

CHAKRA BALANCING



A FREE MINI COURSE
FROM
TATVAN

TABLE OF CONTENTS

1. What are Chakras?	3
2. Benefits of Chakra Balancing	4
3. Classification of Chakras	5
4. The Seven Chakras	6
5. Chakra Balancing using Stones / Crystals	9
Other Professional Courses / Workshops conducted by TATVAN	11

What are Chakras

Chakras were mentioned in ancient Indian culture, dating back before 2500 BC. Chakras are the power stations of our body. Chakras are the source of physical, mental, emotional and spiritual energy. They are wheels of light within our aura which bring our physical body to life. They make us breathe, make our heart beat and energize our thoughts and sensations. Without the chakras we would not exist.

A chakra cannot be seen as a physical object since it belongs to the subtle realm. It can only be visualized through its properties, just as mind can be visualized through its thoughts, electricity can be visualized through the light it generates, and so on.

Chakras are symbolized by lotuses, since a lotus corresponds to three different levels of spirituality. It is rooted in the mud-ignorance, endeavors through water to reach the top-action, and finally reaches out in the air to receive the light from the sun-enlightenment. This represents the quest of man from dusk to dawn.

Benefits of Chakra Balancing

Chakra balancing can be used for personal development and healing. The chakras are the key to our physical health, mental and emotional balance and spiritual awakening. Clearing and balancing your chakras will help to unblock and re-align the flow of energy in your body, to keep you well and happy, positive, calm and energized. What you learn and understand in the process can transform your life. You can gain confidence, courage, self-esteem, love and compassion for yourself and others, and your personal qualities and talents can shine through.

Chakra balancing helps with many negative conditions which cause concern, such as anxiety, panic, depression, grief, addiction, insomnia, bereavement, physical ill health and more. It also helps in positive situations which can be creating stress, such as marriage, house move, promotion, job change, birth, celebrations and so on.

Chakra balancing creates balance in the body's energy system which in turn achieves balance throughout the mind and body. We begin to feel better, more positive, energetic, and this promotes better health. You only have to try it once to feel its positive effects. Imagine how you will feel if you do chakra balancing regularly!

Classification of Chakras

There are seven chakras or energy centers in human body at different locations.

Each chakra has a color, and a typical area of functioning mentioned in the table below.

Chakra	Location	Function	Color
First-ROOT CHAKRA	Feet to base of spine	Grounding	Black, brown, red
Second-SACRAL CHAKRA	Genital area	Sexuality	Red, orange
Third-SOLAR PLEXUS CHAKRA	Abdominal area	Personal power	Yellow
Fourth-HEART CHAKRA	Heart	Love, healing	Pink, green
Fifth-THROAT CHAKRA	Ear, nose, throat	Communication	Blue
Sixth-BROW CHAKRA	Brow	Inner wisdom	Dark blue, purple
Seventh-CROWN CHAKRA	Crown of head	Oneness	White, Gold, Violet

The Seven Chakras

First Chakra / Root Chakra

Located at the base of the spine, near to the reproductive organs, this chakra sits on the coccyx. Sometimes it is called the survival chakra, because it is linked with basic instincts to survive. It represents our relationship with our physical bodies and with the material world. It grounds us in physical existence. When balanced, its energy helps us to blend the physical and spiritual, and to eliminate that which is no longer needed for growth. We enjoy physical existence. When unbalanced, we may be afraid of life, feel like victims, withdraw from physical reality, or operate in our own interests only. Physical symptoms can include any difficulties with feet, legs, or lower back.

Second Chakra / Sacral Chakra

This chakra is lower abdomen, just below the navel. It relates to the release of adrenalin into the system and digestive problems. Often said to be chakra covering happiness, freedom and openness, this chakra makes us sensitive to needs of other people. This chakra is most directly related to energy flow, as expressed in the flow of blood, and especially with the energies of sexuality and creativity. It is also deeply connected to the five physical senses.

When it is unblocked people feel fully alive, energetic, spontaneous, guilt-free. and in full appreciation of their bodies. When it is unbalanced reproductive organ diseases, joint stiffness, and various blood disorders may result. Men suffering problems with their prostate gland should have crystal healing on this chakra as well as root chakra.

Third Chakra / Solar Plexus Chakra

This chakra is located at the level of the navel in the middle of the abdomen. It is closely connected to the outside and external and outside stimuli. This is the chakra of physical and material power, with an emphasis on mastery in the physical realm, especially the ability to manifest one's hopes and dreams. It relates to expressing one's unique individuality in the physical world.

