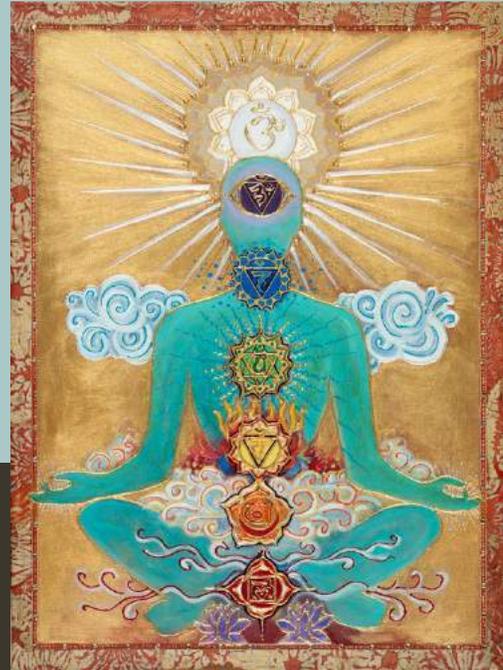


A JOURNEY THROUGH THE CHAKRAS

Best of Me Workshop III -Yoga 2017



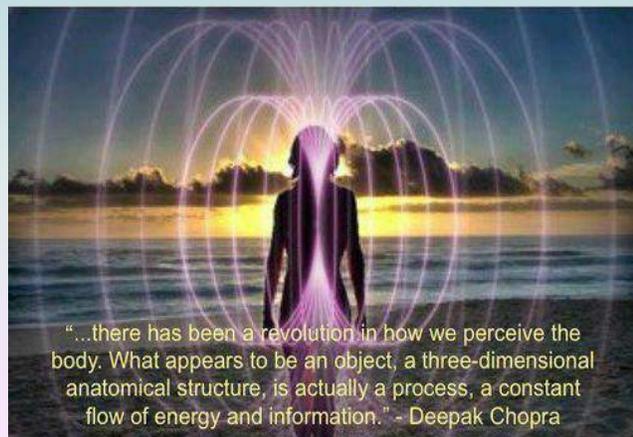
Presenters: Lynne Marshall, Teal Blake & Laryssa Balabas

&
Teal Blake Yoga

SUBTLE BODIES



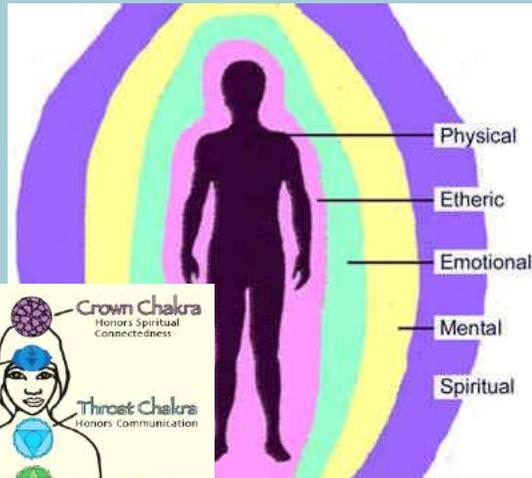
- We are all quite familiar with our physical bodies and their functions, but often less so with our bodies subtle energy systems.
- Subtle Definition: delicately complex and understated.
- Each of us are made up of layers of vibrating energy, each of which has their own specific vibration and purpose.
- Have you ever been around a person whose emotions you can feel or whose energy impacts you?



