



## MULADHARA CHAKRA {First ~ Root ~ To Have}

### **RIGHT : TO BE HERE**

"I AM SAFE"

Demon/Shadow : FEAR

Identity : Physical

Energy System : Root Energy / Grounding

Purpose : Foundation / Identity / Survival / Security

Developmental Stage : 2nd Trimester - 12 months

Element : Earth

Location : Base of Spine - Coccygeal Plexus

Color : Red

Seed Sound : Lam

Sense : Smell

Sense Organ : Nose

Work Organ : Anus

Nadi : Alambusha : runs from base of spine to center of muldahara back to tip of rectum  
supplies prana to the organs of elimination, connected to apana.

Governs : Adrenals / Kidneys / Lower Digestion / Anus / Prostate / Ovaries

Key : Release Fears

Excessive Characteristics : Obesity / Overeating / Hoarding / Lazy / Fear of Change / Ridig  
Boundaries

\* Oil : **Balance**

\* Crystal : Ruby / Garnet / Bloodstone

Deficient Characteristics : Disconnention from Body / Underweight / Fearful / Anxious / Poor  
Focus / Poor Discipline / Chronic Disorganization

\* Oil : **Patchouli**

\* Crystal : Black Tourmaline / Smoky Quartz

Balanced Characteristics : Abundant Health and Energy / Feeling grounded and settled /  
Comfortable with body and self / Feeling safe and secure

Physical Issues :

Constipation / Disorders of the bowel, anus, large intestine / Disorders of bone, teeth /  
Issues with legs, feet, knees, base of spine, buttocks / Lower Back Pain / Hemorrhoids /  
Depression / Eating Disorders / Frequent Illness

Addictions : Money / Food / Work / Gambling / Hoarding / Shopping / Alcohol / Benzos  
{Valium, Xanax}

Asanas to help Balance :

Supta Baddha Konasana {reclined bound angle} / Tadasana {mountain pose}

Parsvakonasana {side angle pose} / Virabhadrasana {warrior pose} / Uttanasana {standing  
forward fold} / Malasana {squat} / Balasana {child's pose} / Utkatasana {chair pose} / Janu  
Sirsasana {head-to-knee} / Balancing Poses

### Essential Oils :

Arborvitae / Basil / Cedarwood / Cilantro / Myrrh / Patchouli / Vetiver / White Fir / Balance / AromaTouch / OnGuard / Deep Blue

### Meditation :

"I am connected to all that is around me. This connection gives me a strong foundation I am peaceful protected and secure."

Mantra : "Shante Prashante Sara Bhaya Upasha Mani Swaha" {SHAN-TE PRAH-SHAN-TEH SAHR-VAH BHAH-YAH OO-PAH-SHAH MAH-NEE SWAH-HA}

Translation : Invoking supreme peace I surrender to quality of fear to its source in the higher and formless universal mind. Salutations"

### Mudra:

Prithivi Mudra (Earth Mudra) : Touch the tip of thumb to tip of ring finger, keep other three fingers stretched out. This can restore equilibrium and trust.

Healing Suggestions : Reconnect with nature, join groups that foster belonging. Somatic reconnection with the body, grounding the feet, physical activity, massage, bioenergetic grounding, reclaim right to be here, Yoga Nidra.

### Pranayama : Ujjayi

- Begin seated in a comfortable position, such as Easy Pose (Sukhasana). Relax your body and gently close your eyes. Let your mouth drop open slightly. Relax your jaw and your tongue.
- Inhale and exhale deeply through your mouth. Feel the air of your inhalations passing through your windpipe.
- On your exhalations, slightly contract the back of your throat, as you do when you whisper. Softly whisper the sound, "ahhh," as you exhale. Imagine your breath fogging up a window.
- As you become comfortable with your exhalations, maintain the slight constriction of the throat on your inhalations, as well. You will notice your breath making an "ocean" sound, softly moving in and out, like ocean waves.
- When you can comfortably control your throat during the inhalations and exhalations, gently close your mouth and begin breathing only through your nose. Keep the same constriction in your throat as you did when your mouth was open. You will continue to hear the "ocean" sound as you breathe through your nose. Direct the breath to travel over your vocal cords, across the back of your throat. Keep your mouth closed, but your lips soft.
- Concentrate on the sound of your breath; allow it to soothe your mind. It should be audible to you, but not so loud that someone standing several feet away can hear it.
- Let your inhalations fill your lungs to their fullest expansion. Completely release the air during your exhalations.



