

DEMYSTIFYING CHAKRAS

Heal Yourself and Boost Energy Through Chakra Work



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Demystifying Chakras: Heal Yourself and Boost Energy Through Chakra Work

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Introduction

When people embark on a journey of self-discovery, most of the time they focus on their physical health or self-improvement in a particular area, such as learning how to stop procrastinating or how to boost their self-confidence.

Occasionally, they may be interested in the spiritual side of their lives. They might get the feeling there is something missing, that there has to be something more. Sometimes an interest in spirituality is triggered by a serious illness, or the loss of a loved one.

When we take the time to explore the part of ourselves that is commonly termed the spirit or soul, we open up a whole new vista of opportunities we probably never realized existed.

Working with your chakras is one way to open the gates to this whole new world. If you have ever heard the phrase, “It’s the journey, not the destination that counts,” then you might start to grasp just how powerful chakra work can be.

So what are the chakras, and how can they help heal us, on their own or in conjunction with other traditional healing and spiritual practices?

Let’s discuss this in our first chapter.

Chapter 1 - What Are Chakras?

The chakras are recognized in a number of ancient traditional medicines, including Ayurvedic (Eye-yur-VEE-dik) from India, Qigong (CHEE-gung) from China, and Reiki (RAY-key) from Japan.

The word Ayurvedic in Sanskrit means the science of life. Qigong translates as life force energy accomplishment through steady practice. Reiki translates as energy for life through higher wisdom.



The Hindus talk of prana (PRAH-NAH), energy or life force, and the Chinese of Qi or Chi, (both pronounced CHEE) or ki (KEY) in Japanese.

The energy is said to travel along channels or meridians, and focus its power in chakras. The word chakra means wheel or vortex. Each chakra is like a flat disk spinning from front to back, with all of the chakras connected through channels and loops.

In Ayurvedic medicine, you can gain energy, youthfulness and transformative powers by learning how to activate and balance your

chakras, and how to move your energy up and down your chakras via the central channel, the main energy channel in the body.

The colors of the chakras differ slightly depending on which school of thought you wish to follow. For example, within Buddhism, Tibetan Buddhists have their own color scheme for the chakras. In this guide we will be using the most commonly accepted one, that of the Hindu Ayurvedic tradition.

We mention this because there are a range of strategies for working with the chakras which are also common to all three schools of thought. Let's look in the next chapter at how chakras can heal us.

Chapter 2 - How Chakras Can Heal Us

Since the chakras are powerful energy centers we all possess, learning more about them and how to harness that power can help heal your body, mind and spirit. Once you are familiar with each chakra, you can work with each chakra on its own, or in conjunction with each other, to make the changes in your life you are longing for.

You can also do chakra work with other healing methods. For example, you can access your chakras and work to balance or strengthen them through meditation, yoga, aromatherapy, crystal work, imagery through mandalas, and words called mantras.

Let's look at each of these briefly.



Meditation

Meditation is a means of transforming the mind through techniques that encourage and develop concentration, clarity, emotional positivity, and tranquility. With consistent practice, you can energize your mind and deepen your understanding of the world.

Yoga

Yoga means to listen. It is an excellent exercise for mind, body and spirit. Many of the poses, called asanas (AH-sah-nahs), are common to most of the main yogic traditions. One form of yoga in particular, Kundalini (Cunh-DAH-lee-KNEE) focuses on awakening the chakra energy.

Aromatherapy

Aromatherapy uses scent to heal. It uses specially distilled oils that are prepared in such a way that they focus the healing power of plants and botanicals into what are termed essential oils. They can be inhaled, or diluted and used as part of a massage. Aromatherapy using certain essential oils can enhance particular chakras.

Crystal Work

Crystal work is as old as mankind itself. Primitive people wore stones as amulets for protection, or form them into beads to wear in a number of ways, and so on. You can use a range of crystals, commonly referred to as chakra stones, to awaken and magnify the power of each chakra or use all of them together.

Mandalas

In terms of imagery, the word mandala (man-DAH-lah) means circle or universe. It is a particular pattern that can be used as a tool to focus our concentration. Each chakra has its own mandala representation.