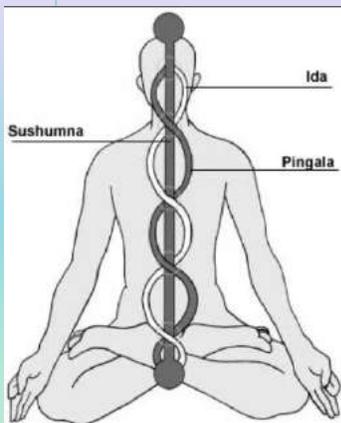
"...there has been a revolution in how we perceive the body. What appears to be an object, a three-dimensional anatomical structure, is actually a process, a constant flow of energy and information." - Deepak Chopra

ENERGY & CHAKRAS

- These energetic layers or **subtle bodies** create an interconnected field of **energy** around the **physical body** that is commonly known as the auric field.
- Each **subtle body** connects into the **physical body** via an **energy point** or **chakra**, which directs the **energy** into the **physical body** via the Nadi and meridian systems.
- The idea with both is that one must have balanced Chakras and Meridians in order to be physically, emotionally, mentally and spirituality healthy.
- A body can get problems in different areas with blockage or instability in any one of the four above areas.



THE NADIS



- The Nadis :Nadi meaning "Pipe" or "vein" in Sanskrit is a network of ~72,000-350,000 channels within the body.

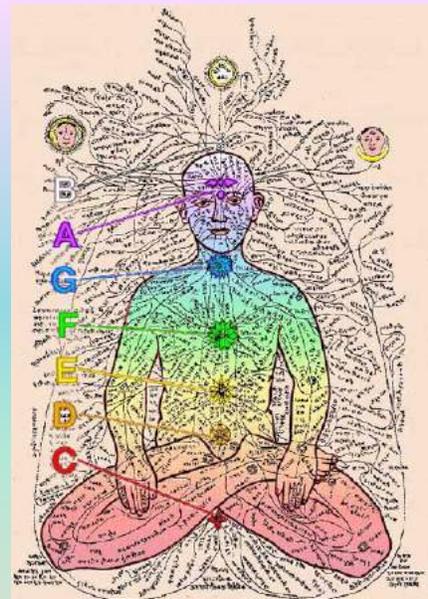
- Energy channels through which PRĀNA – divine energy, life and consciousness streams

Three Nādis are of special importance –

IDĀ arises in the left side of the body and represents the moon principle (Feminine)

PINGALĀ begins on the right side of the body and symbolizes the sun principle. Body (Masculine)

SUSHUMNĀ runs through the central channel of the spinal cord and represents the consciousness.



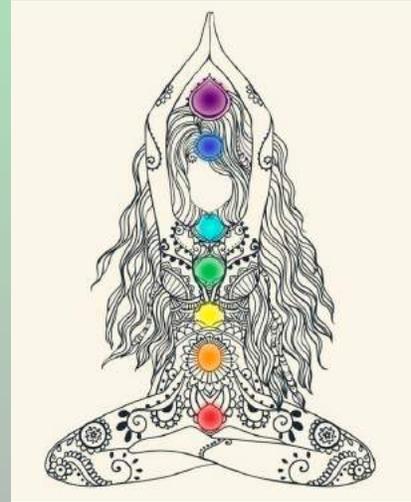
- On the physical level the Nadis correspond to the nervous system, but their influence extends beyond this to the astral and spiritual planes of our existence.



CHAKRAS

- The word chakra comes from an ancient Sanskrit language literally meaning “wheel of light”.
- Spinning energy centers in the body, which lie along an energetic pathway aligned with your vertebral column.
- Chakras are “place holders” for specific types of energy.

Located at the base of spine, the lower abdomen, the upper abdomen, the chest, the throat, the brow, and the top of the head.

