin Mudra Press tips of index and thumb together, palms down <i>(grounds overactive mind)</i> |  Alternate Nostril Breath Inhale-L, Exhale-R, Inhale-R, Exhale-L |  Japa Mala |  Chant AUM |

75

Nadi Shodhana





Alternate Nostril Breath

PSYCHIC: Use your imagination to **Inhale LEFT, Exhale RIGHT, Inhale RIGHT, Exhale LEFT**; best done reclining and more subtle than digital

DIGITAL: Close the nostrils to **Inhale LEFT, Exhale RIGHT, Inhale RIGHT, Exhale LEFT**; best done seated; stronger effect

Imagine cooling silver-blue moonlight and golden sunlight balanced in the body.

“I am balanced”

- **Physical Benefits:** Purifies Ida and Pingala nadis, balances the sympathetic and parasympathetic nervous systems, promotes immunity
- **Emotional:** Stabilizes mood
- **Mental:** Increases communication between the right and left hemispheres of the brain
- **Practice Tips:** May add retentions and/or vent open nostril.

76

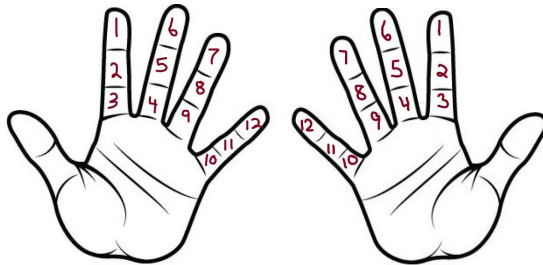
Using a Mala



- A *mala* is a set of 108 prayer beads that are used to count the recitation of a *mantra* or sound.
- Chanting a mantra with a mala is called *japa mala*.
- Hold the mala over your middle finger, the index finger represents the ego and has no place in this meditative practice.
- The large tasseled bead, called the “guru” bead should face the heart.
- Using the thumb, pull the beads towards the heart starting with the bead beside the guru bead.
- For each recitation of your mantra, count off another bead until you reach the guru bead again.

77

Mala Finger Counting



If you do not have access to a mala, you may use your fingers in order to count to 108.

- You will count to twelve on your dominant hand using your thumb as the counting finger.
- With the other hand you will keep track of the sets of twelve in the same pattern.
- Once nine sets of twelve have been counted, you will have reached 108

78

Why 108?

- 108 represents wholeness in Hindu mythology
- Celestial Measurements
 - The distance between the earth and the sun is approximately 108 times the sun's diameter.
 - The diameter of the sun is about 108 times the earth's diameter.
 - And the distance between the earth and the moon is 108 times the moon's diameter.
- Tantra estimates the average number of breaths per day at 21,600, of which 10,800 are solar energy, and 10,800 are lunar energy (15 times per minute, 900 times per hour).
 - The maximum number of times we could chant japa mala is 10,800. Divide that by 100 and you have the 108 beads on the mala which produces 100% benefit.
 - If one is able to be so calm in meditation as to have only 108 breaths in a day, enlightenment will come.

79

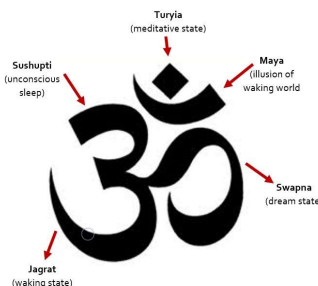
Why 108?

- Hindu deities have 108 names, and India is said to have 108 sacred sites, there are also 108 Upanishads, and 108 types of meditation
- There are 108 energy lines, or *nadis*, converging to form the heart chakra and 108 marma points in the body.
- 108 is a Harshad number, which is an integer divisible by the sum of its digits (Harshad means "great joy")
- There are said to be 108 earthly desires in mortals, 108 lies that humans tell, 108 human delusions, and 108 feelings
- There are 54 letters in the Sanskrit alphabet. Each has masculine and feminine, Shiva and shakti.

https://www.stephen-knapp.com/108_the_significance_of_the_number.htm

80

The Symbol Aum/Om



- The **lower curve of the Sanskrit letter A** symbolizes the waking state, or *jagrat*, which is experienced through the senses.
- The **upper curve of the A** symbolizes unconscious sleep, or *sushupti*, where desires are not present.
- The **middle curve of the A** which lies to the right symbolizes the dream state, or *swapna*, where consciousness turns towards the ethereal visions and impressions of the sleeping mind.
- The **dot at the top, or M**, symbolizes the meditative state or quiet pause, the *turiya*, where consciousness turns away from all sense perceptions and imagination and experiences pure blissful peace and connection with universal consciousness.
- The **curve under the dot, or U**, symbolizes the illusion of the world, or *maya* that catches us in its seductive net and prevents us from experiencing the blissful state of union with universal consciousness.