Mantras

Mantra is any word or phrase that is repeated for the purposes of meditation or what we can term vibrational effect. The word OM, for example, is one of the most common mantras used before and after yoga sessions and during meditation sessions to focus the mind.

By working with your chakras alone or in conjunction with these other healing modalities, you can go broader and deeper into your study of the

chakras and harness their power to enable transformational change in your life.

Some people who start to travel this path report wonderful results that transform their lives for the better. Others will start to experience a number of unexpected effects, including recollections of past lives.

Some chakra practitioners have also reported an increased level of mental powers, to intuit certain things or even predict future events. They learn to think with head, heart and gut all at the same time, for better decision-making and a more fulfilled life.

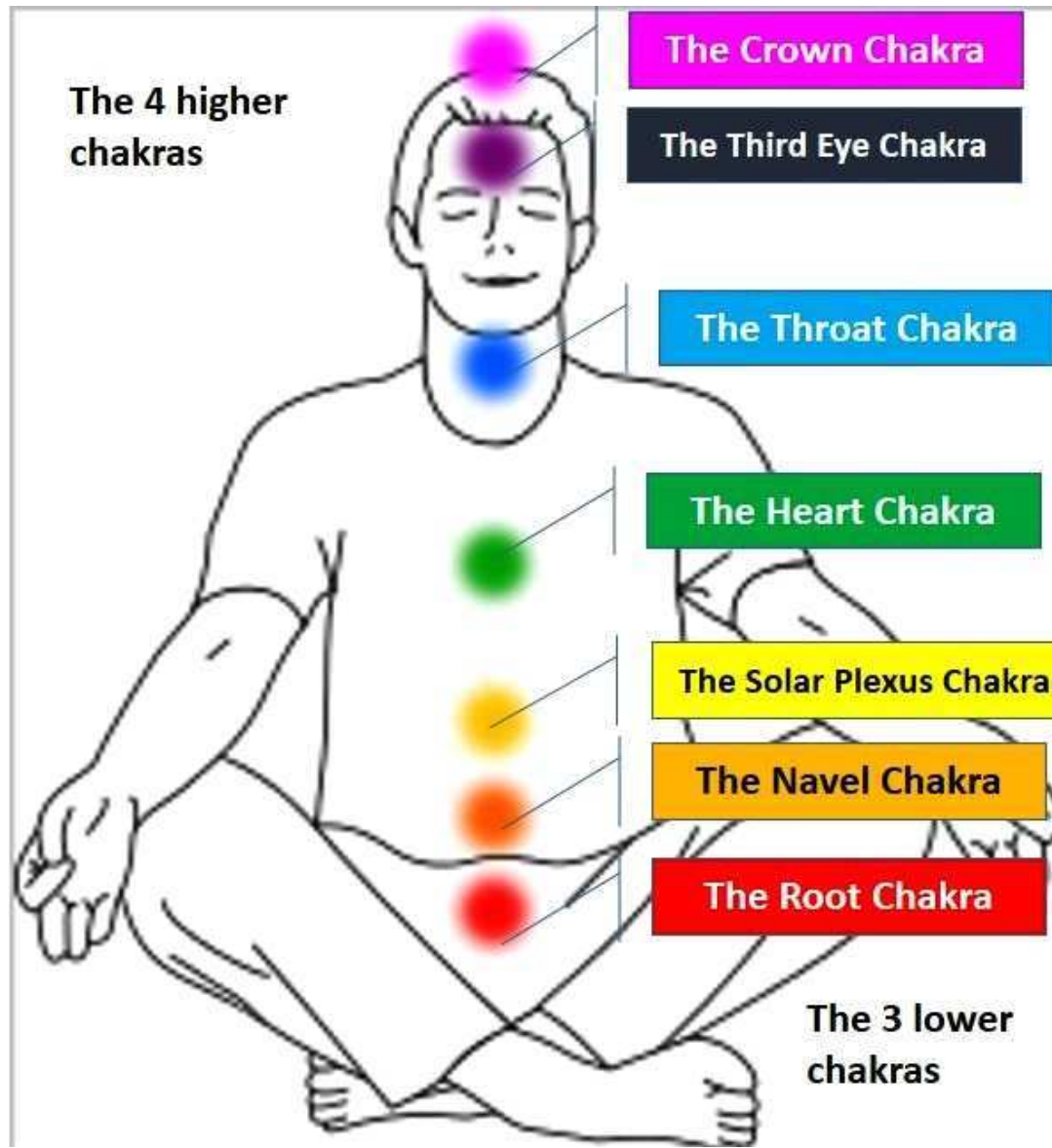
Even if you don't believe in reincarnation, you can still do very meaningful chakra work to transform areas of your life where you feel troubled or stuck. Once you know the meaning of each chakra, you can tap into it to balance the energy and get it flowing freely again. This in turn will allow you to feel a new sense of vitality and well-being, perhaps for the first time in years.

