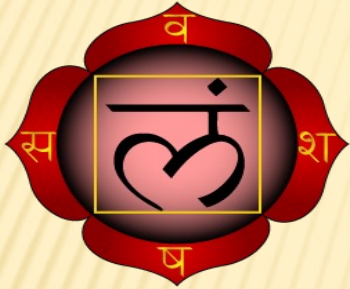




CHAKRAS

ROOT CHAKRA (MUDLAHARA)



Mantra : Lam

Oil -:Black pepper ,cedar wood,

Crystal : Hematite , Granite , Black obsidian

Food :Tomatoes , cherries, red apple , pepper

Yoga asana: malasana, balasana,uttanasana

Element : earth

Colour: red

- ✘ The first of the seven main chakras , located around the coccyx or tailbone
- ✘ The root chakra is also known as muladhara
- ✘ The root chakra is the driving force that gives us the energy to live daily lives and accomplish physical achievement
- ✘ The root chakra is believed to be found between the perineum and the lower spine
- ✘ The root chakras is associated with the earth element – a power, grounding force
- ✘ The root chakra power connects us to our sense of survival , security ,and independence
- ✘ The root chakra provides you with a base or foundation for life , and it helps you feel grounded and to withstand challenges
- ✘ The root chakra is red because the red chakra hue symbolizes rage
- ✘ The root chakra is first of our energy centre and forms the basis and the starting point for our development
- ✘ This is the chakra that controls our animals nature and governed by the predominant survival sense of smell , then taste
- ✘ The root chakra is associated with the physical body include the adrenal glands , colon , kidneys , muscles , and arterial blood that flows through the left chamber of the heart
- ✘ The root chakra is also believed to be connected with Kundalini
- ✘ The energy of Root chakra allows us to harness courage, resourcefulness and the will to live during challenging times
- ✘ The root chakra is the base of our life force energy and acts as the link between the outside physical world and our energetic system – it gives us the motivation to get up each day eat and procreate
- ✘ The root chakra embodies your relationship with the physical world.
- ✘ The Root Chakra is the centre for which self-esteem, integrity, and a sense of belonging is nurtured.
- ✘ It governs your most basic survival needs.
- ✘ Its role is to connect your mind, body and soul with the Earth.

PROCREATIVE CHAKRA (SVADHISTANA)



Mantra : Vam

Oil :ylang ylang. rose. sweet orange.
tangerine.

Crystal : Carnelian , Snowflake Obsidian ,

Food: carrots, mango, oranges, orange
peppers, peaches,

Element: Water

Yoga asana : pranayama and meditation

Colour : orange

- ✘ Its colour is orange. and its element is water
- ✘ Svadhistana means one's own abode
- ✘ This chakra is linked with our ability to connect with others and the freedom to enjoy life's pleasures
- ✘ This chakra is associated with sensuality and creativity
- ✘ The Sacral Chakra awakens the power of creation.
- ✘
- ✘ Controls the liquid factor and is related to the testes and ovaries.
- ✘ . The circles in connection with the lotus flower petals represent the cyclical nature of birth, death, and rebirth
- ✘ The tangential circles also create a crescent moon shape, which is a nice reminder of the connection between creativity and the phases of the moon.
- ✘
- ✘ The primary function of this energy centre is pleasure and overall enjoyment of life.
- ✘ The water element is all about flow, flexibility and freedom of expression when it comes to emotions and sensuality
- ✘ Stress, illness, emotional upset, or conflict all can cause blockages or imbalance in your chakra system.
- ✘
- ✘
- ✘ Foods that are rich in sources of healthy fats are very nourishing for the sacral chakra.
- ✘ The sacral chakra is believed to be located below the navel, where the perineum is.

SOLAR PLEXUS(MANIPURA)



