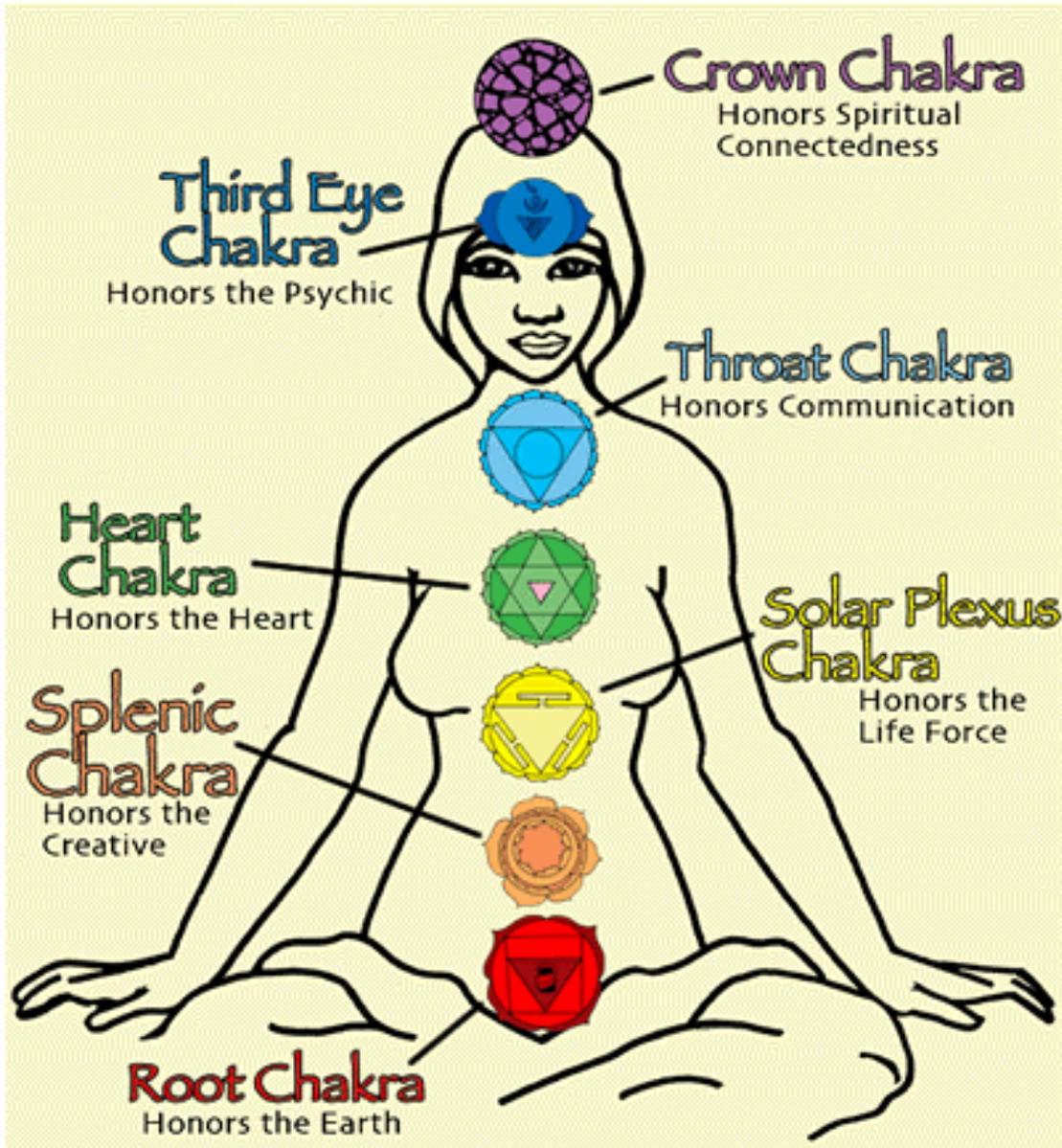


Chakra Workshop



with Justine Evans

Chakra Workshop

Chakras are primary energy centres which are associated with sound, organs, mental, physical and emotions.