## SVADHISHTHANA CHAKRA {Second ~ Sacral ~ To Feel}

### **RIGHT : TO FEEL, TO WANT**

"I DESERVE PLEASURE"

Demon /Shadow: GUILT

Identity: Emotional Identity

Energy System : Creativity / Reproduction / Sexuality

Purpose : Authentic Creation / Movement / Connection / Soul Fire

Developmental Stage : 6 months - 2yrs

Element : Water

Location : Lower Abdomin Sacral Plexus

Color : Orange

Seed Sound : Vam

Sense : Taste

Sense Organ : Tongue

Work Organ : Genitals

Nadi : Kuhu - runs from the base of spine to the sacral chakra and forward penis or vagina, supplying prana to the reproductive organs as well as the urinary organs connected to them. It's aperture is the penis or vagina. It is connected to apana.

Governs : Sex Organs / Bladder / Bowel / Lower Intestine / Adrenals / AutoImmune System

Key : Release Guilt

Excessive Characteristics : Excessive Emotions / Pleasure Addiction / / Poor Boundaries / Obsessive Attachments / Overly Sexual / Poor Social Skills / Desire constant stimulation

\* Oil : **Cleansing Blend**

\* Crystal : **Jade**

Deficient Characteristics : Fearful of Pleasure / Rigid in Body and Attitude / Denial of Pleasure Tension / Frustration / Emotionally Numb / Excessive Boundaries / Emotional Dependency

\* Oil : **Cinnamon**

\* Crystal : **Ruby or Clear Quartz**

Balanced Characteristics : Emotional Intellegence / Healthy Creative Expression / Balanced Hormones / Ability to Experience Pleasure / Nurturing to Self / Healthy Boundaries

Physical Issues :

Disorders of the Reproductive Organs / Fertility Issues / Urinary System Issues /

Spleen, Kidney, Gallbladder Issues / Sexual Dysfunction / Lack of Flexibility-Stiff Joints

Addictions : Sex, Porn / Alcohol / Heroin / Painkillers / Codependency

Asanas to Help Balance :

Prasarita Padottanasana {standing wide forward bend} / Upavista Konasana {sitting

wide forward bend} / Baddha Konasana {bound angle pose} / Utkata Konasana

{goddess pose} / Eka Pada Rajakapotasana {pigeon pose} / Gomukhasana {cow face pose}

Essential Oils :

Black Pepper / Cinnamon / Cypress / Tangerine / Orange / Purify / Citrus Bliss /  
Clary Calm

Meditation :

"I am sensory being full of creative potential. I am radiant, beautiful, healthy and strong.  
I embrace life with passion. My senses are alive, aware and connected"

Mantra : "Om Asatoma Sad Gamaya | Tamasoma Jyothir Gamaya | Mrityorma Umritam  
Gamaya | Om Shanti Shanti Shanti" {OM AH-SAH-TOG-MAH SAHD GAH-MAH-  
YAH | TAH-MAH-SOH-MAH JHOH-TEER GAH-MAH-YAH | MRIT- YOHR-  
MOH AHM-REE- TAHM GAH-MAH-YAH | OM SHAHN-TEE SHAHN-TEE  
SHAHN-TEE-HEE}

Translation : Lead is from unreality to reality, From darkness to light, From death to  
immortality, Om peace, peace, peace.

Mudra : Shakti Mudra : Place ring fingers and little fingered together. The other fingers are  
loosely bent over your thumbs, which are placed in your palm.

Healing Suggestions : Recognize and respond to inner child, uncover and heal painful memories  
of neglect, learn to forgive and release blame and guilt, expressive movement-  
bioenergetic work, reclaim right to feel- allow yourself right to feel. Movement therapy.  
Develop sensate intelligence.

Pranayama : Nadi Shodhana

- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.
- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breath.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.



