



Sahasrara chakra



Ajna chakra



Vishuddha chakra



Anahata chakra



Manipura chakra



Swadhisthana chakra



Muladhara chakra

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“We have been all wrong! What we have called matter is energy, whose vibration has been lowered as to be perceptible to the senses.” Albert Einstein

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WHAT IS A CHAKRA?

Chakras can be visualized as “swirling wheels of energy” where matter and consciousness meet.

The Sanskrit word “**Chakra**” means wheel or disk. In yoga, meditation, and Ayurveda, they use this term because it simulates wheels that spread energy throughout your whole body. Chakra centers are literally “spinning energy distribution centers.”

There are seven main chakras located along the spine that start at the base of the spine up through to the crown of the head. These chakra centers also extend out from the spine to the front and back of the body.

Each chakra has a specific number of qualities and each quality corresponds to the refinement of energy.

The first chakra, the root chakra is said to be associated with self-identity and the crown of your head is associated with the spirit level of your being. There are five other levels in between the first chakra and the seventh major chakra.

These swirling energy centers are represented by a spectrum of colors like you find in a prism. ***When you study your chakras you are learning how to master the essence of each one and unite them into a unified field of brilliance.***

This brings you to the highest level of re-uniting all of your disjoined/disjointed parts ***into a radiant light of full self-awareness.*** You literally become a “*laser beam of WHITE LIGHT*” energy rather than a fragmented frequency of 7 colors.

There are three energy shafts where the chakras meet. These energy shafts run up each side of the spine and are referred to as the Shushumna. There are also two lesser channels of energy which run parallel to the spinal cord known as Pingala (right side) and Ida (left side).

Prana is an invisible energy in our bodies and all around us. It is what keeps us vibrant, healthy, and alive. Chakras collect prana, transform it and pass it on to us in the form of energy.

Your material body can't exist without the chakras because they serve as gateways for the flow of life/energy into our physical bodies where the chakras then distribute it.

Every chakra correlates and is responsible for certain parts of your body and to certain organs providing the energy that a specific organ needs to function. Each chakra also correlates to specific human behavior and development.

In other words, chakras are the energy centers, the batteries that run your spiritual, mental, emotional, and physical bodies. All of them take energy to run and the chakras provide that energy.

It's pretty easy to understand why our chakras need to be kept healthy and balanced. And the best thing about the design of our chakras is that they never need replacing; they are rechargeable!

Each person's chakras differ in size and activity; they are uniquely individual. *The levels of awareness each person has, and their ability to integrate the characteristics of each chakra into their life, will determine the energy and health of all their bodies.*

The lower third chakras vibrate at a low frequency so they are denser and associated with fundamental *emotions and needs*. The upper third chakras are associated with the higher *mental and spiritual worlds*.

Yes, basically you are a frequency band.

Living consciously, and monitoring how you acquire and spend energy is the way to achieve health and balance in your life force. When you become aware and conscious of your own energy system, ***you are empowered to maintain balance and harmony at the physical, emotional, mental, and spiritual levels.***

There is really no puzzle about it - if your chakras are responsive, allowing for the openness and flow of energy, your state of health and balance in all your bodies is also.

You can use tools to balance your chakra energy centers, allowing purification of the lower energies and guiding them upwards using tools like meditation and yoga,.

All of your denser lower energies centers need to harmonize with your upper energy centers where the lighter energies reside.

In other words, to incorporate a heartfelt spiritual focus, which encompasses all areas of your being, your survival and base tendencies need to be raised.

Picture it like this: the heart is the center of your being and all chakras integrate into the heart. (i.e. the 7th chakra with the 1st chakra, the 6th chakra with the 2nd chakra and the 5th chakra with the 3rd chakra). This means that each of the lower-level chakras corresponds to an upper-level chakra.

Your energetic balance is created by and an integral function of each center.

By studying and putting into practice everything you learn about the energetic and physical aspects of the chakras, you create emotional stability, mental and physical health and spiritual bliss.

THE IMPORTANCE OF THE 7 MAIN CHAKRAS IN THE BODY

Chakras are massive, swirling nerve centers in the body.