If this sounds like exactly what you need to get you out of the rut. Let's give you a brief overview of the 7 chakras and where they are located.

Chapter 3 - The Seven Chakras

The 7 chakras are:

- The Root Chakra
- The Navel, Sex or Sacral Chakra
- The Solar Plexus Chakra
- The Heart Chakra
- The Throat Chakra
- The Third Eye Chakra



- The Crown Chakra

If you look at the diagram we have created, you might notice that each chakra corresponds to a color of the rainbow or spectrum:

- Red
- Orange
- Yellow
- Green
- Blue
- Indigo (a deep bluish purple)

- Violet

Now that you know the names and locations of each chakra and its color, let's work our way upwards from red to violet, from our root chakra to our crown. Refer to the diagram above as needed.

As we discuss each chakra, we will also include several healing modalities you can use to enhance the power of that chakra, including aromatherapy oils, chakra stones and yoga poses.

Chapter 4 - The First Chakra

The root chakra or red chakra is said to be like a lotus flower, because from mud and dung, something of exquisite beauty and perfection arises.



The red or root chakra is the seat of security, survival and basic humanity. It is all about getting life's essentials, food, water, and other important resources we need to survive. It is the foundation of our stability in the literal as well as figurative sense.

If we look at the mandala for the root chakra above, we see a 4-petaled lotus with a triangle in the middle. The 4 petals symbolize what is considered in this system of thought to be a different element of the human psyche, which are:

- mind
- intellect
- consciousness
- ego

The triangle with the tip pointing downwards symbolizes a seed being planted, and the broad end facing upwards our spiritual growth. It is the seat where our vital life force and Kundalini energy stays coiled, dormant, until it wakes up to distribute its energy through all the other chakras.

A balanced root chakra brings many benefits, including:

- Security, safety
- All basic needs met in our life, such as food, shelter, and so on

- Ease because you have all the essentials
- The foundation upon which we can build our higher selves

An imbalanced root chakra has many disadvantages, including:

- Excessive feelings of insecurity
- Living in survival mode all the time
- Becoming greedy for food and/or money
- Constantly chasing after one's desires but rarely fulfilling them.

In Sanskrit the name of the root chakra is muladhara (pronounced MOO-la-DAH-ra). In Kundalini (CUNH-dah-LEE-knee) yoga, which works on the coiled energy in your body. Some of the exercises, meditation and mantra chanting are done with locks, that is, applying internal pressure to try to focus the energy and then move it up the body.

One of the most important locks is mulabhandha, (pronounced MOO-la-BAAN-dah), locking the root chakra in order to get the energy flowing upwards to the next chakra. Clench and release the muscles around the anus and buttocks to let the energy flow instead of being coiled too tightly through stress or survival mode.

The aromatherapy scents you can use to balance the chakras are earthy ones, including:

- cinnamon
- ginger
- patchouli
- vetiver

Chakra stones include:

- Bloodstone
- Obsidian
- Onyx
- Tigers eye

The mantra that can be chanted during meditation and yoga is LAM.