## MANIPURA CHAKRA {Third ~ Solar Plexus ~ To Act}

### **RIGHT : TO ACT**

"I HAVE POWER"

Demon/Shadow: SHAME

Identity: Ego Identity

Energy System : Personal Power / Expression of Will and Personal Direction

Purpose : Power / Transformation / Self Esteem

Age : 18 months - 4 yrs

Element : Fire

Location : Solar Plexus (below sternum)

Color : Yellow

Seed Sound : Ram

Sense : Sight {form and color}

Sense Organ : Eyes

Work Organ : Feet / Legs

Nadi : Vishvodhara - runs from the base of the spine to solar plexus and to stomach. It supplies prana to the digestive system. Its aperture is the navel. It is connected to samana.

Governs : Gallbladder / Liver / Kidney / Adrenal Glands

Key : Release Control

Excessive Characteristics : Overly Aggressive / Need to be Right / Bossy / Power Hungry / Competitive / Hyperactive / Constant need for Control / Chronic stress can lead to fatigue / Running body to extreme / Stubbornness

\*Oil : **Wintergreen**

\*Crystal : **Citrine**

Deficient Characteristics : Low Self Esteem / Lack of Self Trust / Weak Will / Poor Digestion / Victim Mentality / Unreliable / Unable to take Responsibility / Fearful / Lost Identity {overworked husband or overly devoted mother}

\*Oil : **Bergamot**

\*Crystal : **Peridot**

Balanced Characteristics: Responsible / Reliable / Healthy Self Esteem / Able to Make Decisions and Meet Challenges

Physical Issues :

Eating Disorders / Intestinal and Digestive Disorders / Hyperglycemia / Diabetes / Eczema / Acne / Food Allergies / Chronic Fatigue / Depression /

Disorders of Stomach, Pancreas, Gallbladder and Liver / Epstein Barr / Candida

Addictions : Speed / Methamphetamine / Cocaine / Cannabis / Benzos {Valium, Xanax} / Sugar / Caffeine / Work / Anger

Asanas to Help Balance :

Surya Namaskar A and B {Sun Salutations / Navasana {Boat Pose} / Dhanurasana {bow pose} / Virabhadrasana 1, 2, 3 {Warrior 1, 2, 3 Pose} / Ardha Matsyendrasana {Half Twist Pose}

Essential Oils :

Bergamot / Cassia / Clove / Fennel / Wintergreen / Juniper Berry / Ginger / Grapefruit

Meditation :

"I love and accept myself. I am willing to stand up, with strength and confidence for that in which I believe. I have the freedom to make my own choices in life with appreciation of my sense of self. I am connected to the source of all power and it flows through me to encourage the power of others."

Mantra : "Om Ram Ramaya Namaha" {OM RAHM RAHM-EYE-YAH NAHM-AH-HA}

Translation : Chant to the Lord Rama, the seventh incarnation of Lord Vishnu.

Mudra :

Rudra Mudra : Place the tips of your thumb, index finger and ring finger together. Extend the other two fingers in a relaxed way. Do this with each hand.

Healing Suggestions : Identify and respond compassionately to our own painful stories, using LOVE to heal fears, awareness to co-creating with the divine instills a sense of power. Breaking through Samskara (old emotional patterns by not feeding the neuroreceptors), Aerobic exercise, give up attachment to predictable safety, find healthy expression of anger, release shameful thoughts replace them with I am good enough. Grounding and emotional contact

Pranayama : Bhastrika (Bellows Breath)

- Sit up tall, relax your shoulders, and take a few deep, breaths in and out from your nose. With each inhale, expand your belly fully as you breathe.
- Begin bellows breathing by exhaling forcefully through your nose. Follow by inhaling forcefully at the rate of one second per cycle.
- Make sure the breath is coming from your diaphragm; keep your head, neck, shoulders, and chest still while your belly moves in and out.
- For your first cycle, move through a round of 10 Bhastrika breaths, then take a break and breathe naturally, observing the sensations in your mind and body. After a 15- to 30-second break, begin the next round with 20 breaths. Finally, after pausing for another 30 seconds, complete a third round of 30 bellows breaths.