Every chakra (seven in total) contains:

- Nerves
- Major organs
- Emotional state of being
- Psychological/Mental state of being
- Spiritual states of being

Not only does each of the seven main chakras contain bundles of nerves and major organs, they are also responsible for our psychological, emotional, and spiritual states of being.

Since chakras are constantly swirling and moving and need to stay fluid and aligned - it is essential that the chakras stay open and do not become blocked. Have you ever been witness to your sewer pipes being clogged and the water backs up into the house (usually in a bathtub or shower)? That means there is blockage somewhere in the pipes.

The same holds true for your body. *The chakras can get backed up and you end up feeling clogged which does not let the energy flow just like a clogged drainpipe acts.*

Chakras interact with the physical even though they are not physical. Chakras are not emotional or mental but also interact with these two aspects. They reflect your emotions, feelings and thoughts and can be open or closed or spinning fast or slow.

*If you want to attain an ascending level of consciousness, you need all of the chakras working together in harmony. **Any disharmony taking place in any of the chakras will cause blockage to higher levels of thought and healing.***

*To discover if you have blockage in any of the chakras, take a look at your thoughts (root out the negative ones) and see if any of them are manifesting any physical or mental ailments or dysfunction. **As the old saying goes, “you are what you think.”***

This is an extremely true statement in that both harmony and disharmony in the chakras manifest in *all your bodies*.

Each chakra is identified by and vibrates to a different frequency. ***Anything and everything such as sounds, attitudes, essence oils, foods and colors vibrate to the energy of a corresponding chakra.***

The best way to achieve balance in your chakras is through meditation and yoga. *If you focus on a particular sound (or mantra) you can affect the chakra that vibrates at that same frequency. (Sound frequency is the most powerful of all.)*

Different movements in yoga poses can also help to open the chakras and clear blocked energies. Focusing on breathing while participating in yoga can also bring the chakras into balance. Visualizing corresponding colors and specific chakras while performing meditation and yoga will also strengthen whichever chakra you are dealing with.

Chakras can slow or close down if you have blocks in your thoughts or attitudes depending on what the particular chakra represents. If you feel your chakras are out of balance, your life force is vibrating below its appropriate frequency for a particular chakra.

When this happens, you can have spiritual difficulties, mental dysfunctions, physical illness or emotional disruptions. *This all points to a chakra being out of balance and affects that area of your life that is not functioning well.*

Any time in life that you experience trauma, a crisis, or you feel as if you need to change your lifestyle, your attitude, or dispel a fear, a chakra may become out of balance.

Try to keep all of your chakras open and just be aware when you feel something is out of balance and respond to it. *By repairing an imbalance in one area you can bring the others back into balance.*

THE CHAKRAS OF MATTER

The first three chakras, starting at the base of the spine are chakras of matter. They are more physical in nature.



First Chakra: The *Muladhara (Red-Foundation)* is the base chakra and affects sexuality, lust, obsession, stability, sensuality and security and your basic needs. It encompasses the first three vertebrae, the bladder, colon, bones, legs and immune system.

When this chakra is open, we feel safe and fearless. Ask yourself:

- 1) What can you do to feel more secure in life?
- 2) Tell about a situation you avoided. Why did you avoid it?
- 3) Tell about a situation you faced head-on despite danger and why?
- 4) Have you ever let your lust get the better of you?
- 5) What is your most secret fetish?
- 6) Tell about a time you were the most afraid in your life
- 7) Explain your obsession with an object or other person
- 8) Describe your most memorable sexual encounter

The element for this chakra is earth and its crystals are garnet and red jasper. The emanating color is Red and the balancing color is Green. Its identity and lesson are physical and self-preservation.

The rights and responsibilities associated with this chakra are *to have and to be here*.

The *balanced chakra* energy associated with it means that you feel safe and secure and you are physically healthy and have good body image. You are living and earning in your correct livelihood and are prosperous. You live in the here and now and are able to be still when needed.

