

What are the Chakras?

CHAKRA SYSTEM

Pre-reading

Match the vocabulary to its right definition

- | | |
|------------------------------|--|
| 1. self-expression | a. to turn |
| 2. energy | b. the human emotional need to be accepted |
| 3. wheel | c. a circular object (more often used for means on transport). |
| 4. to spin | d. to have more of something than you (probably) need. |
| 5. sense of belonging | e. confidence in one's own value or abilities; self-respect. |
| 6. sense of abundance | f. is the motivation that drives you toward a satisfying future |
| 7. sense of purpose | g. the voicing, outing of one's feelings, thoughts, or ideas. |
| 8. self-esteem or self-worth | h. power obtained from physical or chemical resources, especially light and heat |

What are the Chakras

The word chakra refers to energy. The chakra system consists of seven connected energies in the body. In Sanskrit, chakra means 'wheel'. The chakras are spinning wheels of energy. These energies make a way up starting at the bottom/base of our spine (root chakra), through our lower abdomen (sacral chakra), upper abdomen (solar plexus chakra), centre of the chest (heart chakra), throat (throat chakra), forehead between the eyes (third eye chakra) and finish at the top of the head (crown chakra).

The chakras help you connect your mind, body and soul, and liberate your spirit to manifest your dreams. Knowing how each chakra influences your state of being helps you:

- Ground and centre your energy
- Open, close and balance your sexuality
- Increase personal power and energy
- Open your heart to love and compassion
- Develop your intuition
- Expand your overall awareness

When one of the chakras is not working properly or blocked, we can get sick, feel down, get depressed or get injured. For example: if we eat processed food, we lack 'healthy' energy. If we do not 'show' our feelings, we do not speak our truth. If we are tired, but go to a friend's party because you promised, you ignore your bodily needs. Even when you think you are living your 'healthiest' life, we sometimes unconsciously hinder our healthy energy flow.

Let's have a look at each chakra.



Root Chakra - Muladhara | to be here, to have "I exist"

- **Deals with:** career, money mind-set and sense of belonging.
- **Represents:** feeling grounded
- **Colour:** red
- **Element:** earth
- **Location:** bottom / base of the spine in the tailbone area
- **Emotional matters:** survival, financial independence, money, food
- **Physical connexion:** spine, rectum, legs, arms, circulatory system.
- **Keep it healthy:** daily exercise, seek security and create a safe space for yourself.
- **Pose:** tadasana/mountain



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Sacral Chakra - Svadhistana | to feel, to want "I desire".

- **Deals with:** sexuality and pleasure
- **Represents:** connection and ability to accept others and experiences
- **Colour:** orange
- **Element:** water
- **Location:** lower abdomen
- **Emotional matters:** sense of abundance, well-being, pleasure, sexuality
- **Physical connexion:** reproductive organs, kidneys, bowels, immune system
- **Keep it healthy:** belly dancing, practising yoga, create loving partnerships, live your passion, follow your dreams
- **Pose:** baddha konasana /cobblers pose



Solar Chakra - Manipura | to do, to act "I control".

- **Deals with:** personal power and ability to channel
- **Represents:** ability to be confident and in control of our own life.
- **Colour:** yellow
- **Element:** fire
- **Location:** upper abdomen
- **Emotional matters:** self-worth, self-confidence, self-esteem.
- **Physical connexion:** central nervous system, liver, digestive tract, skin.
- **Keep it healthy:** stay in control of your destiny and happiness and listen to your bodily, mental and emotional needs.
- **Pose:** parsvottanasana hasta parivrtta trikonasana/revolved pyramid



Heart Chakra - Anahata | to love and beloved "I love"

- **Deals with:** love, relationships and self-acceptance
- **Represents:** ability to love
- **Colour:** green
- **Element:** air
- **Location:** centre of the chest, heart area
- **Emotional matters:** love, joy, inner peace.
- **Physical connexion:** heart, thymus, lower lungs, circulatory system, immune system
- **Keep it healthy:** maintaining healthy relationships with your family, friends and partners, yourself, be open to receive love.
- **Pose:** uttana shishosana/puppy pose



Throat Chakra -Vishuddha | to speak, to be heard "I express".

- **Deals with:** self-expression
- **Represents:** ability to communicate
- **Colour:** blue
- **Element:** ether
- **Location:** throat
- **Emotional matters:** communication, self-expression of feelings, the truth
- **Physical connexion:** thyroid, respiratory system, teeth, vocal cords
- **Keep it healthy:** singing, chanting and breathing exercises, practise speaking the truth
- **Pose:** salamba sarvangasana/shoulderstand

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Third Eye Chakra - Ajna | to see "I am the witness"

- **Deals with:** Intuition, sense of purpose and your direction in life
- **Represents:** our ability to focus on and see the big picture
- **Colour:** indigo
- **Element:** ether
- **Location:** forehead between the eyes
- **Emotional matters:** intuition, imagination, wisdom, ability to think and make decisions
- **Physical connexion:** pituitary gland (master gland), eyes, sinuses
- **Keep it healthy:** meditation and visualization exercises, be open to your inner guidance, listen to your thoughts.
- **Pose:** balasana/child's pose



Crown Chakra - Sahasrara | "I am that I am".

- **Deals with:** connection to the divine
- **Represents:** our ability to be fully connected spirituality
- **Colour:** violet
- **Element:** ether
- **Location:** top of the head
- **Emotional matters:** inner and outer beauty, our connection to spirituality, pure bliss
- **Physical connexion:** pineal gland, brain, nervous system
- **Keep it healthy:** meditating on your chakras, listen to what your body is trying to tell you, visualize the colours of the chakra and understanding what they need to spin in a healthy way, filling your body with health, wisdom, and light
- **Pose:** salamba Sirsasana/headstand

True or False

1. Balancing your chakras helps you to live your healthiest most prosperous life. T / F
2. All chakras have a different element. T / F
3. The Root chakra stands for grounding and deals with career, money, mind-set and sense of belonging. T / F
4. The Throat chakra stands for intuition, sense of purpose and your direction in life. T / F
5. The Crown stand for our connection to the divine and ability to be fully connected spiritually. T / F
6. The Third Eye Chakra stands for personal power and ability to channel. T / F
7. The Sacral Chakra stand for sexuality and pleasure. T / F
8. The Solar Plexus stands for love, relationships and self-acceptance. T / F
9. The Heart Chakra stands for love, relationships and self-acceptance. T / F