Chakra: The term “Chakra” comes from the Sanskrit word *chakram*, which means “wheel”. They are called this because they appear as whirling disks of light which are the primary energetic centres. They are located along the spinal pathway and are connected by three major energetic pathways which run from the base of the spine to the top of the head, conveying energy from one chakra to another. The sites of the seven main chakras correspond to the sites of the main glands forming the endocrine system, which produces hormones in the body and react to stress, both internally and externally. Chakras mediate all energy within, coming into and going out of the body. They play a major part in the distribution of energy for the physical, emotional, mental and spiritual aspects of our being.

Prana : (life force) refers to the subtle energy that flows through us. Its passageways are referred to as Nadis or “meridians” and we believe there are approximately 72,000 which make up the wiring of the pranic sheath (astral body).

Astral Body: Home of your personality and thoughts, likes and dislikes and all the qualities and attributes you have that are “non-physical in nature”. Today we will be retuning the first sheath of our astral body with chakra meditation to positively affect personality thoughts and intellect. The first sheath is the vital layer and is closest to your physical body,

Lower Chakras: Starting from the bottom, your first 3 major chakras deal with external reality – how secure and stable your life is, how you fit into your community and how you express your reality.

Root – brings grounding and security

Sacral: equips you to go with flow and taste all life has to offer

Solar Plexus: empowers you with the energy you need to function efficiently

Middle Chakras: Chakras 4-6 deal with internal reality. They determine self-perception, and how you express yourself and relate to others:

Heart: governs the energy of love and compassion, enabling you to express love

Throat: deals with communication, how you take in information and express yourself.

Brow: the seat of wisdom. Your mind's eye sees your dreams and directs you to them.

Highest Chakra: Crown deals with ultimate reality and infinite potential.

Minor Chakras: found in the soles of each foot (plantar) for grounding

Hands: enabling you to touch

Tortoise (upper sternum /thymus) draws mental energy away from the senses and encourages you to focus within

Solar or moon (above your palate/roof of mouth) - taste life in its infinite sweetness

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Chakra / Colour	Organ	Mental and Emotional Issues	Physical Dysfunction
Crown (7th) (top of head) Violet Sound: SILENCE	Upper brain, right eye and pineal gland, skin, skeletal and muscular	Ability to trust life. Spirituality and devotion. Values, ethics and courage Humanitarianism, selflessness. Ability to see the bigger picture, faith and inspiration	Energetic disorders, mystical depression, chronic exhaustion that is not linked to a physical disorder. Photo-sensitivity, extreme sensitivity to auditory and environmental factors
Third Eye (6th) (between and just above eyes, ie. centre of forehead) Indigo Sound: Aum	Lower brain, left eye, nose, spine, ears, pituitary gland	Self-evaluation, clairvoyance, truth, intellectual abilities, feelings of adequacy, openness to new ideas, ability to learn from experience, emotional intelligence	Brain tumour/stroke, neurological disturbances, blindness/deafness. Spinal difficulties, learning disabilities, seizures
Throat (5th) Blue Sound: HAM	Throat, thyroid, trachea, mouth, neck vertebrae, oesophagus, parathyroid and hypothalamus	Self expression, communication, creativity, sense of responsibility, addiction, judgment and criticism, capacity to make decisions	Throat, mouth and gum difficulties, swollen glands, thyroid irregularities, scoliosis, joint problems
Heart (4th) Green/pink Sound: YAM	Heart, lungs, circulation, thymus gland, shoulders and arms, ribs, breast, diaphragm	Centre of the emotions, love and hatred, grief and anger, self-centredness, loneliness and commitment, forgiveness and compassion, hope and trust. development and compassion	Congestive heart illness including heart attacks, lung diseases and disorders, asthma/allergy, upper back and shoulder issues
Solar Plexus (3rd) Yellow Sound: RAM	Abdomen, upper intestines, stomach, liver, gall-bladder, kidney, pancreas, adrenal, spleen, middle spine, solar plexus	Trust, fear and intimidation, self esteem and self-confidence, self-respect, care for oneself, personal honour, sensitivity to criticism	Arthritis, gastric and duodenal ulcers, colon/intestinal problems, diabetes, pancreatitis, indigestion, eating disorders, hepatitis, adrenal dysfunction
Sacral (2nd) Orange Sound: VAM	Reproductive organs, large intestine, lower vertebrae, appendix, bladder, hip area	Blame and guilt, money and sex, power and control, creativity, ethics and honour in	Chronic lower back pain, sciatica, gynae issues, pelvic illness, sexual potency, urinary problems
Root (1st) Red Sound: LAM	Physical body support, base of spine, legs and bones, feet, rectum, immune system	Will to live, physical family and group safety and security, feeling "at home", social and familial law and order, survival	Chronic and acute lower back issues, depressions, varicose veins, rectal cancer and bowel issues, depression, immune related illness

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To awaken them we are going to work with the Five Rites

The Chakra system is vital in all sorts of yogic exercises, including meditation. The Five Tibetan exercises are based on the core energy of the seven chakras.