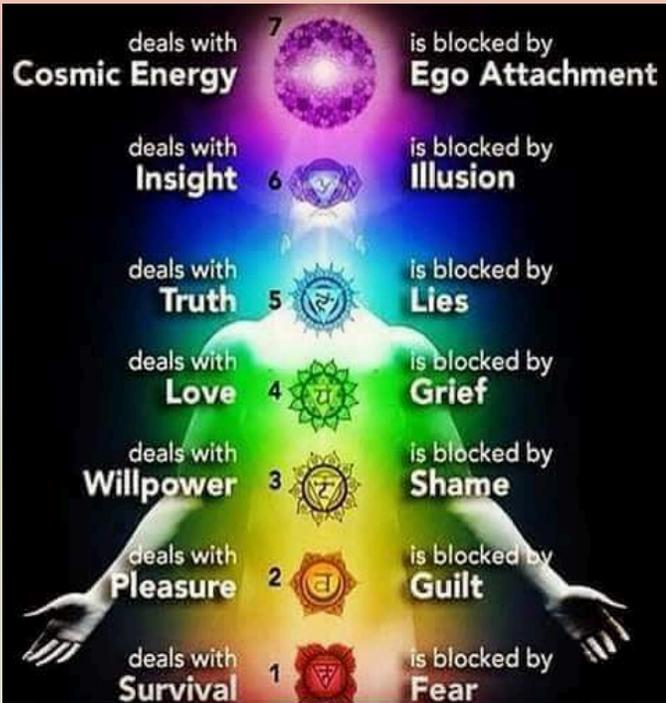


CHAKRAS

Chakras are responsible for the exchange of life force energy in/out of the human body as needed for optimal health and wellbeing.

Chakras, correspond to different organs/areas of the body as well as life situations

Chakras are invisible to the human eye, but some gifted "see-ers" are capable of picking up the visible energetic vibration of colors contained within each energy point. (red, orange, yellow, green, blue, indigo, and violet)



ROOT CHAKRA- MULADHARA CHAKRA

- Located at the base of the spine
- Adrenal Glands/Gonads
- Color Red
- Element : Earth
- Grounding/Stabilizing
- Confidence
- Trust
- Sexuality/Sensuality
- Kundalini Energy
- Issues with sexuality, lust, obsession
- Stability/Security/Basic needs



ROOT CHAKRA

Healing affirmations

I LOVE BEING IN MY BODY.
I AM CENTERED AND GROUNDED.
I AM AT PEACE WITH THE MATERIAL
WORLD IN WHICH I LIVE.
I AM ABLE TO LET GO OF FEAR AND
KNOW I AM ETERNALLY SAFE.



SACRAL CHAKRA- SVADHISTHANA CHAKRA

- Located in the pelvic area/below navel
- Gonads/Adrenals
- Color Orange
- Element: Water
- Feeling
- Reproduction
- Creativity
- Enthusiasm
- Issues with relationship, violence, addictions
- Harmonizes the emotions, joy and relationships



sacral chakra meditation

I am a sensory being full of creative potential. I embrace life with passion and enjoy plunging into joy and happiness. My senses are alive, aware and connected.

SOLAR PLEXUS CHAKRA – MANIPURA CHAKRA

- Located between the navel and the sternum
- “Jewel of the navel”
- Metabolic/Digestive
- Color Yellow/Golden Light
- Element: Fire
- Major nerve plexus for the body
- Opinion and Personal Power
- Willpower
- Empowerment or weakness of the Ego
- Expansiveness/Growth
- Power, fear, anxiety, introversion

SOLAR PLEXUS

Healing affirmations

I AM CONFIDENT IN ALL THAT I DO.

I STAND UP FOR MYSELF.

I RESPECT MYSELF AT ALL TIMES.

I CHOOSE HEALTH, HEALING & HAPPINESS.

I ACT WITH COURAGE & STRENGTH.

I DESERVE A WONDERFUL LIFE.





BEACON HILL

CHIROPRACTIC AND MASSAGE

-NORTHWEST-

HEART CHAKRA- ANAHATA CHAKRA

Located at the center of the chest on the sternum

- Thymus
- Color: Soft Green
- Element: Air
- Integrates the higher and lower Chakras
- Unconditional Love & Compassion
- Circulation
- Passion
- Devotion
- Passion, tenderness, inner child issues and rejection.

HEART CHAKRA

Healing affirmations

I AM KIND TO MYSELF.

I ALLOW LOVE TO FILL ME UP AND

GUIDE ME IN ALL MY ACTIONS.