Your *excessive* chakra energy can mean being sluggish, heaviness, monotony, hoarding, materialistic, greedy and that you are a workaholic.

When you are *deficient* in this chakra energy you are fearful, anxiety-ridden, lack discipline, are restless, spacey and have difficulty manifesting. You also resist structure.

The yoga postures associated with this chakra are foot and leg stretches along with seated/lying and standing poses. Also use core lifts, forward folds, locust, and child and lie face down poses.

Other healing activities include walking, hiking, playing, and gardening, eating and sleeping right, and working with your hands.



Second Chakra: The *Svadhithana (Orange-Dwelling Place)*, is also known as the Sacral chakra and is your creativity and sexual center. It is located above the pubic bone, below the navel, and is responsible for our creative expression.

This includes basic emotions, relationships, violence, addictions, pleasure, joy and creativity.

Exercises:

- 1) Tell about your first love, even if he/she didn't love you back
- 2) Tell about a time you physically hurt another person
- 3) Describe a time you were physically hurt by another person
- 4) Explain your worst addiction. How did you, or how can you, overcome or control it?
- 5) When have you given into temptation: How could you have avoided it?
- 6) List 5 ways to be happier
- 7) What do you get excited about? How can you bring that enthusiasm to every aspect of life?
- 8) What can you do to become more creative?
- 9) What makes you angry and why?

Svadhithana chakra is about dwelling place. It includes the pelvis, lower back, abdomen, ovaries and prostate.

This chakra's element is water and its crystals are moonstone and carnelian. The emanating color is Orange and the balancing color is Blue. This chakra's identity is emotional and the lesson is self-gratification.

The rights and responsibilities under this chakra are to feel, to want and to create.

Your balanced chakra energy is emotional intelligence. You can change and you can nurture yourself and others. It represents healthy boundaries but at the same time you can feel pain and pleasure along with sensual satisfaction.

Its challenges are guilt and the excessive chakra energy is being too sensitive, too obsessive, having poor boundaries, emotional dependency, emotional instability and sensual/sexual addictions.

The deficient chakra energies are emotional numbness, fear of pleasure and change. You can also be apathetic, bored, experience frigidity and impotence.

The correlating yoga postures associated with this chakra are the cobra, cat stretches, seated hip openers, core lift, bound angle, standing hip circles and stretches, eagle or cow legs, bathe, swim.

Other healing activities includes improve flexibility, dance, enjoy your senses, and experience emotions.



Third Chakra: The *Manipura (Yellow-Jeweled City)* is also known as the Solar Plexus chakra and it deals with complex emotions, personal power, fear, anxiety, opinions, and introversion. It encompasses the area from the navel to the breastbone.

The third chakra is our source of personal power.

Questions:

- 1) What is your ultimate goal in life?
- 2) Tell about a time you overcame temptation
- 3) Tell about a time you adapted to unforeseen problems
- 4) Tell about a time you struggled to overcome an obstacle, but eventually succeeded
- 5) How can you overcome a fear of failure?
- 6) How does it feel to have another person decry your opinion or belief?
- 7) Why do you think people defend their opinions so much?
- 8) How can understanding your emotions be beneficial?
- 9) How can you better understand your emotions?

The location of this chakra is in the Pancreas and Adrenals and its element is Fire. The crystals associated with this chakra are Citrine and Tigers Eye. The emanating color is Yellow and the balancing color is Violet and its identity is the Ego.

The lesson is Self-Definition and its rights and responsibilities associate with how to act. The balanced chakra energy consists of being self-confident, good self-esteem, taking right actions, healthy boundaries, taking responsibility, disciplined, creative and a sense of belonging.

The challenges it deals with are shame and excessive chakra energy including domineering, blaming, aggressive, flighty, hyperactive, and competitive.

Deficient chakra energy could be weak will, poor self-esteem, submissive, sluggish, fearful, and lacking energy.

Yoga postures include core lift, abdominal exercises, sun salute, warrior 1, twists, boat/cobra, restorative backbends, spinal twist, forward fold.

Other healing activities include get moving, taking risks, releasing anger/attachments, nurturing yourself, laughing, and balancing with light or dark.