Yoga poses for the root chakra should be done outside if possible to ground you to the earth. Good poses include:

- Easy pose
- Baby (Child's) pose
- Garland pose

If you are not familiar with any of these poses, see Yoga Journal's [Root Chakra Tune Up slideshow](#).

Chapter 5 - The Second Chakra

The Navel, Sex or Sacral Chakra

The orange chakra, referred to as the navel, sex chakra, or the sacral chakra after the sacrum, the bone at the bottom of your spine, is the seat of energy for the reproductive organs and genitourinary system. It is the seat of procreation, reproduction, creativity and passion.



The mandala is an orange, 6-petaled lotus with a moon in the center of it showing different phases, from full to crescent. The phases of the moon show change and the importance of the moon and water for growth due to the moon's influence on the tides. It is also related to the feminine menstrual cycle.

The 6 petals symbolize the 6 aspects of life, death and rebirth:

- Birth
- Aging
- Sickness
- Death
- The intermediate state (bardo)
- Rebirth

Gaining enlightenment frees one from this cycle.

The main advantages of a balanced navel chakra include:

- Independence
- Confidence in oneself and sex appeal
- Being open to feelings and sensations
- Having a happy sex life
- Leading a happy and satisfied life full of good things

The main disadvantages of an imbalanced navel chakra include:

- Depending on others, particularly in unhealthy relationships to people, food or drugs
- A lack of sexual confidence, leading to withdrawal from others
- Obsessive crushes on unattainable people such as movie stars
- Being closed off to feelings and sensations
- Feeling stuck in a rut

In Kundalini yoga, the breath of fire is a rapid pumping in and out at the navel point to stimulate energy in the same way we would use a bellows to fan a spark into a full-blown flame.

Through the root lock and breath of fire you can move your energy up to the next chakra and beyond so you will not feel so stuck and sensations can start to flow again.

The aromatherapy scents you can use to balance the chakras are earthy and energizing ones, including:

- geranium
- orange
- sandalwood
- tangerine

Chakra stones include:

- carnelian
- garnet
- red jasper
- ruby

The mantra is VAM.

Good yoga poses include:

- Warrior II
- Cross legged in easy pose
- Reverse Warrior
- Pigeon pose

If you are not familiar with any of these poses, see Yoga Journal's [Sacral Chakra Tune Up slideshow](#).

Chapter 6 - The Third Chakra

The Solar Plexus Chakra

The yellow chakra is known as the solar plexus chakra. Solar refers to the sun, and plexus to a network or connections. In Western medicine, it refers to the complex cluster of nerves located in the area just under the center of our rib cage. The nerves spread out like the rays of the sun.



In traditional medicine, the solar plexus is the seat of energy. When you think of the solar plexus chakra, imagine the heat, warmth and power of the sun. This is the seat of your willpower and acting on instinct, the gut feeling we often talk about.

Picture your digestion, and how this powerful process transform based substances like food and drink in energy to fuel the body. Also think about fear and anxiety, how your stomach twists and turns in response to a stressful situation.

The mandala is a 10-petaled flower with a triangle in the center. The triangle, as with that in the root chakra mandala, is the seed blossoming into spiritual growth through the power and energy that has moved up to this chakra.

The 10 petals are said to be the 10 negative energies that can affect the solar plexus chakra:

- Pride
- Jealous

- Shame
- Fear
- Ignorance
- Treachery
- Foolishness
- Envy,
- Deluded view
- Revulsion or disgust

These are associated with the root and navel chakras, so we need to burn them up through our spiritual progress by transforming their energies when they reach the solar plexus chakra.

The broad top of the triangle can also be seen as the base for the upward pointing triangle which shows the progress up through the 4 higher chakras.

Your solar plexus is the seat of your spiritual growth. All of the energy from your lower chakras can be focused here and then driven up towards your higher ones once you learn how.

