

Gurukul



Holistic Center

A Science of Living Institution
GYHC

Chakras Demystified-II

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Billions Yet To Be Served...

Billions Yet To Be Fed...



Agenda

- Quick Overview of Chakras-Demystified-I
- Part-II - Focus on Anahata (Heart) Chakra
- Practice
- Q&A

Overview of Chakra-Theory

Chakra:

- A Sanskrit word, meaning Wheel Or Circle
- Spinning Energy Centers in the subtle body
- Seven major and many minor chakras
- Release vital energy-force called Prana
- Each of the seven chakras governs major aspects of life



Prana: The Vital Energy

Prana:

- Vital Energy circulating throughout the body
- Rides on Breath
- Various names in various cultures:
 - Chinese: Chi
 - Japanese: Ki (as in Reiki)
 - Vietnamese: Khi
 - Korean: Qi

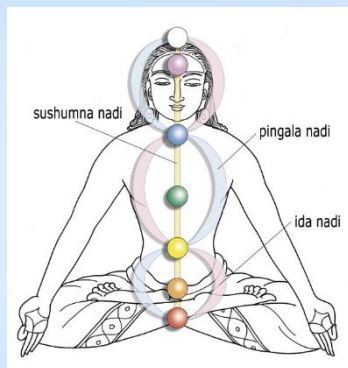


Nadis

Nadis: Prana circulates throughout the physical & subtle body through the channels called, **Nadis** or **Meridians**.

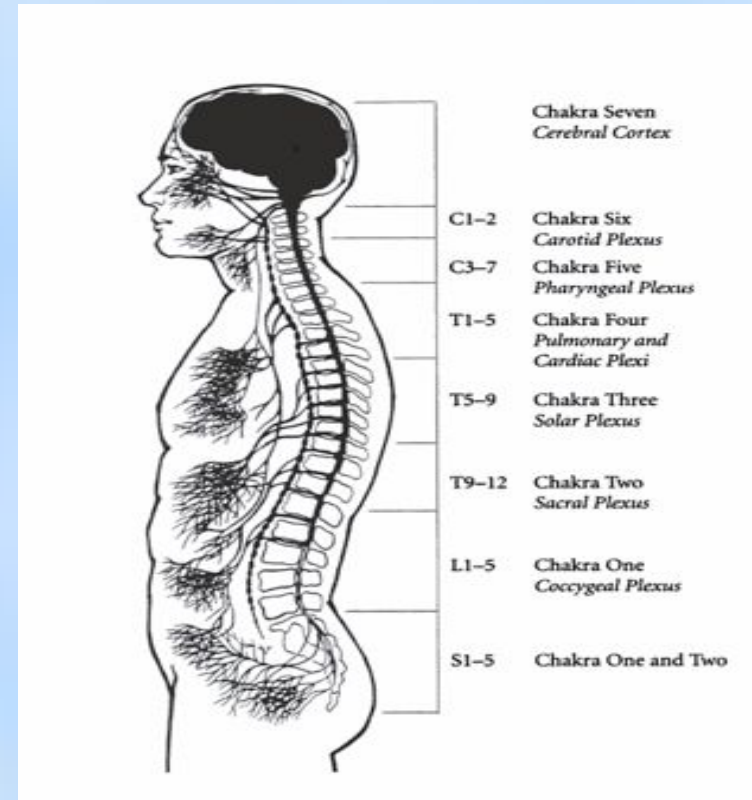
According to Yoga :72,000 Nadis

- Three Major Nadis: Sushumna, Ida, Pingala
- Sushumna begins at the base of the spine
- Ida & Pingala begin at the first chakra & wrap around Sushumna
- Ida: Female, lunar, calming and cooling energy, from the left nostril
- Pingala: Masculine, hot, energizing energy, from the right nostril