I AM ABLE TO LET GO OF THE PAST,

TO FORGIVE MYSELF AND OTHERS.

I LOVE MYSELF & OTHERS FEARLESSLY.



BEACON HILL

CHIROPRACTIC AND MASSAGE

-NORTHWEST-

THROAT CHAKRA- VISHUDDHA CHAKRA

- Located between the hyoid bone and the larynx in the neck.
- Thyroid and Parathyroids
- Color: Blue (Turquoise)
- Element: Ether or Akasha (essence of infinite space, sky, atmosphere)
- Expression
- Communication
- Fluent Thoughts
- Purifies the body/mind
- Independence
- Security
- Self expression, communication and will



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CHIROPRACTIC AND MASSAGE
-NORTHWEST-

THROAT CHAKRA

Healing affirmations

I SPEAK UP FOR MYSELF.
I EXPRESS MYSELF WITH CLARITY
AND CONFIDENCE.
WHEN I SPEAK, I DO NOT BACK
AWAY FROM WHAT IS TRUE.
I EXPRESS MY GRATITUDE TOWARDS LIFE.



THIRD EYE CHAKRA - AJNA CHAKRA

- Located in the center of the brow
- Pineal and Pituitary Glands
- Endocrine and Nervous System
- Color: Dark Blue (White)
- Element: Ether or Akasha
- Intuition
- Clarity/Equilibrium to the brain
- Meditation
- Balancing higher and lower selves and trusting inner guidance
- Balances ego and higher consciousness



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-NORTHWEST-

THIRD EYE CHAKRA

Healing affirmations

I AM CONNECTED TO THE DIVINE
SOURCE OF THE UNIVERSE.
I ALWAYS HONOR AND FOLLOW
MY INTUITION.
I INVITE SACRED TRANSFORMATION.
IT IS SAFE FOR ME TO SEE THE TRUTH.

CROWN CHAKRA- SAHASRARA CHAKRA

- Located at the top of the head
- Pineal and Pituitary Glands
- Central Nervous System & the Brain
- Color: Violet/White
- Element: Spirit
- Release of Karma
- Meditation
- Universal Consciousness
- Refines the brain and nervous system
- Beingness
- Inner understanding/enlightenment
- Unity through transcendental consciousness
- Inner wisdom and death of the body



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-NORTHWEST-

CROWN CHAKRA

Healing affirmations

I GO BEYOND MY LIMITING BELIEFS
AND ACCEPT MYSELF TOTALLY.

I HONOR MY BODY AS THE TEMPLE
THAT NOURISHES MY SOUL.

I AM DIVINELY GUIDED AND INSPIRED.

I AM INFINITE AND BOUNDLESS.



BLOCKED CHAKRAS

Chakras get congested/blocked when emotions are not properly processed and released.

Emotions vibrate at contrasting levels:

Negative emotions (fear, shame, anger, guilt) vibrate at the lowest level and are heavy and dense- difficult to move.

Positive emotions (joy, peace, love, passion) vibrate at the highest level-feel light and flow easily.

When negative emotions outweigh positive emotions without proper release, your energy becomes “stuck” and your chakras get blocked and congested which eventually results in physical symptoms.

ALL EMOTIONAL & PHYSICAL ILLNESS AND DIS-EASE BEGINS/ORIGINATES IN OUR ENERGY SYSTEM/CHAKRAS FIRST BEFORE IT SHOWS UP IN OUR PHYSICAL BODY.



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CHIROPRACTIC AND MASSAGE
-NORTHWEST-

BALANCE YOUR CHAKRAS

When it comes to balancing your chakras, listen to your body and start with the methods that speak to you or seem most interesting.