## ANAHATA CHAKRA {Fourth ~ Heart ~ To Love}

### **RIGHT : TO LOVE**

"I LOVE"

Demon/Shadow: GRIEF

Identity : Social Identity

Energy System : Compassion / Capacity to Love / Empathy / Connection to Others

Purpose : Love / Joy / Inner Peace / Balance

Age : 4-7 yrs

Element : Air

Location : Cardiac Plexus

Color : Green

Seed Sound : Yam

Sense : Touch

Sense Organ : Skin

Work Organ : Hands

Nadi : Varuna - runs from base of the spine to the heart chakra and supplies prana to the entire body through the respiratory, circulatory and sebaceous systems. It's aperture is the skin. It relates to vyana.

Governs : Thymus / Heart / Circulatory System / Lungs / Diaphragm / Esophagus / Shoulders / Arms / Hands / Skin

Key : Release Judgement

Excessive Characteristics : Overly Empathetic / Overly Concerned / Jealous / Poor Boundaries / Codependency / Clingy / Tendency to Stay in Abusive Relationships / Overly Sacrificing

\*Oil : **Geranium**

\*Crystal : **Rose Quartz**

Deficient Characteristics : Shy/ Fear of getting hurt / Loneliness / Suspicious / Depression / Possessive / Judgemental / Fear of Relationships / Bitter / Isolated / Lack of Empathy

\*Oil : **Melaleuca**

\*Crystal : **Emerald**

Balanced Characteristics : Compassionate / Understanding / Loving of Self and Others / Empathetic / Inner Peace / Good Immune System

Physical Issues:

Disorders of the Heart, Lungs, Thymus, Breast, Arms / Shortness of Breath / Circulation Problems / Asthma / Immune System Deficiency

Addictions : Cigarettes / Ecstasy / Wine / Sugary Alcohols / Heroin / Painkillers / Marijuana / Codependency

Asanas to Help Balance :

Bhujangasana {Cobra Pose} / Ustrasana {Camel Pose} / Matsyasana {Fish Pose} /  
Nadi Shodana {Alternate Nostril Breathing} / Urdhva Dhanurasana {Upward facing Bow} /  
Dhanurasana {Bow}

Essential Oils : Cardamom / Eucalyptus / Geranium / Lime / Marjoram / Melaleuca /  
Peppermint / Rose / Ylang Ylang

Meditation :

"I listen to my heart and honor its connection to the hearts of others. I allow love to fill me up in all of my actions. I gracefully move to the rhythm of life."

Mantra : "Om Nama Shivaya" {OM NAH-MAH SHEE-VAH-YAH}

Translation : "Om and Salutations. May the elements of this creation abide me in full manifestation."

Mudra :

Padma Mudra : With your palms at your heart, touch the outer edges of both pinky fingers and thumbs together. Keep the heels of the palms pressed together as you blossom open through your hands. Extend through the tips of all 10 fingers.

Healing Suggestions : Pay attention to wounds still lurking in lower chakras, release guilt, journaling, learn to love shadow side, give gift of forgiveness, self and others, opening shoulders and chest.

Pranayama : Anahata Pranayama

- Close your eyes and spend a few moments lengthening your inhales and exhales.
- Bring your awareness to the area between your shoulder blades, and place your tongue at the roof of your mouth.
- Inhale slowly and draw the breath upwards, from the back of your heart chakra towards the crown of your head.
- Exhale slowly, release your tongue, and draw the breath down from the top of your head to the front of your chest.





## VISHUDDA CHAKRA {Fifth ~ Throat ~ To Express}

### **RIGHT : TO SPEAK, EXPRESS**

"I EXPRESS MYSELF"

Demon/Shadow : LIES / UNTRUTH

Identity : Creative Identity

Energy System : Throat Energy / Voicing Truth / Expression / Communication

Purpose : Communication / Self Expression of Feelings / Speaking the Truth

Age : 7-12 yrs

Element : Sound

Location : Pharyngeal Plexus

Color : Blue

Seed Sound : Ham

Sense : Hearing

Sense Organ : Ears

Work Organ : Vocal Cords

Nadi : Sarasvati - branches out from the throats to tip of the tongue and supplies prana to tongue, mouth and throat. It relates to udana. Gives the power of speech, wisdom and mantra.