Five Rites and Chakras:

The Tibetans claim that these exercises activate and stimulate the seven key chakras. As we know chakras are linked with all other energy systems in the body and various layers of the auras. The Speed of the chakra spin is key to vibrant health. The other keys to vibrant health that relates to the chakra is ensuring they are clear of negative energy and that they are perfectly shaped and not distorted. The Five Rites speed up the spinning of the chakras, coordinate their spin so they are in complete harmony, distribute pure prana energy to the endocrine system, and in turn to all organs and processes in the body.

The Five Rites Exercise Program:

Often described as a modified yoga program. It is believed that yoga was brought to Tibet from India in the 11th or 12th century and that Tibetan monks over time modified these exercises and developed the "Five Tibetan Rites".

Beginning the "Five Rites" Exercise Program

For the first week do each exercise three times then build up to 21 repetitions of each exercise daily, do only what you feel comfortable and try to do the exercises daily.

The Five Tibetan Rites

Rite #1

Stand erect with arms outstretched horizontal to the floor, palms facing down. Your arms should be in line with your shoulders. Spin around clockwise until you become slightly dizzy. Gradually increase number of spins from 1 spin to 21 spins.

Breathing: Inhale and exhale deeply as you do the spins.

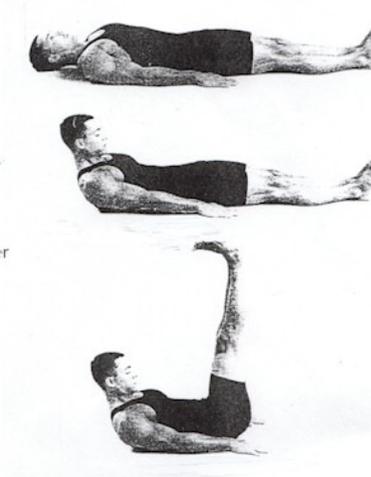


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Rite #2

Lie flat on the floor, face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. If possible, extend the legs over the body towards your head. Do not let the knees bend. Then slowly lower the legs and head to the floor, always keeping the knees straight. Allow the muscles to relax, and repeat.

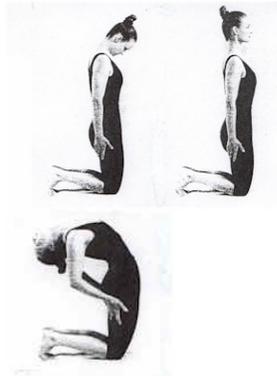
Breathing: Breathe in deeply as you lift your head and legs and exhale as you lower your head and legs.



Rite #3

Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then throw the head and neck backward, arching the spine. Your toes should be curled under through this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the rite all over again.

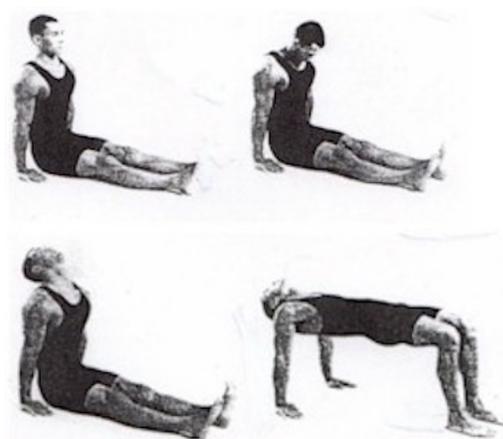
Breathing: Inhale as you arch the spine and exhale as you return to an erect position.



Rite #4

Sit down on the floor with your legs straight out in front of you and your feet about 12" apart. With the trunk of the body erect, place the palms of your hands on the floor alongside your buttocks. Then tuck the chin forward against the chest. Now drop the head backward as far as it will go. At the same time raise your body so that the knees bend while the arms remain straight. Then tense every muscle in your body. Finally let the muscles relax as you return to your original sitting position. Rest before repeating this Rite.