81

Meaning of Aum

- According to Hinduism, Brahman first created primal sound from which the material world manifested. This sound was aum, the cosmic vibration that is the mantra of all mantras, or mother sound. This vibration holds the atoms of the universe in resonance and can still be heard reverberating in deep space.
- The Latin word *omne* and the Sanskrit word *aum* are both derived from the same root meaning 'all,' and both words convey the concepts of omniscience, omnipresence, and omnipotence.
 - 'Amen' comes from *omne*
- Each letter arises from a specific location in the mouth and represents the act of manifestation
- Aum represents reality coming into being as it is vocalized

<https://health.usnews.com/health-news/blogs/eat-run/2013/10/02/your-brain-on-om-the-science-of-mantra>

82

Chanting Aum



- **A** (ā, as in "car") is the first letter of the Sanskrit alphabet and is formed at the back of the mouth.
 - It is expressive and usually lasts just a moment as the sound is begun.
 - Feels expansive when chanted, represents the awake conscious mind
- **U** (ō, as in "soup") is created as the sound continues through the center of the mouth as the lips begin to close
 - Narrows and funnels consciousness into the subtle dream state
- **M** is pronounced by closing the lips, vibrating the skull (anuswara)
 - "it makes the cranium vibrate in a kind of undifferentiated and ubiquitous earthquake over the convolutions or valleys in the cerebral cortex, approximating the deep dreamless sleep state of consciousness" Gabriel Axel
- **Turyia** is the silence after the sound when you breathe in.
 - Just as important as the aum itself and is where the benefit of the chant is absorbed.

83

Which Pitch?

- When you chant by yourself, you can choose a note or tone that is comfortable to chant with:
 - Higher notes resonate more in the head
 - Lower notes resonate more in the pelvis and lower body
 - Your speaking pitch is also called the "heart pitch" and is best for all-purpose chanting.
 - For women, this tends to be in the A-G range
 - For men, this tends to be in the C-E range

84

85

Yantra & Mantra for Ajna Chakra



A circle surrounded by two lotus petals

- The downward-pointed triangle represents this chakra's ability to channel energy downwards
- The wide upper edge represents the mind opening toward pure consciousness

- OM stimulates the chakra's location at the third eye
 - G#5 or 852 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
 - Ham and Ksam
- They represent the Ida and Pingala nadis that join here, sun/moon, and all other dualities

85

86



86

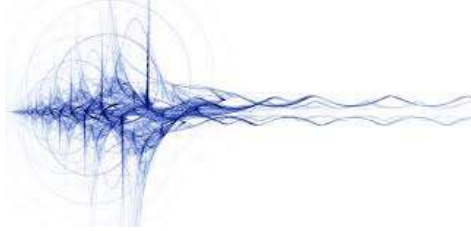
Mantra and Chant

86

87

The Power of Vibration

- Every part of our bodies, thoughts, emotions, moods, words, cells, and organs are alive with vibration
- The atoms that make up our cells are constantly vibrating
 - HARMONY = HEALTH
 - DISSONANCE = DIS-EASE
- We are constantly surrounded by sound; the words we speak, the voices we hear, the music we listen to, the ambient noises around us all create vibration
- This vibration is not only HEARD but also FELT and ABSORBED into our bodies at physical and subtle levels
- Our nervous system is constantly processing these vibrations and they can have a major impact on our health and our mood



87

88

Noise Stress

- The following conditions from too intense or too prolonged noise exposure:
 - Delayed cognitive development
 - PTSD triggers
 - Sleep disturbance
 - Lower threshold for noise tolerance
 - Rapid heartrate and high blood pressure
 - Immune dysfunction
 - Anxiety
 - Increased cortisol production
 - Elevated adrenaline

What is your daily noise landscape like?

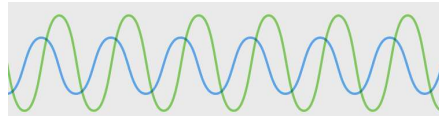


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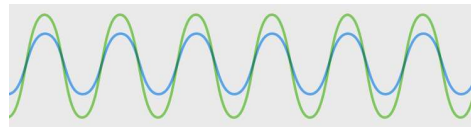
Harmony or Dissonance?