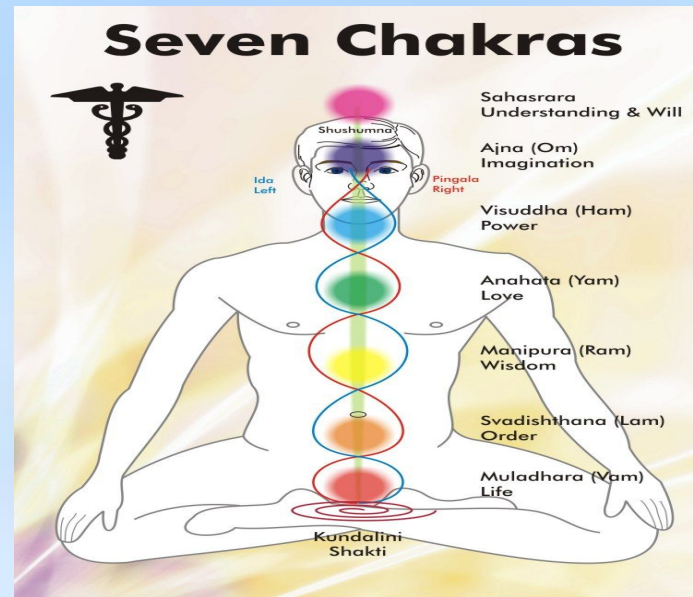
Lotus Petals: Symbol For Chakras

- The Seven Chakras are symbolized by a certain number of lotus petals
- The Lotus' Roots are in murky water, yet it ascends towards sunshine
- Our life may start in the murky Sansara, yet it has potential to blossom
- Lotus petals represent the number of nerves at the location of the Chakras



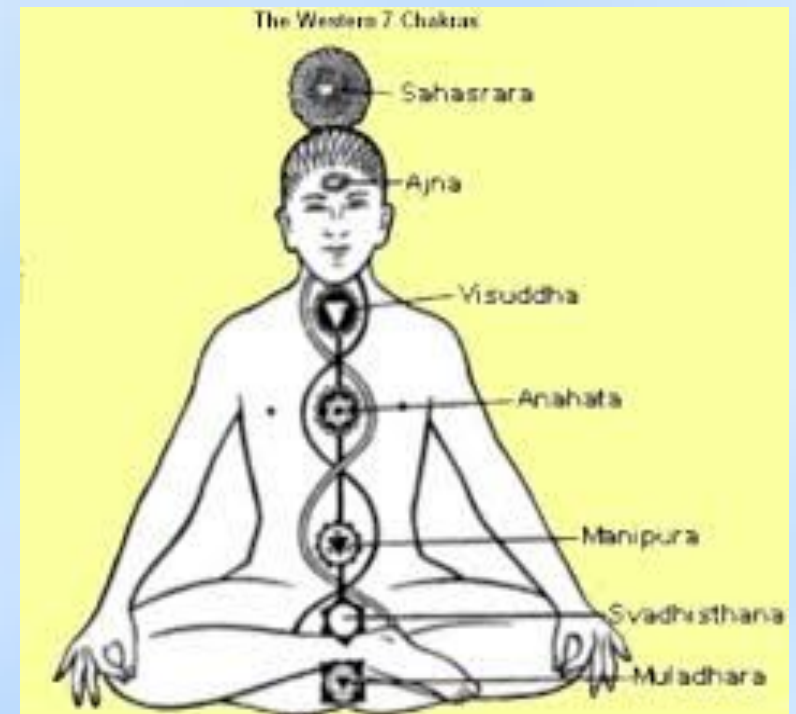
Kundalini

- The Goal of Chakra-Theory is to awaken Kundalini
- Kundalini is dormant Energy or Shakti in human beings
- Kundalini means coiled up - like a serpent
- When awakened, it passes through each chakra, pierces the Seventh Chakra & merges with Shiva, The Cosmic Energy
- It is known as Liberation (Moksha/Nirvana)



Seven Major Chakras

- ***The First Chakra: Mulaadhar***
- ***The Second Chakra: Swaadhishtaan***
- ***The Third Chakra: Manipur***
- ***The Fourth Chakra: Anaahat***
- ***The Fifth Chakra: Vishudha***
- ***The Sixth Chakra: Adnya***
- ***The Seventh Chakra: Sahastraar***



Major Aspects of Seven Chakras

- The First Chakra: Who you are
- The Second Chakra: How you feel about yourself
- The Third Chakra: How you think/Take actions
- The Fourth Chakra: How you love yourself and others
- The Fifth Chakra: How you express your True Self
- The Sixth Chakra: Your Intuition
- The Seventh Chakra: How you connect with the Divine



