

Your Life is in your Chakras: How to Enhance Chakra Balance

*By internationally certified Kundalini Yoga teacher
Sabine Toh
Kundalini Studio (Australia)*

This booklet is written for you to further explore the energy centres called chakras. Chakras are energy vortices that are seen as centres of consciousness.

Did you know that chakras literally determine how you experience life!?

It is only for clarity and depth that we separate the chakra system into seven main chakras. In essence, they are interconnected and work ultimately as one. All are of equal significance for a healthy and balanced mind-body-spirit experience of your life.

This is a little practical guide to the chakras. You may wish to print the book so you can really work with it and become more and more conscious of how you are faring in regard to your chakra balance. It will offer you a great sense of connection to all aspects of yourself and enable you to feel aware and hence more empowered about the great variety and range of life experiences.

Everything is pure energy, and the health of your chakras act as magnets to attract the relative experience associated with their vibrational essence. Not only that, the health or activation of particular chakras will reflect how you tend to see the world, and what kind of behaviours you resonate with.

Kundalini Yoga, as taught by Yogi Bhajan, is the yogic practise that prepares the physical body to allow the rising of energy to enhance chakra flow and the creative powerful kundalini energy itself, allowing you to expand your consciousness gracefully and according to your inherent and unique current capacity.

This booklet is set out into various chapters.

You will learn about the qualities and associations of each chakra, and hence you will be able to relate to each chakra in a manner to allow you to contemplate about your own life.

I will share how an imbalanced chakra (overactive or underactive, meaning blocked or overly activated and hence dominating other chakra centres) may present in terms of physically and emotionally. You can then highlight this in your awareness and explore any of the ways of healing and balancing that chakra centre. Many healing tips are offered for you!

You can use this ebook to become more aware of your chakra health, and which particular chakra you may wish to work with in that moment. Building that awareness is empowering and shifts blockages in itself.

In Kundalini Yoga classes we delve much deeper, using yogic sequences called kriyas, meditations, visualisations, breathing techniques, to immediately empower the balancing of your chakra centres.

As a bonus we shall also look at the 8th chakra in Kundalini Yoga, the Auric Field. This chakra affects ALL chakras and is where all disease originates from before it manifests in the physical body.

I would LOVE for you to simply choose what really resonates with you from the many options and range of activities offered within this e-book. Let learning be joyous for you! The body and mind love that and respond very positively to this.

When you wish to enhance healthy chakra balance, it really helps if you can flow with what makes you feel really good and vibrant.

Exercises are NOT meant to be torturous or feel like hard work. We want to create health, flow and ease; so finding that in your practise makes a huge difference in getting the most out of any exercises you chose to perform.

Why flow and ease?

With flow and ease, the body and mind heal themselves, drawing on the powerful self-healing mechanism we all have inherently within us. Consciously allowing this is extremely healing and transformative in itself! The body and mind are always innately looking for homeostasis, balance, ultimate ease and healthy functioning on all levels. Life is here to serve you! Sometimes the most potent thing we can do is to simply allow this to happen, by relaxing, vibrating in self-love, being open-minded, open-hearted, allowing ourselves to be nurtured and at peace. From this space your inner intelligence and guidance system will offer you every wisdom for a fulfilling life.

THE CHAKRAS

It is important to explore chakras from the awareness that all chakra centres work in unison, all are important and to suspend judgments like ‘right’ and ‘wrong’, ‘better’ and ‘worse’. This helps us to look openly and to meet where we are at!

Just like a leaf is not separate from the tree, or your eyes are not independent of your nervous system, all is interconnected, and all affects all. All is relevant.

The Lower Triangle

The first three chakras deal with the physical needs of the body and the basic needs of life. They focus on elimination and reduction.