Governs : Thyroid / Parathyroid / Throat / Trachea / Cervical Vertebrae /Vocal Cords / Neck / Esophagus / Mouth / Teeth / Gums

Key : Release Holding Back

Excessive Characteristics : Excessive Talking / Stuttering / Inability to Listen /

Gossiping / Loud Dominant Voice / Tendency to Interrupt

\*Oil : **Lavender**

\*Crystal : **Blue Topaz**

Deficient Characteristics : Suppressed Feelings / Fear of Expression / Fear of Offending

Others / Shyness / Weak Voice / Tightness in Jaw / Tone Deaf

\*Oil : **Oregano**

\*Crystal : **Turquoise**

Balanced Characteristics : Good Listener / Communicates Easily and Clearly / Lives

Creatively / Speaks with Confidence / Expresses Self Freely / Comfortable with Body Language

Physical Issues :

Problems with Nasal Area, Teeth, Gums / Irritated Sinuses / Jaw Pain / TMJ /

Disorders of Teeth, Ears, Voice, Neck / Aliments of Esophagus or Tonsils

Addictions : Opiates / Marijuana / Food / Chewing Tobacco

Asanas to Help Balance : Matysasana {Fish Pose} / Salamba Sarvangasana {Supported

Shoulder Stand} / Halasana {Plow Pose} / Setu Bandhasana {Bridge Pose} / Saraangasana

{Rabbit Pose}

Essential Oils : Lavender / Oregano / Birch

Meditation : " I am speaking clearly and truly with grace and ease. I express myself positively and honestly"

Mantra : "Om Namo Narayanaya" {OM NAH-MOH NAH-RAH-YAH-NAY-YAH}

Translation : "Om is the Name of Narayana, the flame of truth."

Mudra :

Shankh Mudra : Encircle your thumb with the four fingers of your right hand. At the same time, touch the right thumb to the extended middle finger of your left hand.

Together the two hands look like a conch shell.

Healing Suggestions : Find your own truth, reclaim ability to express self, give self permission to cry. Voice your fears, share stories, engage in active listening, meditate. Singing, journaling, rolling neck and shoulders.

Pranayama : Bhramari Breath (Bees Breath)

- Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face.
- Place your index fingers on your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage.
- Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee.
- You can also make a low-pitched sound but it is a good idea to make a high-pitched one for better results.
- Breathe in again and continue the same pattern for 6-7 times.
- Keep your eyes closed for some time.
- Observe the sensations in the body and the quietness within.



## AJNA CHAKRA {Sixth ~ Third Eye ~ To Perceive}

### **RIGHT : TO SEE**

"I KNOW, I SEE"

Demon/Shadow : ILLUSION

Identity : Archetypal Identity

Energy System : Intuition / Insight / Sixth Sense

Purpose : Intuition / Imagination / Wisdom / Ability to Think and Make Decisions

Age : Adolescence

Element : Light

Location : Carotid Plexus

Color : Indigo

Seed Sound : Om

Sense : Intuition

Sense Organ : Eyes

Nadi : Sushumna - Runs from the base of the spine to top of the head. Energizes the spine, the brain, the nerve tissue and supports the bone. It collects the energy of all the other nadis. It is connected to prana among the 5 pranas.

Governs : Pituitary Gland / Pineal Gland / Neurological System / Brain / Eyes / Ears / Nose

Key: Release Overanalyzing

Excessive Characteristics : Obsessed with Psychic Vision / Paranoid / Hallucinations / Difficulty Concentrating / Nightmares / Tendency to Space Out / Headaches

\* Oil : **Terrashield**

\* Crystal : **Amethyst**

Deficient Characteristics : Poor memory / Poor vision / Inability to Plan / Narrow Minded / Denial / Poor Vision / Lack of Imagination / Difficulty Seeing the Future

\* Oil : **Clary Sage**

\* Crystal : **Lapis**

Balanced Characteristics : Intuitive / Optimistic / Imaginative / Good Memory / Calm Mind / Able to Plan, Set Goals Follow Through

Physical Issues :

Headaches / Migraines / Seizures / Neurological Disorders / Scalp Hair

Issues / Vision Problems / Mental Illness / Personality Disorders

Addictions : Marijuana / Cannabis / Hallucinogens

Asanas to Help Balance : Pratyahara {mediation} / Balasana {child's pose} / Sankulpa {Setting positive intentions or affirmations before or during class}

Essential Oils : Clary Sage / Terrashield / Immortelle / inTune / Past Tense / Lemongrass

Meditation : "I am aware that my intuition is my ability to know, recognize and sense all that I need to be happy and balanced. I see myself clearly."