When it is unblocked people feel self-confident, have a clear sense of purpose, and pursue dreams which others would consider impossible. Imbalances appear as lack of self-confidence, insecurity about money or other physical things, and may also express itself, in terms of being aggressive or using one's power to dominate others. Physical symptoms are usually seen through kidney or liver problems

Fourth Chakra / Heart Chakra

This chakra is located in the centre of the chest and connected to the thymus gland. It is connected with the breathing in of the air and the ability of the lungs to nourish the body with oxygen. This chakra is the centre of love and emotions. It is very much affected by self-cognition, awareness and expression of love and the imposition of the views of others.

This chakra relates to love and emotional well-being. When it is unblocked we give love unconditionally and attract to ourselves those people who give us an abundance of love. When it is blocked we feel the lack of love in our lives as keenly as those with third-chakra blockages feel a lack of material security. Heart conditions are the most common physical symptoms.

Fifth Chakra / Throat Chakra

This chakra is located in the throat area just below the vocal chords and is connected to sound. Associated with the thyroid gland, it affects the pharynx, larynx, gums, tongue, upper lungs, shoulders, arms and hands as well as the lymphatic system.

This chakra governs communication and mental creativity. When it is balanced we communicate easily and effectively with others in both written and verbal form. This includes being able to constructively express anger and other emotions. When it is blocked communication is difficult to impossible, and these may be the people who say, "I'm just not creative." There can be more physical blockages associated with the fifth chakra than with any other. These can include excessive eating and drinking (good ways to keep the throat busy while preventing communication), and a range of respiratory diseases. Teeth and gum disorders fall into this category, as well.

Sixth Chakra / Brow Chakra

This chakra is located between the eyebrows and is associated with the higher functions of the mind, the pituitary gland, frontal lobes, eyes, ears and the sinuses. This chakra is the coordinating centre for all other chakras and is affected by the desire to be open-minded.

This is the psychic center, and, when unblocked, the source of intuition, esp, and other psychic abilities. This chakra is particularly related to the fears of cultures which wish to believe only that which they can experience with the physical senses, and blockages abound, including fear of the imagination, of dreams, and one's "irrational" intuitions. Physical symptoms of blockage may include persistent headaches, insomnia, and anxiety.

Seventh Chakra / Crown Chakra

This chakra is located at the top of the head and concerns spiritual desires. It is associated with cerebral functions. Often people who suffer seasonal diseases have blockages in this chakra. This chakra, if balanced, makes one creative, highly aware and at perfect peace with oneself. The seventh chakra is our direct connection to spirit. When it is balanced we understand our relationship with the universe. We dissolve the illusion that we are separate from other humans and other forms of life. We appreciate our uniqueness and our places as parts of the whole. When it is blocked we compare ourselves to others and feel ourselves inferior or vulnerable. We feel lonely and become fearful of death.

Chakra Balancing using Stones / Crystals

Chakras can become easily blocked by stress, strains and emotional and physical blockages. It is important to remove these blockages, by balancing chakras through crystals or stones. Stones help to heal and balance chakras, allowing the body's vital energy to flow freely. Stones or crystals, being symmetrical in their molecular structure, radiate energy in a consistent and steady manner. When used in chakra balancing, they help to establish a creative and healing flow within the body.

Choose one or more stones for each chakra. Lie down and place each stone pertaining to each chakra on the appropriate location. For instance, place amethyst stone on brow chakra-area in the middle of the eyebrows,

Inhale deeply, and as you inhale imagine your breath coming up through the soles of your feet, and filling your body as it rises to the top of your head. As you exhale imagine it traveling back down your body and exiting through the soles of your feet.

After you've practiced this for a while, visualize the color associated with each chakra as the breath travels through the related part of the body.

If you are working on a particular chakra, you may want to create an affirmation related to it. For example, a fourth-chakra affirmation could be "I give and receive love unconditionally". Repeat the affirmation to yourself. Visualize yourself flooded with the color rose. Imagine yourself in loving situations.

As you continue to practice it you will find yourself more attuned to your subtle energies. You will become more aware of imbalances before they express themselves physically.

Stones associated with the first chakra

Black Tourmaline: This is a protective stone when you feel threatened at the survival level.

Hematite: This stone helps you to set protective boundaries when you feel as if others are intruding into your private space.