Balance Point

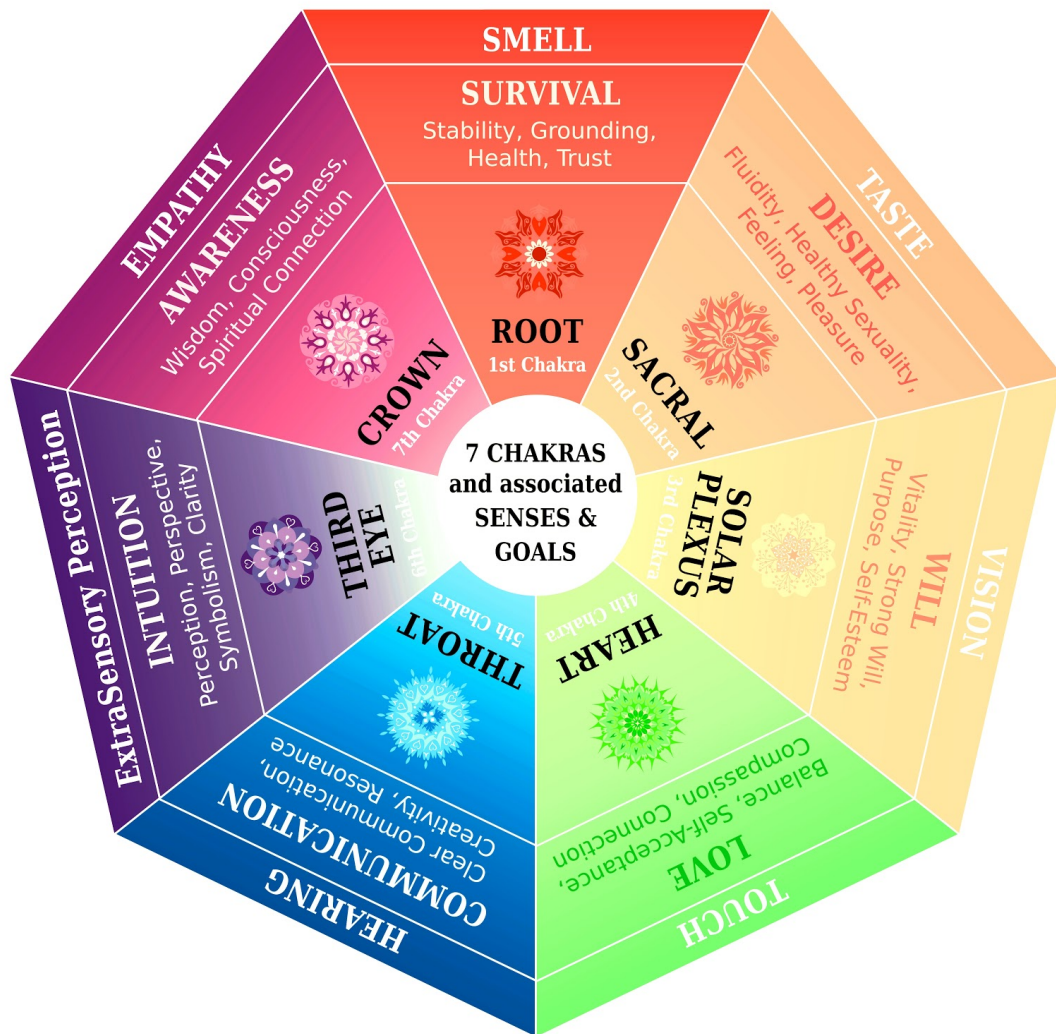
The Heart Centre, or Fourth Chakra, is the balance point in the body between the flow of the upper energies of the Heavens and the lower energies of the Earth, where experience shifts from “me to we” or “me to Thee.”

Upper Triangle

The chakras in the upper triangle and the aura – which combines the effects of the other seven chakras – accumulate, create, and refine the energy. There are no specific gross elements associated with the Sixth, Seventh, and Eighth chakras, as they correspond to the more subtle realms.

So let's get into the chakras, one by one. Enjoy the adventure!

First some basic and wonderful illustrations* (*and yes I have bought all images officially):



Muladhara



Our root chakra is situated at the base of the spine and is the seat of Kundalini. It is concerned with self-preservation, one's animal nature, taste and smell.

Physically: it is associated with the legs, nervous system, spinal column, urinary system and adrenal glands.

Emotionally: it relates to our sense of stability, security in the physical and material sense, grounding, survival, connection to the physical plane, human potential.

Personally: it has association with our depth of feelings, ability to change, tolerance, acceptance of others, body image, relationship with our mother.

Spiritually: to be fully aware of our spiritual selves, we must be grounded and realistic about who we really are. We are spiritual beings, experiencing this physical life as part of a greater understanding of all facets of existence.

Vibrationally: spinning at lowest resonance and vibrates to the colour red and musical note C.

Chanting: LANG

Element: earth

Human Talent: acceptance

Shadow emotion: resentment

Basic rights: to meet basic physical needs

Physical signs of imbalance: disorders of the bowel, digestive system, anus and large intestine, issues with feet, legs, knees and lower back, eating disorders, insecure and worrisome.

Healing: aerobics, massage, yoga, looking at early childhood experiences, particularly with regard to the mother aspect, all grounding exercises like 'cross crawl' and meditation.

Aromatherapy: patchouli, myrrh, cedarwood

Crystals:

Grounding: black tourmaline; Calming: emerald; Balancing: carnelian

Affirmations: I am able to nourish myself. I am grounded. I am stable. I feel connected to the oneness of life and the universe. It is safe for me to be here. The earth supports me and meets my needs. I love and trust my body wisdom.

Svadhisthana



Our sacral chakra is situated 2 inches below the navel and lies near the abdomen, womb and genitals. It governs sexuality, reproduction and creativity.