The main advantages of a balanced solar plexus chakra are:

- Willpower
- Reliability
- Following through with plans to complete them
- The energy to fulfil your wishes and desires

The main disadvantages of an imbalanced solar plexus chakra are:

- Not able to fulfil your wishes and desires
- Trying to be a control freak
- Being paralyzed and not able to move forward
- Lack of ambition

The most effective way to move your energy from this chakra to the higher ones is through the Kundalini yoga lock Uddiyana (OO-dee-AH-nah), the

diaphragm or solar plexus lock. It is used in order to move your pranic energy up to the heart chakra. It is said to give youthfulness to the entire body. It is done with the breath held out, not in.

The easiest way to apply this lock is to stand with your feet shoulder width apart and bend the knees slightly as if doing the chair pose in yoga. Only in this case, don't raise your arms over your head. Instead, rest your hands on your knees, and exhale. Then lift your chest upwards using your core muscles and those in your back. Do not overstretch.

This lock also said to massage the heart, to open up the chakra and increase its power.

Aromatherapy essential oils for this chakra are bright and cheering, including:

- balsam
- frankincense
- lemon
- myrrh

Chakra stones include:

- amber
- topaz
- citrine
- yellow sapphire

The mantra is RAM.

Any yoga pose that works on the core can benefit this chakra, including:

- Downward dog
- Downward dog, bringing your knee to your nose
- Child's pose

Learn more here: [Tune Up](#)

Now you have learned all about the three lower chakras. Once they are in balance and unblocked, you should be able to move the energy upwards and downwards along your central channel as needed.

Let's look at the first of the higher chakras next, the heart chakra.

Chapter 7 - The Fourth Chakra

The Heart Chakra



The green or heart chakra in the center of our chest is the seat of complex emotions, including compassion, tenderness and unconditional love. It can get blocked through rejection, which Western doctors refer to as 'broken heart syndrome'. Your heart is the center of your life on both the physical and subtle levels.

The mandala has 12 petals and two triangles overlaid, one with the tip pointing downwards and the other tip facing upwards. It looks like a Star of David in some versions of the mandala, but we need to picture it as three-dimensional like a three-sided pyramid. It symbolizes opposites in union with each other, masculine and feminine, spiritual and material, matter and energy.

The 12 petals symbolize the 12 virtues of Hinduism:

- Ahimsa, non-violence, doing no harm, related to karma and reincarnation, with all the virtues working towards enlightenment or a fortunate rebirth
- Control over one's mind, senses and emotions, in order to be able to behave in a moral way
- Tolerance of others, patience
- Hospitality, kindness
- Compassion
- Protection, giving shelter to others and not abandoning them

- Respect, shown for all living beings and for the sanctity of all life
- Wisdom, the opposite of ignorance
- Austerity, non-attachment to pleasure in order to seek the spiritual path
- Celibacy, non-attachment to sexual pleasure in order to seek the spiritual path
- Honesty toward yourself and others
- Cleanliness, external personal hygiene and internal purity through what we eat and drink and the actions we perform

Each petal also has a mantra on it to symbolize the healing power of mantras.

A balanced heart chakra conveys a range of benefits:

- The ability to love
- Being open-hearted
- Possessing compassion
- Feeling sympathy and empathy
- Able to forgive

An imbalanced heart chakra can cause a range of problems, such as:

- Being closed off to love and feelings and to other people
- Jealousy
- Being afraid of intimacy
- Attention-seeking

The mantra is YAM.

Aromatherapy using these essential oils can help stimulate this chakra:

- eucalyptus
- peppermint
- rose
- tea tree

Chakra stones include:

- emerald
- green tourmaline
- moonstone
- tourmaline

Useful yoga poses for the heart chakra include:

- Upward dog
- Camel
- Bridge

See more here: [Chakra Tune-up](#)

Chapter 8 - The Fifth Chakra

The Throat Chakra



If the heart chakra is all about connection, the blue or throat chakra is the seat of our communication and expression. The name in Sanskrit means “very pure.” Our speech should be truthful and positive, not deceptive and negative. This chakra is the seat of security because you will say what you mean and mean what you say.

The mandala is a lotus with sixteen petals. The lotus in Eastern thought symbolizes:

- purity
- beauty
- fertility
- prosperity
- spirituality
- eternity

The sixteen lotus petals surrounding the throat chakra symbol are often depicted with the 16 Sanskrit vowels, which represent the airy elements of spoken words.

