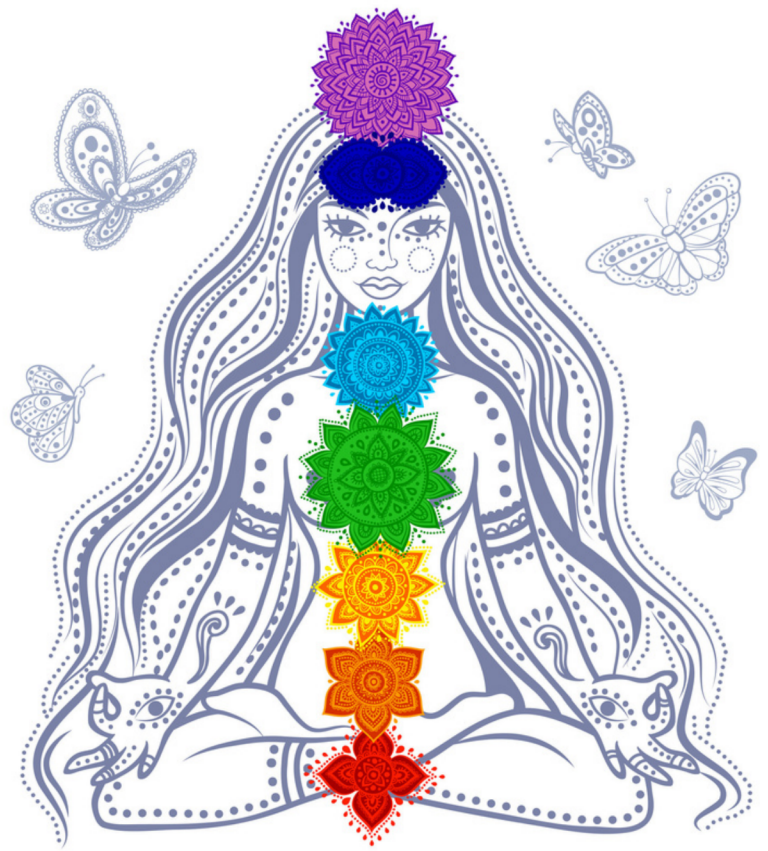




Chakras: qualities & powers



definition

"wheel"

subtle vortexes of energy located along the axis of spine and influencing functioning of entire body-mind system

vayu

all 5

chakras are places of vayu concentration - working with them will balance the deficient vayu

Muladhara chakra

First chakra, Root chakra



- ◆ **Location:** base of the spine
- ◆ **Basic issues:** survival, vitality, stability, security
- ◆ **Color:** red
- ◆ **Mantra:** Lam
- ◆ **If balanced you feel:** security, humility, grounded, stable, energetic, optimal weight, healthy eating, proper elimination
- ◆ **If unbalanced you feel:** insecure, fear, anxiety, unstable, low self-esteem, anemia, over/under weight, constipation

vayu

Apana

Forward bends, sacral twists, agnisara, exhale krama

emotion

confidence in the future, safety, calm

Svadhithana chakra

Second chakra, Sacral chakra



- ◆ **Location:** between genital and navel
- ◆ **Basic issues:** creativity, sexuality, reproduction, pleasure
- ◆ **Color:** orange
- ◆ **Mantra:** Vam
- ◆ **If balanced you feel:** creativity, joy, sexuality, healthy sex life, prosperity, patience, fertility, pleasure
- ◆ **If unbalanced you feel:** guilty, shyness, irresponsible, infertility, sexual issues, allergy, eating disorder

vayu

Apana, Samana

Sacral twists, all seated twists, abdominal twists, lagnisara, exhale karma, *sama vritti, sunya* (pause)

emotion

calm, creative, productive, joyful, enthusiastic

Manipura chakra

Third chakra, Solar plexus chakra



- ◆ **Location:** between navel and solar plexus
- ◆ **Basic issues:** power, self-esteem, strength
- ◆ **Color:** yellow
- ◆ **Mantra:** Ram
- ◆ **If balanced you feel:** energy, strength, confidence, strong will, mental balance, health, confidence, active
- ◆ **If unbalanced you feel:** guilty, lack of energy, weakness, allergy, fatigue, low self-esteem, worthlessness, digestion and liver problems

vayu

Samana

abdominal twists, *navasana*, *shalambasana*, plank, *urdva dhanurasana*, *agnisara*, sama vritti, kapalabhati