Black and snowflake obsidian: This stone help you to see what material things you no longer need for growth.

Smoke Quartz: the lightest of the dark stones, helps to blend the energies of the first and seventh chakras.

Tiger's Eye: This stone helps you to feel secure about physical existence.

Any of these stones may be placed at the base of the spine or at the feet.

Stones associated with the second chakra

Bloodstone: This stone can stimulate energy.

Carnelian: This stone is associated with creativity and decision-making.

Red Garnet: This stone encourages patience.

Red Jasper: This stone helps to connect us to the flowing energies of the earth.

Ruby: It is the stone of passion, enhances sensory awareness.

Ruby in Zoisite: It is a way to benefit from ruby's energy in a grounding form.

Stones associated with the third chakra

Aragonite: This stone has a calming and stabilizing effect, especially on emotions such as anger and stress.

Citrine: It is the stone most related to manifesting abundance and to the balanced use of will.

Golden Calcite: It helps to integrate new energies and beliefs areas related to personal empowerment, such as relationships and business.

Malachite: This stone releases congestion in the solar plexus, and aids creativity.

Rhodochrosite: It assists in deep breathing, thus helping to relieve anxiety and tension.

Rutilated Quartz: This stone helps to add enhanced creating energy to our dreams.

Pyrite: It helps us to come up with creative ideas which can help bring abundance in our lives.

Tiger's Eye: It helps to teach us good timing in terms of when to act on a dream.

Unakite: It helps us to understand the mental and emotional sources for it. It is also believed to help release conditions which have been inhibiting personal growth.

Stones associated with the fourth chakra

Aventurine: It is the stone most related to physical health and heart balancing.

Emerald: It relates most directly to the spiritual aspects of love.

Green Calcite: It eases old, limiting beliefs (especially those based on fear) from the mind so that new ideas can flourish.

Green Tourmaline: It opens the creative elements of the heart, i.e., adding an emotional depth to one's creations.

Lepidolite: It helps to calm the heart and relieves stress.

Malachite: It releases congestion in the solar plexus, and aids creativity.

Malachite-Chrysocolla: It blends malachite's ability with chrysocolla's gift of soothing and calming.

Pink Calcite: It helps to release old and hurtful emotional patterns so that the heart can be open to receive and give unconditional love.

Rhodochrosite: It helps to relieve anxiety.

Rhodonite: It helps us to be patient with others.

Rose Quartz: It is the stone for helping to create unconditional self-love.

Stones for the fifth chakra

Angelite: This stone helps us to communicate with angels and other nonphysical beings. It aids in long-distance communication. It also helps to dissolve anger. Aqua Aura teaches us self-expression through service to others.

Aquamarine: It helps us to express ourselves in a tranquil way.

Blue Lace Agate: It helps to ground our communications with a sense of what can be accomplished.

Blue Topaz: This stone helps us to communicate fearlessly that which we know to be true, and also stimulates creativity.

Celestite: It helps to calm the over-active mind and teaches us how to be receptive

Chrysocolla: It helps one to have self-confidence in personal expression.

Larimar: This stone enables us to communicate with others that which we feel deeply in our hearts and souls.

Turquoise: It helps us to enroll others to help in the manifestation of our desires.

Stones associated with the sixth chakra

Amethyst: Also known as nature's tranquilizer and helps in sleep and in peaceful dreams.

Azurite: It helps us to consciously look at old programmed beliefs and dissolve them.

Charoite: It helps to dissolve fears, both known and unknown.

Hawk's Eye: It helps us to see our lives as with aerial vision.

Lapis: This stone helps us to discover our hidden beliefs.

Sodalite: It helps in balance when one is emotionally or mentally confused.

Moss Agate: It helps to balance the left and right sides of the brain.

Sugilite: It helps to release resentment and guilt.

Stones associated with the seventh chakra

Clear Calcite: It brings spiritual understanding to problems on the earth plane.

Danburite: It helps us to view what happens in our lives from the soul perspective and have a feeling of calmness and serenity even when life seems very difficult.

Herkimer: It is a form of clear quartz which is especially brilliant, and has a particular ability to dissolve chakra blockages.

Other Professional Courses / Workshops conducted by TATVAN

Tarot Card Beginner Course

Astrological Tarot Course

Indian Vedic Astrology Course

Numerology Course

Astro Gems Workshop

Lithomancy Workshop

Runes Workshop

I-Ching Workshop

Please refer our website www.tatvan.in for more details.