The circle represents perfection and reincarnation. It can also represent a full moon, symbolic of full enlightenment. The triangle is symbolic of spiritual growth and blossoming knowledge.

The throat chakra is the connection between the heart and mind. If you speak using both the heart and the honesty of the throat chakra, you will be able to speak your truth that is an essential part of your authentic self.

A balanced throat chakra conveys a range of benefits:

- Telling the truth
- Honesty with oneself and others
- Expressing yourself well verbally and in writing
- Living true to your authentic self

An imbalanced throat chakra can cause a range of problems, such as:

- Talking too much
- Saying inappropriate things
- Being a bad listener
- Fear of public speaking
- Gossiping
- Lying
- Not keeping your word

Driving energy upwards from the heart to the throat chakras can be accomplished through the third Kundalini lock, neck lock. With your head straight, gently tuck your chin in as far as it will go to store the energy.

The mantra is HAM.

Good essential oils to balance and open this chakra include:

- Chamomile
- Coriander
- Geranium
- Lavender

Chakra stones include:

- sapphire

- aquamarine
- blue topaz
- turquoise

Useful yoga poses to open up the throat chakra include:

- Fish
- Plow
- Legs up the wall

To learn how to do these and other poses for the throat, see: [Chakra Tune-up for Throat](#)

Chapter 9 - The Sixth Chakra

The Third Eye Chakra

The purple or third eye chakra, also referred to commonly in yoga as the ajna (AHJ-NAH) chakra, is the seat of your intuition and inspiration. It is also supposed to help balance both the lower and higher chakras and the left and right channels of the body that run parallel to the central energy channel in our subtle body. It blends rational and emotional thought into a whole.



The mandala is the only one that is not round, but rather, shaped like an eye. It is a 2-petaled lotus, symbolizing the dualism of appearance and reality, and all of the associations of the lotus flower as we discussed above, including purity and spirituality.

It allows us to tap into a different way of seeing the world. Advantages of a balanced chakra include:

- Intuition
- Perception
- Discernment, being able to spot false from true
- Wisdom
- Psychic abilities such as clairvoyance (seeing all) and remembering past lives

The disadvantages of an imbalanced chakra include:

- Feeling stuck
- Unable to see into the future

- Not able to follow your goals and dreams
- Being cut off from your intuition and higher self
- Unable to tell false from true, appearance from reality

Aromatherapy using these essential oils can help:

- bergamot
- lemon
- orange

The mantra is OM.

Chakra stones include:

- diamond
- amethyst
- lapis lazuli

Useful yoga poses include:

- Child pose
- Eagle
- Warrior II

Learn more on how to tune up your third eye chakra: [Tune-up](#)

Chapter 10 - The Seventh Chakra

The Crown Chakra

The violet chakra is your crown chakra. Think of it as an umbrella over your head which allows your energy to flow up and down, and also project it outwards to the rest of the world. It is a state of pure consciousness.



The mandala is the thousand-petaled lotus, a symbol of purity and perfection. It is also equated with one manifestation of the Buddha of Compassion, Chenrezig in Tibetan and Avalokiteshvara in Sanskrit, “lord who watches over all.” This Buddha is often shown as having 1,000 arms, with an eye in the center of each palm, to demonstrate that he can see what humans need and skillfully help them.

Advantages of a balanced chakra include:

- Awareness
- Wisdom
- Understanding of the sacred
- Bliss
- A higher state of consciousness
- Enlightenment

The disadvantages of an imbalanced chakra include:

- Being disconnected to others
- Being disconnected to spirituality
- Living in your intellectual mind instead of your heart and intuition

- Close-mindedness to any new ideas
- Limited potential

The fourth important lock in Kundalini yoga, the Mahabhandha, or great lock, is a combination of root, solar plexus and neck lock and is a powerful way to drive your energy upwards to the crown chakra.

The mantra is AUM; or the silence after the mantra OM.