Breathing: Breathe in as you raise up, hold your breath as you tense the muscles, and breathe out fully as you come down.



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Rite #5

Lie down with your face down to the floor. You will be supported by the hands palms down against the floor and the toes in the flexed position. Throughout this rite, the hands and feet should be kept straight. Start with your arms perpendicular to the floor, and the spine arched, so that the body is in a sagging position. Now throw the head back as far as possible. Then, bending at the hips, bring the body up into an inverted "V". At the same time, bring the chin forward, tucking it against the chest.



Breathing: Breathe in deeply as you raise the body, and exhale fully as you lower the body.

Reference:

http://www.mkprojects.com/pf_TibetanRites.htm

Now we have energised ourselves we are going to meditate!
We will begin by grounding ourselves using a walking meditation

1. Walking Meditation :

Measure an arm's length between each person please and maintain this distance throughout this meditation.

To ground yourself place your feet parallel and hip-width apart, and distribute your body evenly over both feet.

Close your eyes halfway and fix your gaze about 2ft in front of your feet. Place your left hand on top of your right hand at waist level – palms facing upwards to receive inspirational energy.

Take a few deep breaths.

Now step your right foot forward about 6 inches. Take a moment to ground yourself, then step your left foot forward (same length foot step), then move your right etc. This sets a slow, rhythmic walking motion. As you move forward, maintain your focus on each step.

Tune each step with your breath. Inhale as you lift your foot. Exhale as you place it back on the floor. Notice how a natural rhythm develops.

As you walk, centre your weight over the mid-line of your body. Feel each foot rooting deeply. Become aware of how your whole body is involved in this action. See how each knee, bends lifts and straightens. Be aware of your ankles, hips, spine and shoulders. Keep bringing your attention back to the soles of your feet and their meaningful interaction with the floor.

2. Pre- Meditation:

Sitting quietly I would like you to become conscious of your breath. Inhale ... and exhale. Inhale, feel the air fill your body, and exhale, feel your body release tension and stress. Feel the air fill your body, and feel your body release all that no longer serves.

The next thing to do is to become aware of your physical body. If you need to adjust your position to be most comfortable do so now. Scan your body looking for areas of tension. Look for areas of concern or areas that cause pain. Visualize the breath filling the problem area, and on the out breath, visualize all the tension and stress leaving your body.

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Starting from your crown – feel the stress and tension melt away. Your forehead, your eyebrows, your eye, your cheeks, your jaw, your tongue, the back of your head and your neck. Feel the tension just melt away.

Over your shoulders, into your upper arms, down past your elbows, into your forearms, past your wrists, into your hands and fingers. Feel the energy flow through your crown, down your arms and out your hands.

Immediately you should feel more relaxed, more at peace, and more in tune with yourself. Stay aware of your breathing. Now continue with the physical relaxation.

The front of your chest, the back of your chest, your solar plexus, and your lower back, your stomach, your groin, your hips and upper legs. Feel the tension melt away.

Over your thighs, to your knees, front and back. Your calf muscles and your ankles.

Feel the flow of energy, flow smoothly from your crown, encompassing your arms and torso, legs and ankles, and finally your feet. Feel the energy flow freely from your toes. And while aware of your breath, you should now feel complete, relaxed, and in tune with yourself.

3. Chakra Shower Meditation:

I would like you to imagine that you are stepping into your shower. But know this time, the shower is magical. The water comes out at the perfect temperature. Just stand there and feel the warm water run over you. Keep your breathing relaxed, so it's nice and deep and slow.

Now the warm water has washed away all remaining stress and all tension.

Look down to your feet, and see all of your tension and stress simply be washed away.

Watch how this magical shower starts to change colour to wash your chakras. .

Firstly, the water turns into a beautiful vibrant red. The red water pours down and energizes you, right to your core. Just stand there a moment and feel yourself infused with the beautiful vibrant red. Now feel this colour washing away all of your fears. Without any resistance, they are simply washed down the drain and taken away. Release your fears to the warm red water.

The water begins to change colour again – and this time becomes a brilliant shade of orange. Orange opens you to experience joy and allows you to release shame and guilt. Feel the orange wash over you. Feel the orange colour wash through you, washing away all that no longer serves, making more space for joy.