Mantra : Ram

Oil: black pepper, lemongrass, ginger, rosemary, and sandalwood

Crystal: Citrine , amber, calcite , tiger eye

Food :honey and nuts

Element : fire

Yoga asana : Dhanurasana

,Kapalabhati pranayama , Anjali mudra

Colour : yellow

- ✘ Located in the upper belly at the diaphragm, it acts as the centre of personal power.
- ✘ It's responsible for confidence and self-esteem, as well as helping you feel in control of your life.
- ✘ This chakra governs personality, ego, and identity, as well as personal freedom, choice, and authenticity.
- ✘ "Manipura" means a lustrous gem.
- ✘ The element for the Solar Plexus is fire.
- ✘ The Solar Plexus focuses on the power and autonomy of metabolism
- ✘ It represents the colour yellow that brings brightness and balance of energy.
- ✘ The colour yellow also represents youth, new beginnings, birth, and re-birth.
- ✘ It is also known as representing the energy of the sun.
- ✘ The yellow chakra serves as the basis for personal strength and power.
- ✘ The third chakra, individuals may experience heightened skilful self-expression and increased confidence in them.
- ✘ This is especially true because the solar plexus chakra is also the seat of the lower emotions that we experience like jealousy, anger, fear, sorrow, and so on.
- ✘ The solar plexus chakra helps grow your confidence and vitality.
- ✘ The solar plexus chakra also has much to do with motivation, willpower, and purpose, which stem from one's sense of personal efficacy.
- ✘ When it's blocked: You can suffer from low self-esteem, have difficulty making decisions, and may have anger or control issues.
- ✘ The physical symptoms of solar plexus chakra opening include stomach problems, loss of appetite, palpitations, and insomnia
- ✘ The solar plexus chakra governs self-confidence
- ✘ The third chakra is closely tied to the lungs and adrenal glands.
- ✘ The solar plexus chakra, sometimes called the navel chakra
- ✘ The solar plexus sends and receives messages from critical organs and communicates them to the brain.

HEART CHAKRA (ANAHATA)



Mantra : yam

Oil: Frankincense, Geranium,
Melissa, Neroli, Rose,

Crystal : aventurine , rose quartz ,

Food: cucumber , matcha , lime ,

Element : air

Colour : green

- ✘ The heart chakra is located at the centre of the spine at heart level.
- ✘ Anahata roughly translates to, “unhurt.”
- ✘ The heart chakra acts as the individual's centre of compassion, empathy, love, and forgiveness.
- ✘ The heart chakra is the central powerhouse of the subtle body.
- ✘ The heart is the mediator between body and spirit, and it directly determines their strength and health.
- ✘ This chakra is the centre of child-like innocence and joy
- ✘ The element of this chakra is air
- ✘ The energy moves upwards to the heart region and manifests in three forms – fear, love, and hatred.
- ✘ Anahata Chakra is the most influential energy centre out of the seven chakras.
- ✘ This chakra promotes a consciousness that develops boundless compassion.
- ✘ The mantra of the Anahata Chakra is 'yam'. It means to let go, to liberate, to give.
- ✘ The air symbolizes freedom of expansion and breadth
- ✘ The green colour of the Anahata Chakra represents growth and renewed healthy relationships.
- ✘ The colour green is associated with nature, freshness, and tenderness. It is a healing and restful colour for the human eye.
- ✘ The energy flow in the Heart Chakra can make us feel lonely, isolated, and unable to connect.
- ✘ The anahata chakra is associated with unconditional love, compassion, and joy
- ✘ The anahata chakra is associated with the colour green, which represents transformation and love energy
- ✘ If the heart chakra is out of balance, it is thought to cause high blood pressure, immune system issues and physical problems with the heart
- ✘ Visualization is the best tool for penetrating the heart chakra
- ✘ The energy of the heart chakra starts in the centre and expands through the chest
- ✘ This chakra connects the lower and upper chakras, acting as a bridge between earthly matters and higher aspirations

THOUGHT CHAKRA (VISUDDHA)



Mantra : Ham

Crystal: amazonite and lapis lazuli

Oil :Peppermint.Bergamot.Basil.

Geranium. Carrot Seed.

Food : coconut water, herbal teas,
raw honey, and lemon

Element : ether

Yoga asana : Baby Cobra Pose

,Plow Pose ,Fish Pose

Colour : blue

- ✘ The throat chakra, or vishuddha chakra in Sanskrit, is located at the centre of the neck. It acts as the individual's force of expression and individual truth, both internally and externally
- ✘ The throat chakra is responsible for communication, self-expression, and the ability to speak your personal truth.
- ✘ The energy element governed by this chakra is effective communication
- ✘ It also represents inspiration and expression
- ✘ Vishuddha Chakra establishes a strong connection to both verbal and body language.
- ✘ The Throat Chakra restores the energy by detoxifying the impurities from the body and mind.
- ✘ Unhealthy food and polluted air block the Throat Chakra.
- ✘ The Throat Chakra is associated with the colour bright blue.
- ✘ Blue energy is pure, soothing, calming, and healing and connects a person with the divine.
- ✘ The seed mantra of Vishuddha Chakra is *Ham*.
- ✘ Space opens the possibility of an expansion of perspective
- ✘ The Vishuddha Chakra also governs our internal communication with our true Self.
- ✘ It symbolizes the energy of seeking and speaking the truth.
- ✘ Throat chakra is connected to your ability to communicate and speak your inner truth
- ✘ The throat chakra plays an essential role in communication, creativity, and self-expression.
- ✘ The throat chakra governs sound and resonance.
- ✘ The throat chakra's focus is on expressing ideas clearly, gracefully and honestly, and projecting one's authentic creativity into the world
- ✘ It's believed that energy flow is disrupted,

BROW CHAKRA (AJNA)



Mantra : Aum

Oil : Pure Angelica, Bay Laurel, Clary Sage.