The Connection between Matter and Spirit; Your 4th Chakra



Fourth Chakra: *Anahata (Green)* or the Heart chakra is at the middle of the seven chakras and ***unites the lower chakras of matter and the upper chakras of spirit.*** The fourth is also spiritual but serves as a bridge between our body, mind, emotions, and spirit.

The heart chakra is our source of love and connection.

This chakra deals with complex emotions, compassion, devotion, unconditional love, rejection, and well-being.

Ask yourself:

- 1) How can you show more compassion towards others?
- 2) What is something that you can wholly devote yourself to?
- 3) Tell about a time someone you love did something horrible, yet you still loved them.

- 4) Set a goal right now. What is it and how will you reach it?
- 5) Tell about a time you were rejected.
- 6) Tell about a time you went out of your way for the sake of others
- 7) In what ways can you enhance your physical well-being?
- 8) In what ways can you enhance your mental well-being?
- 9) In what ways can you enhance your emotional well-being

When we work through our physical chakras, or the first three, we can open the spiritual chakras more fully.

The Location for this chakra is the heart, lungs, arms and thymus. Its element is air and the crystals are Rose Quartz and Aventurine. Its emanating color is Green and its balancing color is Red.

This chakra is identified with social aspects and its lesson is self-acceptance. The rights and responsibilities are to love and be loved.

The *balanced* chakra energy is loving, caring, shows compassion, accepting, loving to self and others, peaceful, content, centered, trusting and non-judgmental. Its challenge is grief.

Excessive chakra energy is co-dependent (too much focus on others), poor boundaries, jealousy, being a martyr and being a pleaser.

The *deficient* chakra energies it deals with are antisocial, withdrawn, critical, intolerant, lonely, isolated, lacking empathy.

Yoga postures associated with this chakra are chest/shoulder openers, backbends to increase energy, forward bends to decrease energy, fish, cobra, and bridge.

Other healing activities include breathing work, actively practicing self-acceptance of self and others, forgiveness, gratitude and love.

THE CHAKRAS OF SPIRIT



Fifth Chakra: The *Visuddhi (Blue)* chakra is the fifth chakra, located in the area of the throat. ***Without verbal expression we can't express our highest truth.***

This chakra is about self-expression, communication, independence, fluent thought, and security.

Ask yourself:

- 1) How do you determine what is right and wrong?
- 2) Tell about a time you turned a negative experience into wisdom.
- 3) What do you feel guilty about?
- 4) If you could take back one thing you've ever said, what would it be?
- 5) What is your biggest regret?
- 6) What keeps you dependent on others? How can you break that dependency?
- 7) Go play, sing or write a song about anything.
- 8) How can you turn failure into a learning experience?
- 9) Write a small speech or monologue on a topic you are passionate about.

The element associated with this chakra is ether/sound and the coordinating crystals are Blue Lace Agate and Angelite. Its emanating color is blue and its balancing color is orange.

This chakra identifies with creativity and its lesson is self-expression. The rights and responsibilities are to create and to speak and be heard.

The balanced chakra energy is a voice that is full, resonant, communicates clearly with others, good self-expression, good listener, truthful and creative expression.

Its challenge is deceit and its *excessive* chakra energy is excessive talking, poor listener, over-extended, gossiping, too loud, unable to keep secrets, forced creative expression.

This chakra's *deficient* energy is fear of speaking, poor rhythm, weak voice, excessive shyness, denial of creative expression.

The yoga postures associated with this chakra are neck and should stretches, bridge, shoulder stand, half shoulder stand, fish (supported), fish, and camel.

Other healing activities include being silent, listen to or create music, be creative, journal, eat fruits.

The fifth chakra includes the:

- Neck
- Throat
- Thyroid
- Parathyroid glands
- Jaw
- Mouth
- Ears
- Hands
- Tongue



Sixth Chakra: The ***Ajna (Indigo)*** chakra is located in between the eyebrows and also deals with the pituitary glands. It is also referred to as the “third eye” chakra.