Aromatherapy using these essential oils can help balance and enhance the power of this chakra:

- frankincense
- jasmine
- rose
- ylang ylang

Chakra stones include:

- sapphire
- quartz
- diamond

Useful yoga poses include:

- Baby Eagle
- Warrior I with Eagle Arms
- Saddle pose

To learn more about these and other poses, see [Crown Chakra Tune-up](#)

Now that you know the essentials regarding the 3 lower chakras and 4 upper chakras, it's time to look at the topic of chakra work to balance and open your chakras, including meditation and massage.

Chapter 11 - Chakra Work for Beginners

Throughout this guide we have mentioned other healing modalities that can open up your chakras including mandalas, mantras, essential oils, chakra stones and yoga poses.

In this chapter we want to look in a bit more details at some of the ways to enhance your chakra work and bring all you have learned into one organized whole.

What is Meditation?



Meditation is a mental exercise in which a person tries to access a higher consciousness, gain wisdom, or both. Meditation is a vital tool for anyone who wishes to grow spiritually.

For those who ignore meditation, they tend to suffer from chronic "dis-ease." Notice the origin of that word. "Dis-ease" and disease are the same thing, though one is mental and the other physical.

Meditation can improve your overall health and well-being, plus make your mind more peaceful. You can reduce stress and gain a greater sense of contentment through skillful meditation.

Meditation done for short periods a couple of times a day has been shown to change the brain and make it easier to perform complicated tasks. It is also used as a means of transcending ordinary thought and existence in an effort to achieve enlightenment, a heightened mental state.

Meditating by repeating the mantra for each chakra, either on its own or in a series, can move your chakra energy. If you can't remember them all, just think or chant Om or Aum (which should sound like 3 syllables (ah-oo-mm)).

One very powerful chakra meditation is to picture each chakra one by one, starting with the root chakra and working your way up. As you picture each one, feel it spinning and spreading its energy through every pore in your body. Once you get to the crown chakra, picture yourself radiating love and blessings outwards to every living being in the universe.

Then work your way back down from the crown. Picture yourself receiving all sorts of blessings from the universe so that they fill your body with a glowing white light. Then have that white light split up in to the colors of the spectrum, violet, indigo and so on, as you work your way back down all the chakras to the root chakra.

You can meditate sitting or lying down. You can also do it while lying down and using your chakra stones. If you wish, you can also use your essential oils. Sit up in this case and be sure that your oils are lined up in a row correctly so you do not need to fumble for them and break your concentration.

Kundalini Yoga

In this guide we have discussed Kundalini breath of fire and the 4 locks in this particular style of yoga:

- Root
- Solar plexus
- Neck
- The great lock-root, solar plexus and neck all at the same time

There are 3 very useful poses only found in Kundalini yoga that are designed to move the chakra up the spine.

They are:

- [Spinal Twists](#) (the washing machine)
- [Camel Ride](#)
- [Sat Nam kriya](#)-(pronounced Sut-Nom KREE-ya). Sat Nam means “I am truth” in Sanskrit

The links will show you videos on exactly how to do each pose to get the most benefit from it and without injuring yourself. In case you are thinking, “Who me, do yoga?” Kundalini yoga is very good for beginners because you do not need to be as twisty as a pretzel, and is suitable for people any age. Just be aware of any old injuries or creaky knees and do only what you feel is comfortable.

Yoga is all about being present and listening to your body, not competing with anyone else. Again, it is the journey, not the destination that counts.

The Benefits of Massage

Touching the chakras is a good way to activate them. You can place a finger or hand on each chakra to focus your attention. For example, if you are having trouble concentrating, place your thumb on your third eye.

You can rub the front of your own body, such as your solar plexus or heart, to stimulate the chakra. Placing the hands in front of you as if in prayer will work well for this.

Since your chakras spin from front to back, back massage, especially along the spine, is excellent for moving energy. Have your massage therapist or partner start from the base of the spine and work upwards.

Add an essential oil for the chakra you want to work with, diluted in a massage oil such as sweet almond or coconut oil. They and others are referred to in aromatherapy as carrier oils. Use this for massage and see

what a powerful effect it can have on your chakras. Orange and lemon can be used for whole body chakra work to energize and revitalize.