- Chanting (and singing) creates an immediate shift in the atoms that make up our cells



We go from resonating in
DISSONANCE

To resonating in
harmony



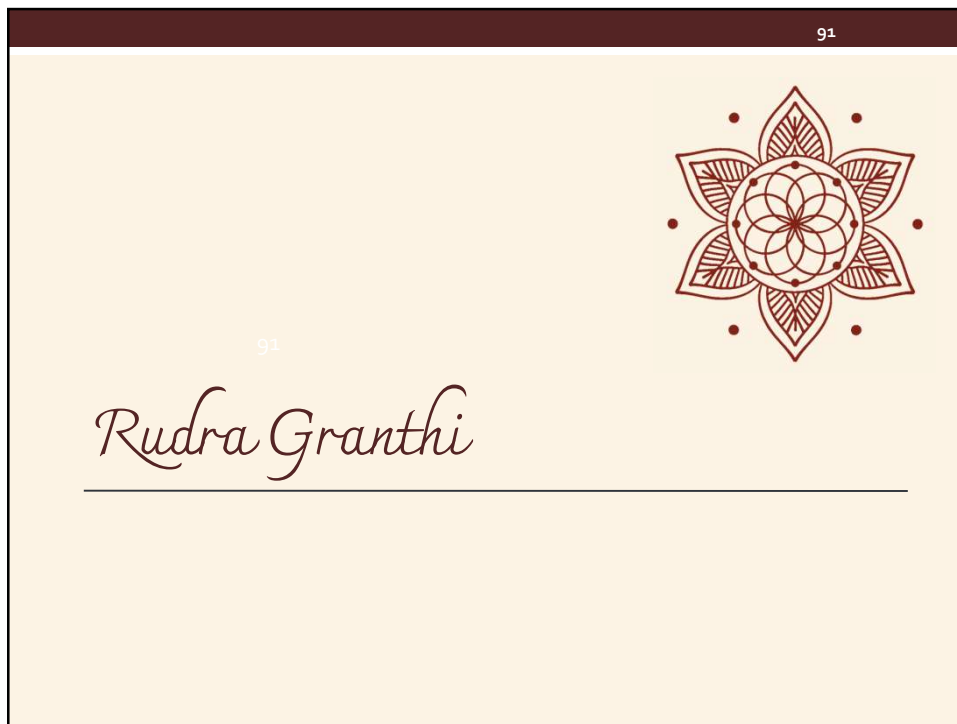
89

90

Vowels, Consonants, and Tones

- Both the consonants and vowels of what you chant affect where and how you feel the vibrations
 - Consonants "place" the vibration in the energy center (chakra bijas)
 - Vowels hold and resonate the vibration there
- When you chant, you want to use a pitch closest to your speaking pitch (Heart Pitch)
 - Open your mouth and say AAAHHH, that is your Heart Pitch
- Or you can chant at specific notes to resonate different areas of the body.
 - Higher notes are felt more in the head while lower notes are felt more in the lower torso, legs and feet.

90



91

92

Qualities of Rudra Granthi

- Location: Ajna Chakra where Ida, Pingala, and Sushumna Nadi merge
- Guna: Sattva (balance)
- Governs: Beliefs, mental patterns
- Tendency: Prejudices, opinions, spiritual egoism, religiocentrism, proselytism
- When Blocked: Intellect not capable of differentiating between self-knowledge and intellectual gifts; leads to prejudice and intellectual pride. Often tangled by heart-centered service when praise is expected, or there is the belief of superiority over those served.
- When Pierced: Ego-lessness, overcoming the individual 'self and merging with the universal 'S'elf, enhanced harmony and positivity, omnism (all religions have a kernel of truth)

92

93

Location of Rudra Granthi

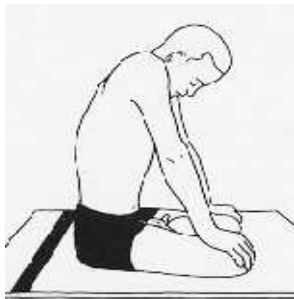
- As Ida and Pingala nadis spiral up from Muladhara Chakra in the pelvic floor toward the crown, they cross at each chakra keeping them spinning in opposite directions.
- At Ajna Chakra, they merge and only Sushumna nadi continues upward to Sahasrara Chakra.