Ajna is our center of intuition and deals with balance of higher and lower self, intuition, inner guidance, consciousness and clarity.

Ask yourself:

- 1) Is it better to make decisions based on thought or feeling? Why?
- 2) Tell about a time that you benefitted from following your instinct.
- 3) Explain a dream you’ve recently had and what your mind could be trying to tell you with it.
- 4) How can you learn to think with clarity more often?
- 5) How can you practice using your “mind’s eye?”
- 6) What can you do to increase your intuition?
- 7) How can you sleep better?
- 8) What can you do to better use both sides of your brain?
- 9) How can you learn to better control your actions?

This chakra's element is the mind or light and its crystals are Sodalite and Lapis. Its emanating color is Indigo and its balancing color is deep Yellow. Its identity is archetypal and the lesson is about self-reflection. Rights and responsibilities are to see and to witness.

The *balanced* chakra energy is keen intuition, being insightful, imaginative, good memory, good dream recall, has guiding vision for life, able to watch and witness and can see the big picture.

Its *challenge* is illusion and its *excessive* chakra energy deals with trouble concentrating, headaches, intrusive memories, excessive fantasizing, nightmares, obsessions and delusions.

Its *deficient* chakra energy is unimaginative, insensitive, poor memory, poor vision, can't see patterns, denial, and inflexible thinking.

Helpful yoga postures are eye exercises, gazing, close eyes, spinal twist, and yoga mudras.

Other healing activities include meditating, enjoying and creating beauty, journaling, creating visual art and visual stimulation.

We all have a sense of intuition but we may not listen to it or heed its warnings. Focus on opening the sixth chakra will help you hone this ability.



Seventh Chakra: The **Sahasrara (Violet/White)** chakra. It is also known as the Crown chakra. This is the chakra of enlightenment and spiritual connection.

This chakra allows us to connect to others, our higher selves and the Divine.

This chakra is related to:

- Consciousness
- Spiritual unity
- Meditation
- Karma

➤ Transcendence

Try these 3 steps to balance the seventh chakra:

- 1) Illusions are all around us in life. Whether it is others lying to us or ourselves ignoring the truth. For 5 minutes, focus on seeing through those illusions and seeing the truth.
- 2) Meditate for at least 5 minutes. Set a timer, close your eyes, focus on your breathing, and expel all other thoughts from your mind until your timer sounds.
- 3) Set a long term goal. Make a plan for accomplishing that goal and post that plan where you will see it when you wake up. From now on, whenever you see that plan, do something to get closer to that goal.

The crown chakra is beyond elements. Its crystals are clear quartz and amethyst. Its emanating color is Violet/White and its balancing color is pale Yellow. This chakra's identity is universal and the lesson is self-knowledge. Its rights and responsibilities are to know.

The *balanced* chakra energy is spiritually connected, wisdom and mastery, intelligence, presence, able to question, able to assimilate and analyze info, and to have an open mind.

The *challenges* associated with this chakra are attachment and its excessive chakra energy is too intellectual, spiritual/religious addiction, confusion, detachment from spirit, disassociation from the body and living "in your head."

The *deficient* chakra energy is trouble learning, spiritual uncertainty, limited beliefs, materialism apathetic or closed mind.

Yoga postures associated with this chakra are inversions, headstand and yoga mudras.

Other healing activities are experiencing beauty, using your brainpower and defining beliefs and values.

Opening Your Chakras

According to Buddhist/Hindu belief, chakras are pools of energy which are used to govern our psychological qualities.



There are a total of 7 main chakras that include 4 in the upper part of your body (governing your mental properties, and 3 in the lower part of your body (governing your instinctual properties).

After taking a look at the 7 chakras in the previous section we will now take a look at opening each of the chakras:

- 1) Muladhara (root)
- 2) Svadhisthana (sacral)
- 3) Manipura (solar plexus)
- 4) Anahata(heart)
- 5) Visuddhi (throat)
- 6) Ajna (third eye)
- 7) Sahasrara (crown)

Each of the chakras should contribute to your overall well-being. When you begin opening your chakras you may find that some are not open all the way, while some could be over-active or even closed.