Mantra : "Tattwam Asi" {TAHT-WAHM AH-SEE}

Translation : "You are that which you seek"

Mudra : Kalesvara Mudra : Bring hands close to each other, join the tips of your middle fingers, curl your index fingers so they join at first joints, curl ring and little fingers so they join at first joint and bring thumbs together at tips toward your chest.

Healing Suggestions : Inner awareness, look for symbolic importance behind events, record and analyze dreams, practice detachment, surrender judgement. Journal. Create visual art, art therapy, meditation.

Pranayama : Sama Vritti (Same Breathing)

- Come to sit in a comfortable, cross-legged position such as easy pose, placing padding under your seat as necessary. If sitting on the floor isn't possible, lie on your back or sit in a chair.
- Close your eyes and begin to notice your natural breath, not changing anything at first. Give yourself a good five breaths or so.
- Begin to slowly count to four as you inhale. Take a moment at the top of your inhalation with the lungs full of air. Then also count to four as you exhale. Again take a moment to feel empty. Then inhale again to another count of four. Continue this pattern. The exercise is to match the lengths of your inhales and exhales.
- You may experiment with changing the number you count to; just make sure your inhalation and exhalation are the same lengths.
- Continue breathing this way for several minutes.



**SAHASRARA** {Seventh ~ Crown ~ To Know}

**RIGHT : TO KNOW**

"I AM WISE"

Demon/Shadow: ATTACHMENT

Identity : Universal Identity

Energy System : Connection to Divine Wisdom, Higher Conscience

Purpose : Cognition / Connection to Higher Self / Life's Purpose / Awareness

Age : Early Adulthood and after

Element : Thought

Location : Cerebral Cortex

Color : Violet

Seed Sound : Silence

Sense : Unity / Divine

Governs : Pineal Gland / Brain / Ears / Nervous System

Key : Release Ego

Excessive Characteristics : Overly Intelligent / Spiritual Addiction / Overly Concerned with Humanity / Confused / Dissociation from body

\*Oil : **Melissa**

\*Crystal : **Clear Quartz**

Deficient Characteristics : Learning Difficulties / Spiritual Skepticism / Limited beliefs / Materialism / Apathy

\*Oil : **Rosemary**

\*Crystal : **Opal**

Balanced Characteristics : Love and Acceptance of Divine / Intelligent / Thoughtful / Open Minded / Comfortable on Earth

Physical Issues : Auto Immune Disorders / Migraines / Insomnia / Delusional Disorders / Amnesia

Addictions : Spiritual Addiction

Asanas to Help Balance :

Savasana {corpse pose} / Supta Baddha Konasana {Reclined Bound a

Angle} / Prasarita Padottanasana {standing wide forward bend} / Inversions

Essential Oils : Frankincense / Helichrysum / Lemon / Melissa / Roman Chamomile / Rosemary / Sandlewood / Zendocrine / DDR Prime

Mediation : "I am connected to all. I am a part of it all"

Mantra : "Aham Prema" {AH-HAHM PREH-MAH}

Translation : "I am divine love"

Mudra:

Mudra of a thousand petals : Place the tips of your index fingers and thumbs together to touch, forming a pyramid shape. Allow the remaining fingers to extend upward, keeping them straight. Raise this mudra to about 6-7 inches above the crown of your head.

Healing Suggestions : Surrender to divine love, commit to spiritual practice, prayer, meditation, yoga, 8 limbs, Raja Yoga. Somatic reconnection (excess) Spiritual reconnection (deficient).