Seven Chakras and Beej Mantras

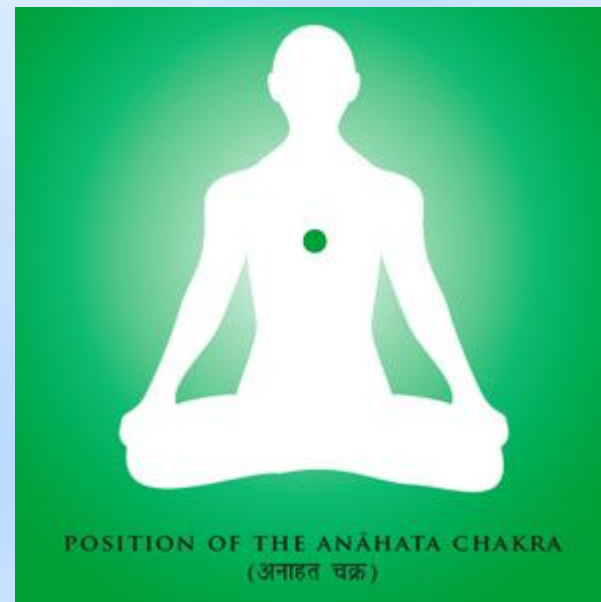
CHAKRA 7		OM	THOUGHT, SAHASRARA
CHAKRA 6		OM	LIGHT, AJNA
CHAKRA 5		HAM	ETHER, VISUDDHA
CHAKRA 4		YAM	AIR, ANAHATA
CHAKRA 3		RAM	FIRE, MANIPURA
CHAKRA 2		VAM	WATER, SVADHISTHANA
CHAKRA 1		LAM	EARTH, MULADHARA



The Fourth Chakra: Anaahat/Heart

Anaahat/ Heart Chakra:

- Location: Behind the heart
- Color: Green, Pink, Brilliant gold
- Element: Air
- Sense: Touch
- Lotus petals: Twelve
- Beeja Mantra: Yum
- Key words: I love, Sacrifice, Isolation
- Key issues: Depression/sadness, heart/ lung issues, over helping
- Yoga poses: Bow, Table top, Camel
- Breathing: Anulom Vilom, Utjjayi, Bhramari
- Meditation: Goddesses/ Shakti, Yum sound
- Food: Leafy green veg, Lotus seeds, green tea
- Essential oils: Lavender, Rose, Jasmine
- Gem stones/ Crystals: Emerald, Jade, Rose quartz



Heart Chakra Meditation



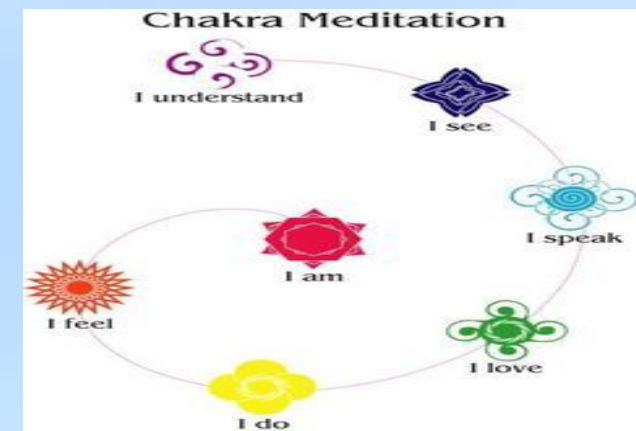


Summary

Chakras are energy vortexes in the subtle body

- There are seven main Chakras
- Each Chakra represents a level of consciousness
- Each Chakra reacts to life experiences, food, environment, etc.
- The Chakras get energized by *Prana*, circulated through *Nadis*
- *Focusing on Heart Chakra signifying LOVE being the ultimate force (Shakti)*
- *Simplified Practice (Sulabha) to strengthen the Chakras*

Punch-Line: Simply experience & share the Love



Further Studies

8-week course

- Chakras-Demystified is a 8-week course and part of RYT 200 Teachers' Training
- You will study each Chakra in detail and practices including
 - Kundalini Yoga kriyas
 - *Energy-Medicine Practice*
 - *Asanas, Pranayama, Dhyana*





Thank you

Q&A



***May There Be
Harmony, Health & Happiness!***

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