Now the water changes to a bright shade of yellow. Feel the yellow water cleanse emotional pain. Realize that some things are out of your control and you can best handle them when you are calm and collected. Feel your body strengthen and become more secure. Yellow clears the mind and invigorates the digestive system. Take a nice deep breath and feel the clarity within.

The water begins to change again, turning to a brilliant shade of green – balancing and restoring the physical body. Green purifies the whole system, renewing your expression of love and forgiveness. Just as you love – you are loved. Feel the green water open your heart to all the love you deserve. Know that you are connected to all.

When you are ready the water changes to a beautiful, cooling, magical blue. This blue enhances self-expression, allowing you to speak your truth, the universal truth. Feel the blue all around you, allowing you to express yourself, according to your true-self. Tilt your head back so that the blue water falls right on your throat. Let the warm water relax all the muscles of your neck. Breathe in and out freely.

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As you stand here, in your shower, the water turns, this time to indigo and purple. Feel it land on your crown and wash all over you. Indigo and purple stimulates your own healing power and wisdom. Indigo stimulates your third eye and intuition, and purple increases your cosmic connection. Feel the calming influence of the velvet dark colours of indigo and purple.

Finally the water turns to a brilliant glowing white light. Feel it embrace you, warm and pure. This heavenly white takes away any pain and heals any hurt. It shows you the peace and joy within your own spirit. Take this moment to enjoy the white light that surrounds you, that fills you, that holds you secure.

Enjoy how you feel. Enjoy being yourself. Know that you are perfect.

As you bathe in the white light, know that you are now cleansed inside and out, in body, mind and spirit. You are standing in peace and harmony, with yourself and the world, both physical and spiritual. Take a few refreshing breaths before you step out of the shower.

As you towel yourself dry in your imagination – feel your body. Feel that your muscles are relaxed. Feel that your energy has been revitalized. Feel that your spirits are fresh, your mind is clear, and you are looking forward to what is to come. Become conscious of your breath, and you have now been cleansed and invigorated. Wriggle your toes, wriggle your fingers. Adjust your position and slowly open your eyes. Welcome back.

4. Seed Mantra

A Mantra is a grouping of sound vibrations which have an effect on the mental and psychic consciousness. Mantra chanting creates powerful vibrations which are said to be directed to the right "*chakras*" to attract divine forces. This process is said to mysteriously heal the spiritual, physical & psychological body. It is important that when the mantra is chanted, the words and their rhythm must be enjoyed and one must surrender oneself to this experience.

Mantras do not have to have any specific meaning. Their power lies not in the vibratory effects of the sound that they .

Repetition of a Mantra forms the basis of Mantra Meditation. Mantras for spiritual evolution should be practiced for a fixed amount of time each day. Repeating a mantra too much may not be right for sensitive or psychic people as it may affect them adversely. Generally, if you repeat a mantra for about 10 minutes every day, then, within a few days you will know whether the vibrations feel right for you.

We are going to introduce seed mantra using the sounds of the 7 main chakras. We begin at the root, repeating each sound 3 times. As we return downwards we repeat the seed sound twice per chakra and on the upward turn once each chakra, finally finishing with silence.

Silence

Om

Ham

YAM

RAM

VAM

LAM

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AJNA Chakra (Third Eye)

Your ajna chakra presides over your mind and your sense of self. And has a powerful effect on your personality. It is the seat of your judgement, your emotional intelligence, reality, rationality and wisdom. Six “spiritual powers” are associated with this chakra: unobstructed meditation, perfect concentration, the ability to direct your undivided attention, thought-control, super-conscious state also called samadhi. When imbalanced you might lack discipline and inner vision, have a poor memory, fear success, communicate poorly and can become rather dogmatic.

Crown Chakra:

The crown chakra is the gateway by which your prana or life-force enters your chakra system. This chakra is your energetic link to expressions of reality that lie beyond everyday existence and link with the Divine and intuitive understanding. When misaligned the crown chakra can cause excessive self centredness and bring a narrow vision that makes it difficult to connect with people and the world. People with an imbalance here can lack inspiration, be low in energy, or their energy may only circulate in the lower chakras and be directed only towards materialistic pursuits. Essentially, blockages in the crown chakra leave you unreceptive to both the downward flow of energy from the Divine and to the upward flow from the lower energies.