Physically: it is associated with the ovaries/testes, uterus, bladder and lower digestive tract. It influences general health and the functions of the liver, pancreas and spleen. It is our gravitational centre.

Emotionally: it relates to our sense of self-acceptance, self-esteem, and feeling secure in self. Being able to process emotions with awareness and feeling connected to others.

Personally: it has an association with our ability to be sensual and fulfilled. As it is our centre physically, and imbalance here can be of a physical or emotional nature.

Spiritually: this chakra is about our creative expression and emotions towards self.

Vibrationally: it vibrates to the colour orange and the musical note D.

Chanting: VANG

Element: water ~ movement, connection, being 'fluid' in the dance of life. It is connected to the moon's gravitational pull on all fluid constituents of our body.

Human talent: creativity

Shadow emotion: guilt

Basic rights: acceptance, freedom and creative expression.

Physical signs of imbalance: disorders of the reproductive organs, fertility problems, menstrual difficulties, sexual dysfunction, loss of appetite for food and bladder issues.

Healing: emotional release, strengthening boundaries, addressing negative emotional states, vibrational flower essences, dance (let your feet not your mind lead)

Aromatherapy: sandalwood, jasmine, rose, ylang-ylang

Crystals: Activating: carnelian, fire opal, yellow topaz; Calming: emerald; Balancing: Moonstone, aquamarine

Affirmations: I am at home and at ease in my body. I am in balance in my relationship between myself and others. I deserve pleasure in my life. I make my decisions from a place of faith. My creative drive is strong and exciting. I move easily and effortlessly.

Manipura



Our third chakra is located at the Navel Centre or Solar Plexus

Physically: it is associated with the pancreas, kidneys, liver, gallbladder, spleen and digestive system.

Emotionally: it relates to our unconscious mind! While all lower chakras are related to ‘the emotions’ our current emotional state is most strongly manifest in this chakra.

Personally: it is associated with our own views of ourselves, for e.g. how confident we are, our sense of self discipline, one’s personal power, ability to meet personal challenges and most importantly our sense as an individual.

Spiritually: this chakra is about the ego. Not in a sense of high opinion of oneself but the ego- mind, which can dominate our thought process, keeping us detached from our true selves.

Vibrationally: vibrates to colour yellow and musical note: E

Chanting: RANG

Element: fire

Human talent: commitment

Shadow emotion: anger, agitation, blind desire

Basic rights: to act, to be an individual, to be personally powerful

Physical signs of imbalance: disorders of the upper digestive tract i.e. ulcers (duodenal or gastric), Crohn's disease, Diabetes, gallstones, hypertension, hypoglycaemia, liver disease and chronic fatigue

Healing practices: vigorous exercise, aerobics, martial arts, stress control, relaxation techniques, sit-ups.

Aromatherapy: clary sage, juniper, geranium

Crystals: Activating: topaz, yellow tourmaline; Calming: emerald, sapphire; Balancing: citrine

Affirmations: I am honoring myself. I am comfortable being who I am in this world. I express my power without fear. I honor the power within me. I can do whatever I will to do. The fire burns within me.

Anahata



Our heart chakra is situated behind the sternum in the area of the heart.

Physically: it is associated with the thymus gland, heart, lungs, arms and hands

Emotionally: it relates to our sense of love, including self-love, intimacy, devotion, giving and/ or acceptance of love, unconditional love.

Personally: it has to do with our ability to love others and to love ourselves. This kind of love is unconditional and when in balance, we find it easy to be compassionate, empathetic and altruistic. We do not need to attach any conditions to our willingness to show love.

Spiritually: this chakra gives us the ability to offer love without expecting anything in return. It allows us to see that there is good above and beyond that which we can physically see.

Vibrationally: this chakra spins to the colour green and the musical note F.

Chanting: YANG

Element: air

Human talent: compassion

Shadow emotion: grief

Basic rights: to love and be loved

Physical signs of imbalance: disorders of the heart, lungs, breasts and arms. Heart disease, asthma, pain related to angina, high blood pressure, immune disorders, early/late onset of puberty, conditions affecting the arms.

Healing practices: breathing exercises, moderate exercise (allowing for heart conditions), inward reflective practices with help of counselors if necessary, emotional release of grief.

Aromatherapy: rose, melissa, neroli

Crystals: Activating: peridot; Calming: pink topaz, rhodonite, pink or lavender kunzite; Balancing: green aventurine, rose quartz, rhodocrosite, watermelon tourmaline

Affirmations: I am free to feel my true feelings, and be at home in my heart. I am free to feel my passions, and be at home in my heart. I am free to feel my desires, and be at home in my heart. I am worthy of love. I live in balance with others. There is an infinite supply of love.

Visshudha



Our throat chakra is situated at the throat. This is the point where our focus is more towards the spiritual senses, moving away from the physical.

