

Yoga Spirit Academy E-zine

Healing body, mind and spirit
with the wisdom of Yoga, meditation and Ayurveda

July / August 2018

Volume 11, Issue 4

Chakra Meditation

By Janet W. Parachin

This is part four of a six-part series on Meditation. Earlier articles on "Sitting Meditation," "Walking Meditation" and "Chanting" can be found at <http://yogaspirittulsa.com/Newsletters>. Meditation is an outstanding way to get to know yourself better, and to resolve physical, mental and spiritual pain. In fact, you can dive right in today by exploring the seven main chakras.

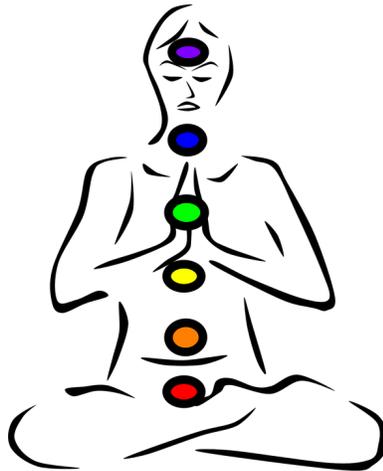
In Sanskrit, the word chakra means "wheel" or "disk." A chakra is a wheel of energy that exists within or around the physical body. A chakra is considered subtle rather than physical; it cannot be seen with the eyes but its energy can be felt in the body. When you're working with a chakra you might feel an electrical impulse, pins and needles, a tingling or warming effect.

Although there are more than 100 chakras in and around the body, there are seven main chakras that are situated in a straight line parallel to the human spine. (You can see their general location in this drawing.)

Each chakra is associated with different parts of the body, emotions, attitudes, colors, sounds, and scents.

 **The Root Chakra** (Sanskrit: Muladhara) is located at the tip of the tailbone and its energy descends through the legs and into the earth. It is associated with the legs, feet and all solid body parts. In balance you feel secure and generous; out of balance you feel fearful and possessive. Its color is bright red. Its sound is *lam* (pronounced LUHM). The sound for a chakra is called a *bija mantra*, a vibration that has a special effect on the energy of the chakra. Excellent scents for the root chakra are cedarwood, lavender and patchouli.

 **The Sacral Chakra** (Svadisthana) is located in the area of the sacrum and the sex organs. It is associated with the reproductive organs, pelvis and lower back. In balance you feel creative and optimistic; out of balance you may be impotent or manipulative. Its color is orange and its sound is *vam* (VUHM). Use scents of ylang-ylang, sandalwood and rose for this chakra.



The Solar Plexus Chakra (Manipura) is located at the solar plexus, above the navel and below the ribcage. It is associated with the digestive system. In balance you are confident and respectful; out of balance you may be timid or judgmental. Its color is bright yellow and its sound is *ram* (RUHM). Choose cinnamon, lemon and vetiver.



The Heart Chakra (Anahata) is located in the center of the chest with energy flowing down the arms and out through the hands. It is associated with the heart, lungs, circulatory system and immune system. In balance you are compassionate and sensitive; out of balance you are addicted and needy. Its color is green and its sound is *yam* (YUHM). Try rose, geranium and clary sage for aromatherapy.

The Throat Chakra (Vishuddha) is located at the throat, and it controls the voice, hearing and thyroid glands. In balance you are a good communicator who tells the truth; out of balance you may be too talkative or indecisive. Its color is dark sky blue and its sound is *ham* (HUHM). Sage, eucalyptus and chamomile are good scent choices.



The Eyebrow Chakra (Ajna) is located between and just above the eyebrows. The face, sinuses and central nervous system are connected to this chakra. In balance you may be intuitive and insightful; out of balance doubtful and unspiritual. Its color is indigo, a deep purple-blue, and its sound is *sham* (SHUHM). Great scents include jasmine, rosemary and mint.



The Crown Chakra (Sahasrara) is located just above the crown of the head and is associated with the cerebral cortex and brain. In balance you sense the unity between the seen and unseen worlds; out of balance *continues on page two*



Yoga Spirit Academy
200-hour and 300-hour yoga teacher training
Tulsa, Oklahoma
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Yoga and Ayurveda Constitutional Analysis

September 29-30, October 20-21, November 17-18, December 1 (make-up and review)

\$675 for the 45-hour course

Prerequisite: 100 hours of yoga teacher training from any school OR 300 hours documented yoga teaching

This is the first of seven courses required for the 300-hour certification in Ayurvedic Yoga. The course covers the philosophy of Ayurveda, aspects of Ayurvedic anatomy (5 elements, 3 doshas, 7 dhatus), the disease process according to Ayurveda, and how to analyze constitution through pulse, tongue and facial analysis.

<http://yogaspiritulsa.com/Training-Workshops/Advanced-Training>

Chakra Meditation *continued*

you may feel alienated or dissatisfied. Its color is white, gold or violet. Its mantra is OM. Frankincense or lotus are recommended scents.

One way to meditate with the chakras is to choose one or two that seem to be out of balance. You can determine this based on physical symptoms (e.g., lower back pain could be related to Sacral Chakra imbalance) or emotional issues (strengthen your throat chakra in order to speak up about something that is bothering you). Activate the chakra by wearing its color or scent, carrying a gemstone, or chanting its *bija mantra*.



Another way to meditate on the chakras is to lie down on the floor using pillows and blankets for comfort. Place a gemstone of the appropriate color on or next to the general area of the body where the chakra is located. Diffuse an essential oil blend or massage diluted oil (choose a carrier oil such as jojoba or sesame) onto the soles of the feet. While reclining, concentrate on each chakra while silently repeating its mantra. You'll arise refreshed and more in tune with your subtle body.

Texas Yoga Retreat

Travel to Texas Hill country for the annual Texas Yoga Retreat October 26-28. Enjoy yoga, pranayama and meditation classes, as well as vegetarian food and the beautiful grounds of a Hindu ashram. See <http://texasyoga.com/> for more information and to view the schedule.

Yoga Spirit Academy is giving away a \$200 scholarship to a student or graduate. To be considered, please send a message to jparachin@cox.net by September 15, 2018 with the following information:

- 1) Your name and mailing address
- 2) How you would benefit from attending the retreat
- 3) Your financial need of a scholarship

MEDITATION AND TIBETAN YOGA WITH TASHI

August 3 and 4

Friday night meditation, 7:00-9:00pm

Saturday morning Tibetan yoga, 9:00-11:00am

Saturday afternoon meditation, 2:00-4:00pm

www.TulsaYogaMeditationCenter.com

CALENDAR

July 21-22 Yoga Teacher training weekend

August 3-4 Meditation and Tibetan Yoga with Tashi Nyima

August 11-12 Yoga Teacher training weekend

September 29-30 Yoga and Ayurveda Constitutional Analysis begins

For more information see our website

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