Pranayama : Kapalabhati (Skull Shining Breath)

- Sit in a comfortable position with your spine straight. Place your hands on your knees, palms facing the sky. You may choose to sit- Cross-legged on the floor, On a chair with feet flat on the floor, In Virasana Pose (sitting on your heels with knees bent and shins tucked beneath the thighs)
- Take a deep breath in.
- As you exhale, contract your lower belly, forcing the breath out in a short burst. {Tip: You may keep a hand on your stomach to feel your abdominal muscles contract.}
- As you quickly release your abdomen, your breath should flow into your lungs automatically.
- Take 20 such breaths to complete one round of Kapalabhati pranayama.
- After completing one round, relax with your eyes closed and observe the sensations in your body.
- Do two more rounds to complete your practice.

# Chakra Divine Sleep Yoga Nidra Script

## 1. Entry

Let your body sink into the floor. Get comfortable. Shift and move a little to let your body settle deeper into the ground. Be comforted that at this time, everything is ok. Nothing else matters right now. Everything is okay. Nowhere to go and nothing to do. Here to simply feel your body and listen.

Do not worry or become agitated if you do not hear everything I say. It is natural to flow in and out of conscious hearing. The deepest part of you, your core self, is always listening. Whatever your experience today, this practice will still work. There is no way to do this wrong. Simply listen without trying too hard.

You are in a safe environment, protected space, held space. Come into stillness now and remain still, for deep rest, deep nourishment. Feel your natural breath. Breath flowing thru. Allow your bones to become heavy. Feel your bones heavy and sinking into the earth. Release bones heavy and sinking.

## 2. Sankalpa

Go deep inside now. Deep inside to notice your heart's deepest longing. What does your heart desire? Create a sankalpa, an intention affirmation based on your hearts longing. A positive statement in the present tense, as though it's already happening. For example, "I flow thru life with ease and peace. I am relaxed" Come up with your own intention/Sankalpa. State it three times as though it is already happening.

## 3. Body Scan

Allow your awareness to travel through your body now on a journey of sensation. Simply feel each part as it is mentioned, and without moving, remain still. Welcome all sensation, just as it is. Begin with the mouth, feel your mouth, feel sensation in your mouth. Feel your jaw, lips, upper lip, lower lip, notice where the lips touch, feel the inside of the mouth, roof, under tongue, upper teeth and gums, lower teeth and gums, tongue, root of the tongue, center of the tongue, tip, notice sense of taste in the mouth. Feel the left inner cheek, right inner cheek. Now feel all the parts together now as a whole, feel your mouth as sensation, as energy, as radiant vibration.

Feel your nose. Notice the nostrils, left nostril, right nostril, both nostrils. Notice the breath, nasal passages, follow nasal passages all the way back into your head.

Become aware of your ears, right ear, left ear, both ears simultaneously. Feel the wrinkles and folds of the ears, backs of the ears, earlobes, ear canals. Follow ear canals into the inner ear. Notice your ears receiving sound, listening. Feel your ears hearing.

Feel your eyes, left eye, right eye, both eyes together. Notice eyelids, feel each eyelash. Notice where the eyelids touch. Become aware of the surface of the eyes, centers of the eyes, backs of the eyes. Feel your eyes now as energy, radiant glowing embers.

Bring awareness to your crown, forehead, face. Feel your whole head. Feel your neck. Back of the neck, sides of the neck, throat. Notice your right palm, thumb, first finger, second finger, third finger, fourth finger. Feel your whole hand alive with energy. Feel your wrist, forearm, elbow, upper arm, whole shoulder. Notice the notch at the base of the throat. Notice your left palm, thumb, first finger, second finger, third finger, fourth finger. Feel your whole hand alive and filled with sensation. Feel your left wrist, forearm, elbow, upper arm, whole shoulder. Notice the notch at the base of the throat.

Become aware of the upper chest, upper back, shoulder blades, feel your heart center. Notice your abdomen, ribs on the back, solar plexus. Feel your belly, navel center, pelvis, hips. Feel your right hip, thigh, knee, lower leg, calf, ankle, foot, toes, sole of the foot, whole foot. Feel again the pelvis, left hip, thigh, knee, lower leg, ankle, foot, toes, sole, whole foot. Notice both feet. Feel your root, between your sitting bones, navel center, solar plexus, heart center, throat center, mouth, third eye between the brows, crown.