If your chakras are in balance the natural instinct is for them to join forces with your feelings and thinking. If your chakras are out of balance, you won't be able to achieve peace with yourself.

Before you begin remember that if you are opening some of the chakras which were previously closed or over-active, you don't need to make your over-active chakras less active. Over-active chakras are compensating for the inactivity of the closed ones.

As soon as you open the closed chakras, you become balanced and the energy evens out.

Muladhara (Root-Red)

This chakra will allow you to become physically aware and feel comfortable in a variety of situations. When this chakra is open, you will feel well-balanced, secure, stable and sensible. If this chakra is open you are aware of what is happening right now, are connected to your physical body and feel present in everything you do.

If the Muladhara chakra is over-active, you might tend to be greedy and materialistic. If it is under-active, you can become more nervous, fearful and don't feel welcome in a host of situations. You don't want to feel these things and want to be secure but are unwelcome to change.

Here are some things you can do to open this chakra:

- Around the house you can do some simple items such as house cleaning, yoga, or take a walk. Make use of your body by doing something active and become aware of it allowing this chakra to strengthen itself.
- Ground yourself by connecting with the ground and allowing your body to feel it beneath you. To do this, try a stance such as standing up straight, putting your feet shoulder width apart, slightly bend your knees and relax. Keep your body balanced but at the same time move your pelvis slightly forward. Try staying in this position for several minutes. After you have stayed as long as possible, sit on the ground cross-legged for several minutes while taking the tips of your thumb and index fingers touch in a peaceful position.
- While in this position, concentrate on this chakra which is in a spot between the genitals and your buttocks. Think about what this chakra stands for.
- Relax, chant the sound "LAM" while thinking about the meaning of the chakra and how it should affect your life. Don't stop until you are completely relaxed or have a "clean" feeling.
- Use this to help you visualize during this opening: imagine a closed flower. A very powerful energy radiates the flower as it slowly opens revealing petals full of energy. Contract the perineum while doing this by holding breath and then releasing it.

Svadhithana (Sacral-Orange)

The Svadhithans chakra deals with feeling and sexuality. If the chakra is open, feelings are free to be released and can be expressed without you becoming overly emotional.

You can be passionate, outgoing, have no sexuality problems and open to affinity with this chakra. If, on the other hand, the chakra is over-active, you will tend to be emotional

and sensitive all the time. Also, if it is under-active, you tend to be closed to everybody, are impassive and unemotional. You may also be closed sexually.

Here are a few tips to help you open this chakra:

- Sit with your back straight while resting on your knees. Stay relaxed.
- Take your hands and place the palms up one on top of the other and lay them in your lap. The left hand should be underneath with the palm touching the back fingers of the right hand and the thumbs gently touching.
- Now concentrate on this chakra which is the sacral bone on the lower back.
- Chant the sound “VAM”
- Relax, think about the chakra, what it means and how it should affect your life or how it is affecting your life. Do this until you are completely relaxed and experience a “clean” feeling.

Manipura (Solar Plexus-Yellow)

This chakra, when open, allows you to feel in control, have good feelings about yourself along with dignity, and confidence. If the chakra is over-active, you will feel imperious and aggressive and if it's under-active, you are likely to be indecisive, apprehensive and passive.

Let's take a look at what you can do to make sure this chakra stays open.

- With your back straight, stay relaxed and sit on your knees.
- Take your hands and place them on your stomach (slightly below the solar plexus). Join all your fingers at the tips and point them away from you.
- Straighten the fingers and then cross the thumbs (this is an important step).
- Concentrate on what this chakra stands for which is slightly above the navel
- Chant the sound “RAM.”
- Continue relaxing and thinking about this chakra and its meaning. How does should this or does this affect your life?
- Again, when finished, you should have a “clean” feeling.

Anahata (Heart-Green)

This chakra is all about the heart, endearment, caring and love. When this chakra is open, you are friendly, have amicable relationships and are extremely compassionate. If this chakra is over-active, you “love” people or those close to you so much that you tend to smother them and it can almost be portrayed as being “selfish.” If this chakra is under-active, you can appear unfriendly and cold.