Variety of ways to balance chakras:

1. Color healing
2. Yoga/Movement
3. Meditation
4. Food Therapy
5. Crystal Healing
6. Flower essences/Essential Oils
7. Sound healing/Chanting
8. Homeopathy
9. Journaling
10. Energy Work



Chakra Balance

imbalanced		balanced
Loneliness, depression, anxiety, confusion, apathy		I am at Peace.
Indecisiveness, confusion, nightmares, poor insight		I am Calm. I can solve my problems.
I can not express or explain myself		I express myself freely.
I feel heart broken and unloved. My relationships are broken.		I am Loved. I am Loving.
Angry and helpless. I can't finish tasks.		I am organized. I can accomplish my dreams.
I have lost my creativity. No solutions to everyday problems. Despair.		I constantly have new ideas to create the life I want.
Low self esteem. Low energy		I am confident. I am full of energy

ChakrahealingSounds.com

FINDING BALANCE

Transformation and the Chakras

Chakra balance is achieved one Chakra at a time, by working on one issue at a time. Each state of negativity or ill-health corresponds to a particular energy center, and can be remedied by shifting the focus and activity of that energy center. For example, when healing Root Chakra issues, the remedy for Fear is Action. In the 6th Chakra, the remedy for Depression is Creativity.

Unhealthy		Healthy
Anger		Acceptance
Depression		Creativity
Negative Speech		Positive Speech
Hopelessness		Unconditional Love
Low Self-Worth		Non-Judgment
Isolation		Integration
Fear		Action

©Mag Hill Color Therapy

THROAT CHAKRA

SPEECH, HEARING, SELF-EXPRESSION.
Sanskrit: Vishuddha
Location: Throat/base of neck
Scent: Lavender
Mantra: Hum
Yoga Pose: Bridge Pose

CROWN CHAKRA

DETACHMENT FROM EGO, ENLIGHTENMENT.
Sanskrit: Sahasrara
Location: Top of head
Scent: Jasmine
Mantra: Silence after Om
Yoga Pose: Lotus Pose

THIRD EYE CHAKRA

WHERE MIND AND BODY CONVERGE, DECISION MAKING, INTUITION.
Sanskrit: Ajna
Location: Forehead/between eyebrows
Scent: Vanilla
Mantra: Om
Yoga Pose: Easy Pose

SOLAR PLEXUS CHAKRA

POWER, PURPOSE, SELF-ESTEEM.
Sanskrit: Manipura
Location: Midway between solar plexus and base of sternum
Scent: Lemon
Mantra: Ram
Yoga Pose: Hall Lord of the Fishes Pose

HEART CHAKRA

SEAT OF THE SOUL, EMPATHY, LOVE.
Sanskrit: Anahata
Location: Center of chest
Scent: Eucalyptus
Mantra: Yam
Yoga Pose: Cobra Pose

ROOT CHAKRA

GROUNDING, SECURE, PROSPEROUS.
Sanskrit: Muladhara
Location: Base of spine
Scent: Yewer
Mantra: Lam
Yoga Pose: Warrior Pose

SACRAL CHAKRA

CREATIVITY, EMOTIONAL STABILITY, FLEXIBILITY.
Sanskrit: Svadhishthana
Location: Lower abdomen
Scent: Tangerine
Mantra: Yam
Yoga Pose: Wide-Angle Seated Forward Bend

Learn more about chakra balance and aromatherapy by joining Aura Cacia's 7-week Scents of Balance Chakra Journey.

RESOURCES

Books:

- **Eastern Body Western Mind**- Anodea Judith
- **The Sevenfold Journey** - Anodea Judith & Selene Vega
- **The Chakra Bible** - Patricia Mercier
- **The Little Book of Chakras** - Patricia Mercier
- **The Complete Guide to Chakras (Vintage Edition)** - Ambika Wauters
- **Chakra Chart** – Kheops International
- **Chakra Meditation** - Swami Saradananda

Online:

- www.yogajournal.com
- www.chopra.com
- www.gaia.com



UPCOMING WORKSHOPS



BEACON HILL
CHIROPRACTIC AND MASSAGE
-NORTHWEST-

October:

- Women's Health Acupuncture Workshop

November:

- Best of Me IV- Yoga
Fascia & Connective Tissues of the Body