emotion

confidence, courage, willpower, strength to be and become

Anahata chakra

Fourth chakra, Heart chakra



- ◆ **Location:** centre of the chest
- ◆ **Basic issues:** love, acceptance, compassion
- ◆ **Color:** green
- ◆ **Mantra:** Yam
- ◆ **If balanced you feel:** loving, empathetic, open-hearted, serenity, emotionally balanced, trustfulness, tolerance
- ◆ **If unbalanced you feel:** loneliness, demanding, critical, jealous, cold-hearted, narcissistic, heart and lung problems, asthma, allergies

vayu

Vyana, Prana

Laterals, lateral twists, backbends, inhale *krama*, breath retention, *brahmuri*

emotion

compassion, satisfaction, love, contentment

Vishuddha chakra

Fifth chakra, Throat chakra



- ◆ **Location:** throat
- ◆ **Basic issues:** communication, self-expression
- ◆ **Color:** blue
- ◆ **Mantra:** Ham
- ◆ **If balanced you feel:** peaceful, truthful, listening, good communication, strong self-expression, peaceful
- ◆ **If unbalanced you feel:** shy, weak voice, fear of speaking, unable to listen, lying, arrogance, thyroid, hearing, throat problems

vayu

Udana

salamba sarvangasana (shoulder stand), *setu bandhasana* (bridge), *Maha Mudra* (extension), *agnisara*, *Nadi Shoddhana*, AUM kriya, chanting

emotion

inspiration, enthusiasm, determination, higher aspirations, noble intentions

Ajna chakra

Sixth chakra, Third eye chakra



- ◆ **Location:** between brows
- ◆ **Basic issues:** intuition, vision, perception
- ◆ **Color:** indigo
- ◆ **Mantra:** Om
- ◆ **If balanced you feel:** intuitive, guided, perceptive, clairvoyance, bright dreams, spiritual, mental strength, good vision
- ◆ **If unbalanced you feel:** lack of intuition and imagination, manipulative, panic, fear, nightmares, vision and eyes problems, migrains

vayu

Prana

Inversions, cervical twists, neck rolls, *Nadi Shoddhana*, *So Hum* meditation, *trataka*

emotion

clarity, content, focus, understanding, perception, intelligence, spirituality

Sahasrara chakra

Seventh chakra, Crown chakra



- ◆ **Location:** top of the head
- ◆ **Basic issues:** knowing, connection to spirit and universe
- ◆ **Color:** violet, white
- ◆ **Mantra:** silence, Om
- ◆ **If balanced you feel:** spiritual, blessed, unity, wisdom, open minded, peaceful, connected to universe, strong nervous system
- ◆ **If unbalanced you feel:** mental disorders, fear, materialistic, memory and learning problems, apathy, broken, spiritual crisis

vayu

Udana and beyond

Sirsasana (headstand), *Brahmuri*, *yoga nidra*, meditation

emotion

blissful, intuitive, wisdom, peace, oneness with God

Herbs and Food for Each Chakra

Root Chakra



Herbs

Burdock
Cloves/clover
Dandelion
Rosemary
Horseradish
Hot paprika
Chives
Cayenne
Pepper

Food

Red or dark brown colored
Root vegetables
Protein



Sacral Chakra



Herbs

Coriander
Calendula
Fennel
Gardenia
Licorice
Cinnamon
Vanilla
Carob
Sweet paprika
Sesame seeds
Caraway seeds

Food

Orange colored
Eggs
Meats
Beans
Tofu
Soy products
Peanut butter
Fats
oils
Fish
Nuts
Seeds
Sweet fruits
Tropical fruits



Solar Chakra



Herbs

Anise
Celery
Cinnamon
Lily of the Valley
Marshmallow
Mints
Ginger
Melissa
Turmeric
Cumin
Fennel

Food

Yellow or Gold colored
Granola
Grains
Complex carbohydrates
Dairy products



Heart Chakra



Herbs

Cayenne
Hawthorn berries
jasmine
Lavender
Marjoram
Rose
Basil
Sage
Thyme
Cilantro
Parsley

Food

Green colored
Leafy vegetables
Raw foods
Airy vegetables
Green Tea



Throat Chakra



Herbs

Coltsfoot
Peppermint
Red clover blossoms
Sage
Salt
Lemon grass

Food

Blue colored
Tart or tangy fruits/tree growing fruits
Liquids in general
Sea plants
Foods with high water content
Soups
Sauces



Brow Chakra



Herbs

Eyebright
Juniper
Mugwort
Poppy
Rosemary
Lavender
Poppy seed
Mugwort

Food

Indigo or dark bluish colored foods.
Caffeine;
Chocolate
Red Wines
Grape Juice
Herbal Teas



Crown Chakra



Herbs

Gotu Kola
Lavender
Lotus
Incense
Smudging Herbs

Food

Violet, purple or white colored foods.
Fasting
Detoxing