Chakra Stones

These can be used on your front or back and with massage if you wish. Place one stone or the full set. They are said to amplify the energy of each chakra they are placed upon.

Chanting

The mantras can be chanted aloud or under your breath. They can be chanted while doing yoga or meditation. If you can't decide which to use, Om or AUM will work well no matter what you wish to accomplish.

Chakra work will be effective on its own, but try any or all of these other healing methods to add variety to your chakra work and see which give you the best results for your health and vitality.

Conclusion

In this guide, you have learned what the chakras are, where they are located, and why they are important. You have also learned why blocked or unbalanced chakras can affect your health and harmony and how balancing them can bring ease to your life.

Chakra work can be done on its own through meditation and visualizing the mandalas and chanting the mantra. You can also use aromatherapy, essential oils and massage to balance and strengthen, and yoga poses to open up your chakras and move the energy up your spine and central channel to your crown chakra.

No matter which healing therapies you use, pay attention to one or more of your chakras each day and see what a wonderful effect it can have on your overall health and well-being.

Resources

Wheels of Life: A User's Guide to the Chakra System

by [Anodea Judith](#)

The Chakra Bible: The Definitive Guide to Working with Chakras

by [Patricia Mercier](#)

Chakra Wisdom Oracle Cards: The Complete Spiritual Toolkit for Transforming Your Life

by [Tori Hartman](#)

Gemstone Chakra Kit Crystal Healing Balancing Set of 7

by [Crystal Rock Emporium](#)

Chakra Essentials at a Glance

The seven chakras, their meanings, and the mantras, essential oils, chakra stones and yoga poses for each.

1-The Root Chakra-stability, life's essentials

Mantra: LAM

Essential Oils

- *cinnamon
- *ginger
- *patchouli
- *vetiver

Chakra Stones

- *Bloodstone
- *Obsidian
- *Onyx
- *Tigers eye

Yoga Poses

- *Easy pose
- *Baby (Child's) pose
- *Garland pose

2-The Navel Chakra-passion, creation, procreation

Mantra: VAM

Essential Oils

- *geranium
- *orange
- *sandalwood
- *tangerine

Chakra Stones

- *carnelian
- *garnet
- *red jasper
- *ruby

Yoga Poses

- *Warrior II
- *Cross legged in easy pose
- *Reverse Warrior
- *Pigeon pose

3-The Solar Plexus Chakra-willpower and personal power

Mantra: RAM

Essential Oils

- *balsam
- *frankincense
- *lemon
- *myrrh

Chakra Stones

- *amber
- *topaz
- *citrine
- *yellow sapphire

The mantra is RAM.

Any yoga pose that works on the core can benefit this chakra, including:

Yoga Poses

- *Downward dog
- *Downward dog, bringing your knee to your nose
- *Child's pose

4-The Heart Chakra-love, compassion, empathy

Mantra: YAM

Essential Oils

- *eucalyptus
- *peppermint
- *rose
- *tea tree

Chakra Stones

- *emerald
- *green tourmaline
- *moonstone
- *tourmaline

Yoga Poses

- *Upward dog
- *Camel
- *Bridge

5-The Throat Chakra-communication

Mantra: HAM

- *chamomile
- *coriander
- *geranium
- *lavender

Chakra Stones

- *sapphire
- *aquamarine
- *blue topaz
- *turquoise

Yoga Poses

- *Fish
- *Plow
- *Legs up the wall

6-The Third Eye Chakra-intuition, wisdom

Mantra: OM

- *bergamot
- *lemon
- *orange

Chakra Stones

- *diamond
- *amethyst
- *lapis lazuli

Yoga Poses

- *Child pose
- *Eagle

*Warrior II

7-The Crown Chakra-higher self

Mantra: AUM

*frankincense

*jasmine

*rose

*ylang ylang

Chakra Stones

*sapphire

*quartz

*diamond

Yoga Poses

*Baby Eagle

*Warrior I with Eagle Arms

*Saddle pose

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