Feel now the back body resting on the earth. Bring awareness of your whole back body as sensation alive with vibration. Feel now the front body. Filled with radiant vibration. Pour your awareness into the right side of your body, feel the right side. Pour your awareness into the left side. Feel your left side. Feel midline. Feel your body as a whole. Complete entity. Feel sensation throughout your entire body.

#### **4. Chakra Scan**

Bring awareness to the base of your pelvis. Feel warmth. Breathe in warmth, and let it permeate your body down into your legs. Visualize the color red. Feel heavy on the earth, as if your body is sinking down through your mat, through the floor, and into the earth itself. Reside in heavy warmth. This is your Muladhara Chakra, your root chakra. Your right to be Here.

Bring awareness to the space between your hips. Feel fluid. Let fluidity come in with each breath, and let it permeate your body down through your hips. Visualize the color orange. Feel soft and relaxed, as if you are floating on a raft in the middle of that lake without a care in the world. Reside in this ease. This is your Svadhithana Chakra, your sacral chakra. Your right to Feel.

Bring awareness to the navel center. Feel not just warmth but heat. Feel as if you are lying outside on a sweltering summer day, and the sun is shining directly onto your abdomen. Visualize the yellow of the sun. Feel as if it has started a fire in your belly, and each breath pumps and fuels the fire and heat, like the heat within your body and the heat outside of your body are equally powerful, appreciate the heat. Reside in this heat. This is your Manipura Chakra, your solar plexus chakra. Your Right to Act.

Bring your awareness to the heart center. Feel airy. Feel as if, all around your heart, there is a wide open clearing. Feel as if wind is sweeping through this clearing. The wind of your breath moving in a vast and open space around the clearing of your heart. Visualize the color green. Reside in this softness. This is your Anahata Chakra, your heart chakra. Your right to love and be loved.

Bring your awareness to the throat. Feel space. Feel as if, within your throat, there is infinite space to send your voice. Feel like your voice and your breath come from space, and to space they will return. See the blue-black of deep space. Feel a resonance within your throat that comes from the sound of the universe. Reside in this space. This is your Vissudha Chakra, your throat chakra. Your right to Express and hear truth.

Bring your awareness to the third eye center, the space between your eyebrows. Feel vibration. Feel a bundle of nerves at the third eye center, and as if that bundle of nerves can sense even the smallest movement of the smallest particles. Visualize the color purple. Reside in this vibration. This is your Ajna Chakra, your third eye chakra. Your right to See.

Bring your awareness to the crown of your head. Feel everything. Feel each small sensation, then no sensation, then every sensation at once. Try to experience what it may be like to know infinity. Stay with this sensation. Reside in the never-ending, never-beginning consciousness. This is your Sahasrara Chakra, your crown chakra. Your right to know.



## **5. Breath and Prana Awareness**

Begin to notice your breath. Your natural breath as it flows thru you. Feel the in breath, note the out breath. As you exhale, imagine a wave passing downward thru your body carrying away tensions. As you inhale a fresh wave flows upward thru your whole body bringing sense of calm to every cell. Exhale, wave flowing downward thru your body carries away fears. Inhale fresh wave upward brings serenity.

### **Repeat Sankalpa**

Now remember your heart's longing statement. Repeat it again three times as the present truth, three times to yourself. It is the truth.

### **Return**

Notice your back body side of the body facing the earth. Feel all the places where you touch the ground. Notice the front body facing skyward. Notice all of the space surrounding you. Let your body expand wider into the space that surrounds you. Notice your breath. Feel its rhythm and pace. We are now completing relaxation practice. Before moving, sense your fingers and just imagine them moving. Now begin to wiggle your fingers, feeling every sensation as you do. Notice your toes. Begin to wiggle your toes.

Gently rock your head side to side, a slow awakening. Draw a deeper breath into your belly, into your chest. Rock slowly over to your right side in fetal position. Imagine that you are water, and pressing your left palm into the floor, flow, like a river up to a comfortable seated position. Lengthen your spine. Take a full breath in and as you exhale imagine filling with divine light. Bring your hands onto your face. Notice how you feel right now. Notice the effects of your relaxation practice. Aum Peace, Peace, eternal Peace. May there be peace, eternal Peace in your heart. Ever so slowly now allow the eyes to slowly open to a soft gaze on the floor.