93

94

Jalandhara Bandha



CONTRAINDICATIONS:







Cervical spondylosis, high intracranial pressure, vertigo, high blood pressure, heart disease, breathing problems

- "Chin Lock" or "Upward Pulling Net" compresses sinuses and arteries of the neck to balance thyroid and regulate metabolism, contains prana within the torso, calms the mind, and lifts the veil of 'otherness' to enable us to experience cosmic oneness.
- Sit on floor or chair with hands on knees.
- Inhale and hold breath as you slightly lift chest and collarbones supporting with extended arms; also draw chin down and back.
- To release, exhale while lifting chin and relaxing arms and shoulders.
- Take a few normal breaths before repeating 3-5 times.

94


95

Protocol for Rudra Granthi

| | | |
|--|---|---|
|  <p>Jalandhara Bandha Inhale and hold breath as you slightly lift chest and collarbones supporting with extended arms; also draw chin down and back.</p> |  <p>Kechari Mudra Roll tip of tongue back against the uvula, don't strain! <i>(directs prana into Sushumna)</i></p> |  <p>Shambhavi Mudra Holding Jnana Mudra, look upward toward Ajna Chakra <i>(enhances intuition)</i></p> |
|  <p>Ujjayi Breath Soft glottal contraction</p> |  <p>Alternate Nostril Breath Inhale-L, Exhale-R, Inhale-R, Exhale-L</p> |  <p>Japa Mala</p> |

95

96



96

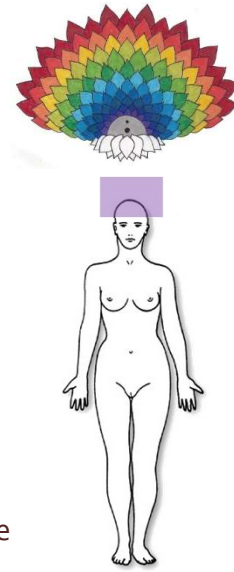
Sahasrara Chakra

96

97

Qualities of Sahasrara Chakra

- Name: Thousand-fold
- Color: Purple
- Element: Consciousness
- Location: Crown of head
- Parts Affected: Brain
- Body Systems: Consciousness
- Sense: Intuition, witness
- Quality: Connection, higher understanding
- Mantra: 'I understand'
- Gemstone: Amethyst
- Ages: Any age; these issues typically only arise once the lower chakras are balanced



97

98

Qualities of Sahasrara Chakra





- Function: Universal identity, divine consciousness
- When Deficient: Mental fog, depression, dullness, confusion, difficulty thinking for yourself, spiritual skepticism, religious rigidity, ungrounded
- When Excessive: Lack of focus on the material world/body, being overly intellectual, feeling that you are part of an intellectual elite, spiritual addiction
- Fears When Unbalanced: Fear of self-dissolution, fear of spirituality
- Reaction to Fears: Being judgmental, overthinking and over-analysis of everyday situations, blaming others for your crises, not seeing your part in things
- When Balanced: Detachment from illusion, continuity of consciousness, union with the divine wisdom, knowledge
- Balance Inhibited By: Attachment to the details obscures the big picture and hinders our relationship with the divine



98

99

Protocol for Sahasrara Chakra

| | | |
|---|---|--|
|  <p>Ananta Mudra Bring heels of hands together with fingers spread, slightly pinch thumb and pinkie fingers together without touching <i>(cultivates integration and bliss)</i></p> |  <p>Citta Mudra With palms together, bring index pads to tips of side-by-side thumbs, also touch index tips together, point away from body <i>(releases limiting belief patterns)</i></p> |  <p>Sahasrara Chakra Mudra Touch thumb tips and edges of index fingers creating a triangle shape, hold above the crown of your head <i>(enhances sense of connection)</i></p> |
|  <p>Dharma Chakra Mudra Jnana Mudra with right palm facing out, index/thumb tips touching tip of left middle finger <i>(balances all chakras)</i></p> |  <p>Kapalabhati Breath Breathe quickly through the nose, contracting belly while exhaling, relaxing while inhaling</p> |  <p>Silent Meditation</p> |

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Yantra & Mantra for Sahasrara Chakra



A circle surrounded by a thousand lotus petals

- The downward-pointed triangle represents this chakra's ability to channel energy downwards
- The wide upper edge represents the mind opening toward pure consciousness

- OM stimulates the chakra's location at the third eye
 - B5, or 963 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
 - Ham and Ksam
- They represent the Ida and Pingala nadis that join here, sun/moon, and all other dualities

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