To open this chakra, do the following:

- Sit with your legs crossed and put the tip of your index finger and thumb together on both hands.
- Put your right hand on the lower part of the breastbone and your left hand on your left knee.
- Concentrate on this chakra and think about what it means in relation to the heart.
- Chant the “YAM” sound as you sit silently and concentrate.
- Relax your body as much as possible all the while thinking about this chakra and how it should and how it does affect your life.
- Continue concentrating on the chakra until you are completely relaxed and you feel “clean” as it intensifies within your body.

Visuddhi (Throat-Blue)

This chakra, because it deals with the throat, is connected to communication and self-expression especially through art. When this chakra is open, you can express yourself much easier.

If the chakra is over-active, you tend to dominate conversations and speak so much that people get annoyed. Because of this, you tend to be a bad listener. If it’s under-active, you tend to be more reserved and quiet so people say that you are “shy.”

Let’s take a look at how you can open this chakra:

- Sit on your knees, straight back and cross your fingers on the inside of your hands without the thumbs. Let your thumbs touch at the tops and pull them up.
- Concentrate on the chakra and what it means at the base of the throat.
- Chant the sound “HAM.”

- Relax your body while thinking about the meaning of this chakra and how it should affect your life and how it does affect your life.
- As all of the other chakras, do this for about five minutes until a “clean” feeling intensifies.

Ajna (Third Eye-Indigo)

This chakra deals with insight meaning that you have clairvoyance and tend to dream a lot. If this chakra is over-active, you live in a dream world imagining all day long. The bad side to this is that you could be a frequent daydreamer or have hallucinations. If the chakra is under-active, you tend to rely on other people to think for you. You also appear to be confused all the time because you rely far too much on beliefs.

To open this chakra:

- Sit with your legs crossed and put your hands in front of the lower part of your breast. Your middle fingers should be straight and touching the tops, again, pointing away from you. Your other fingers should be bent and touch at the two upper phalanges. Your thumbs will be pointing towards you and meet at the tops.
- Concentrate on this chakra and what it stands for which is centered a little above/in between both of your eyebrows.
- Chant the sound “OM” or “AUM.”
- Your body should be relaxed now so continue to think of this chakra, its meaning and how it should and does affect your life.
- Once again, you will feel a “clean” feeling as it returns or intensifies.

Sahasrara (Crown-Violet/White)

The last chakra is the most spiritual chakra and represents your being one with the universe and encircles your wisdom. When this chakra is open you become more aware of the world, prejudice disappears and you connect yourself with the world.

If this chakra becomes over-active, spirituality comes first to your mind and you intellectualize things all the time. Some people who have an overly-active crown chakra tend to ignore their bodily needs such as shelter, food and water. When this chakra is under-active, you appear to be not that spiritual and can be quite rigid in your thoughts.

Here are some suggestions to open this chakra:

- Sit with your legs crossed and lay your hand before your stomach keeping your little fingers pointed up and away from you. Let the fingers touch at the top and cross the rest of the fingers with the left thumb underneath the right.
- Concentrate on what the chakra stands for at the very top of your head (or crown).
- Chant the sound “NG”
- Your body should be totally relaxed and your mind should now be at peace. Even though you are at peace, don’t stop concentrating on the chakra.
- This is the longest meditation and you should spend no less than ten minutes on it.
- There is a special warning with this chakra being opened: if the Muladhara or root chakra is not strong or open don’t use this meditation. If you are going to deal with this last chakra, you need to have a strong “foundation.”

Now that we have covered how to open each chakra, here are a few ideas as to where you might want to sit when opening the chakras:

- Nice quiet, warm area
- Field
- Garden
- Park
- Area in your home specifically set aside for meditating
- A sauna
- Listening to meditation type music
- Basically anywhere quiet where you will not be disturbed by outside distractions

Learn and understand the Chakras to lead a more fulfilled and satisfying life! ***They are the key to understanding yourself and your body.***