5. Stilling The Mind Meditation:

Your mind controls your senses and the prana in your body. However, if your mind is restless you will be overcome by wave after wave of thought, sensation and desire resulting in little inner peace.

A lake or an ocean is often used as an analogy for the mind in yogic philosophy. When they are calm, there is nothing to churn up the mud or sand at the bottom and there are no waves to disturb the clarity of the water. Similarly, when your thoughts subside in the lake or ocean of your mind, you feel peace and experienced lucidity.

Sit in a comfortable position. Close your eyes and take a few deep breaths. Allow your breath to settle into a slow and natural rhythm. Bring your awareness to your brow centre and picture your mind as a lake. At first, you may see many waves on the surface of your mind-lake. These are your thoughts and current concerns.

Now imagine that someone has dropped a large, beautiful diamond into the water. Gently try to see this gemstone shining brightly on the lakebed. If you try too hard you will stir up the waters which will become muddy and you will be unable to see the diamond. So when thought interrupts do not drive them away – this only encourages them to return. Try instead to gently focus all your attention on trying to see the diamond.

Slow down the flow of your breath and allow it to become smooth. Your mind, which is closely connected to your breath will respond by becoming calmer and any ripples will gradually subside so that you can eventually see the diamond clearly.

Holding on to the image of the diamond, notice how stilling your mind and focusing on the gem brings a silent, profound inner calm. Let the image of the diamond fade and allow the silence to envelop you by focusing all your senses on it. Imagine that you can see, smell and touch this silence.

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6. Yoga Nidra or The Cosmic Sleep

The practice of **Yoga Nidra** induces a state of consciousness between waking and sleep that prepares your body to experience deeper levels of awareness and makes your mind sensitive to auto-suggestion.

1. Lie on your back and close your eyes lightly. Rest your arms on the ground with your palms facing upward and let your feet relax to each side. Make a vow to yourself, "I will not sleep, I will remain awake".
2. Think about what direction you would like your future to take. For example, would you like to boost your self-confidence? Formulate a resolve regarding these goals, keeping it short and positive.
"I will be filled with loving kindness" "I love myself" "I feel peaceful", "I will achieve perfect health"; "I awaken my spiritual potential"
3. Take a few deep breaths. As you inhale, feel the calm spreading through your body. As you exhale, feel tension flowing away. Be especially aware of your breath as it moves between your naval and your throat. Repeat your personal resolve three times with meaning.
4. Direct your focus to each part of your body. Begin with the right side of your body, the right thumb, index finger, middle finger, ring finger, little finger, palm, back of your hand, wrist, arm, elbow, shoulder, armpit, waist, hip thigh, kneecap, calf muscle, ankle, heel, sole of your foot, top of your foot and toes.
5. Now we will focus on the left side: Begin with the left thumb, index finger, middle finger, ring finger, little finger, palm, back of your hand, wrist, arm, elbow, shoulder, armpit, waist, hip, thigh, kneecap, calf muscle, ankle, heel, sole of your foot, top of your foot and toes.
6. Bring the awareness to your back; your shoulder blades, buttocks, spine and then your entire back all at once.
7. Become aware of your head; forehead, temples, eyebrows, eyelids, eyes, ears, cheeks, nose, tip of the nose, lips, chin and throat.
8. Now focus on the front of your chest, naval, abdomen, then your entire front.
9. To ward of sleep repeat "I am awake, I am practising Yoga Nidra"
10. Be aware of the breath coming into your nostrils and moving down your throat to your bronchial tubes and lungs. Then watch your breath as it leaves your body. This completes the physical relaxation.
11. Let us now work on our emotions. Bring to your mind some intense feelings from the past. Try to re-live them and let them go.
12. Sense the feeling of lightness as if your body is made of cotton and is floating. Then feel a heaviness, as if the body is made of lead.
13. Witness your awareness within. Repeat your first resolve as you focus on your crown chakra.
14. It is time to become aware once more. Become aware of your toes and feet and move them in circles from your ankles. Now rock your hips slightly, becoming aware of your buttocks against the floor. Become aware of your arms and hands. Move your fingers until they once more feel part of you. When you are ready open your eyes and return to the present. Roll onto your right side and climb onto all fours. Sit up when you feel ready.

*Thank you for joining me today.
Namaste*

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