Crystal : Amethyst, Lapis Lazuli, Labradorite

Colour : purple

Food : carrots, mango, oranges, orange peppers.

Element : light and illumination

Yoga asana : Plough Pose Downward Dog Lotus Pose

- ✘ This inspiring chakra governs your eyes, so it's linked to clear-sightedness.
- ✘ It's also in charge of both hemispheres of the brain, giving you good balance between logical thinking and your creative imagination.
- ✘ The Ajna chakra is believed to be located in the centre of the forehead between the eyebrows.
- ✘ It is not a part of the physical body but considered to be the part of Pranic system.
- ✘ The Brow Chakra is associated with the colour indigo
- ✘ It is also often referred to as the third eye or the mind centre
- ✘ It is our avenue to wisdom - learning through our individual's experiences and putting them in perspective
- ✘ Your brow chakra functions automatically while you are in slumber
- ✘ This inspiring chakra governs your eyes, so it's linked to clear-sightedness.
- ✘ The dark blue/purple crystals of indigo are used to treat imbalances of the brow chakra
- ✘ This is the colour of an empty sky, of solitude and reflection. It is a quiet colour, one of mystery and wisdom and judgment.
- ✘ Meditation is a very important part of balancing the brow chakra.
- ✘ The Brow Chakra also called the third eye is the centre of perception and command
- ✘ We see and are aware of ourselves and the world through the brow chakra.
- ✘ the brow chakra is in balance we see clearly and understand what we see
- ✘ Indigo crystals should be held during any meditation aimed at assuring the free flow of energy within the brow chakra.
- ✘ The basic issues are intuition , vision , precipitation
- ✘ It also opens the door to the Divine.
- ✘ It brings clarity to all the five senses in the body
- ✘ The colour Indigo encourages the transformation of energies from the lower chakras into higher spiritual vibrations.
- ✘ The Ajna symbol is an OM positioned over an inverted triangle that is seated within a circle between two lotus petals
- ✘ It strongly supports the concept of supreme intelligence and spiritual enlightenment.
- ✘ New meditators will report having a tingling feeling in the third eye or equate it to a headache.
- ✘ The mantra sound is SHAM.
- ✘ Aromatherapy has powerful healing properties to help ease the mind and awaken subtle psychic energies and feelings of intuition

CROWN CHAKRA (SAHASRARA)



Mantra :AUM

**Oil : Pure Frankincense, Myrrh,
Neroli, Rose, Spikenard .**

**Crystal: Selenite , Lepidolite,
Hypersthene**

**Food : Mushrooms, garlic, ginger,
onion, leeches and coconut**

Yoga asana : Sirsasana

Sasangasana

Savasana, Gomukhasana

Element : ether

Colour :white

- ✘ Aromatherapy has powerful healing properties to help ease the mind and awaken subtle psychic energies and feelings of intuition
- ✘ Located above the crown of the head, it acts as the individual's centre of spirit, enlightenment, wisdom, universal consciousness, and connection to higher guidance.
- ✘ It lifts and inspires you, connecting you to the divine
- ✘ This chakra also gives you a sense of your own divinity, the awareness that you are a soul in a human body
- ✘ This energy centre controls your connection to spirit, as well as your sense of universal consciousness, wisdom, unity, and self-knowledge.
- ✘ Its associated colour is violet, reflective of its connection to spirituality and enlightenment.
- ✘ When you're working with this energy centre, you're indicating your interest in a higher purpose and an elevated way of being.
- ✘ Sahasrara Chakra is the seventh chakra that activates the divine energy.
- ✘ The Sanskrit word Sahasrara means 'thousand' or 'infinite'.
- ✘ It creates a strong connection with the supreme Self
- ✘ The awakening of the Crown Chakra means a universal flow of energy and spiritual enlightenment.
- ✘ The seed mantra of Sahasrara Chakra is AUM.
- ✘ It is considered to influence brain functions such as memory, intelligence, and sharp focus.
- ✘ When the Sahasrara Chakra activates, it brings a more positive outlook on life.
- ✘ There are visible changes in our habits and attitude
- ✘ The Self is no longer ruled by the ego. Emotions like gratitude, compassion,