Physically: it is associated with the thyroid gland, the throat, ears, nose, mouth, swallowing reflex and shoulders. It is the gateway between the head and the heart.

Emotionally: it is to do with our inner voice and the ability to hear what it is telling us. Are we spoken to or constantly shouted at? Do we turn off from conflict by not listening?

Personally: it is associated with our ability to trust what we hear and to speak our truth and to be comfortable in our 'self expression'.

Spiritually: this is about our sub-conscious mind. When we are in tune with this, we get glimpses of our true nature but to do this we must be prepared to listen to our higher selves. This is the beginning of our true sentient selves 'waking up'.

Vibrationally: resonates with the colour blue and the musical note G.

Chanting: HANG

Human talent: truth

Shadow emotion: fear

Basic rights: to speak and be heard

Physical signs of imbalance: disorders of the throat, ears, neck and voice. Thyroid imbalances, ear infections/aches, deafness, imbalance caused by middle ear conditions, neck pain, loss of voice, tonsillitis, throat infections.

Healing practices: neck and shoulder massage, singing, chanting and voice projection, communicating with our 'inner child', boosting the immune system.

Aromatherapy: chamomile, lavender, rosemary, thyme

Crystals: Activating: blue topaz, yellow topaz; Calming: quartz, rose quartz; Balancing: turquoise, gem silica, chrysocolla

Affirmations: I am able to express my feelings with ease and I am balanced between heart and mind. I hear and speak the truth. I express myself with clear intent. I hear and trust my inner voice

Ajna



Our brow chakra is situated mid-way and slightly above the eyebrows.

Physically: it is associated with the pituitary gland in the brain, the frontal brain, thinking processes, left eye, nose and motor abilities.

Emotionally: it is the centre of stillness for our body-mind where we see within and feel peace.

Personally: this is the area where we learn to process what we see, be that physically or intuitively. Any imbalance may cause us to be unable to see 'what's going on'.

Spiritually: this is the chakra that perceives and processes our spiritual experiences. It is where we make the connection between what we think we see and what is real, and determining the

difference. We use our intuition and wisdom to focus and understand our spiritual world. When in balance, we allow ourselves to have access to the outer spiritual realms.

Vibrationally: the brow chakra spins and vibrates to the colour indigo and the musical note A.

Chanting: AUM

Element: ether/light Human talent: intuition

Shadow emotion: worry and doubt

Basic rights: to see clearly

Physical signs of imbalance: conditions affecting the vision and eyes, learning difficulties, any conditions adversely affecting the brain, e.g. tumours, brain damage, insomnia, difficulty concentrating, nightmares, headaches.

Healing practices: meditation, memory exercises, visual exercises, art/drawing, working on connecting images and feelings.

Aromatherapy: frankincense, basil

Crystals: Activating: diamonds; Calming: emerald, sapphire; Balancing: lapis lazuli

Affirmations: I see and perceive clearly on every level, and seek only truth. I see all things with clarity. I am open to my wisdom within. I can manifest my vision.

Sahasrara



Our crown chakra is situated on the top of our head.

Physically: it is associated with the pineal gland in the brain. This chakra rules not only the brain itself, but all the major systems of the body, including the nervous system, skeletal system, and the circulatory system. The association here also transcends the physical body, into our esoteric anatomy.

Emotionally: when balanced, this chakra allows us to be intelligent, thoughtful and aware of promoting wisdom and mastery with a full understanding of our role in this life, in other words liberation, peace and oneness – to be harmonious.

Personally: we can assimilate knowledge whilst being open minded and able to perceive the thoughts and needs of others as well as ourselves.

Spiritually: this chakra allows us to be in touch with 'what is'. We no longer need to process and dissect our lives; we have an intuitive knowledge gained from our connection to our higher-self.

Vibrationally: this chakra vibrates to the colour violet and the musical note B.

Chanting: AUM SATYAM AUM

Element: Ether – thought.

Human talent: boundlessness

Shadow emotion: attachment

Basic right: to trust in a power beyond self.

Physical signs of imbalance: conditions affecting the brain e.g. migraine, coma, amnesia, cognitive delusions, depression, MS, constant worry, disorientation.

Healing practices: meditation, reestablishing our connection with the spiritual, re-establishing grounding, learning and study, inner work, reading.

Aromatherapy: ylang-ylang, rosewood

Crystals: Activating: celestite, blue sapphire Calming: charoite, sugilite, luvulite Balancing: clear quartz, amethyst

Affirmations: I have a clear and open connection with source energy (spirit), and live in the present moment. I am open to new ideas. I am guided by my higher power and inner wisdom. The world is my teacher. I am divine. I am.

The aura



Our Aura is the electromagnetic field surrounding your body, also called your auric field and it extends up to nine feet around the entire physical body.

Physically: it is associated with the health of the physical body, and all the organs impact on the strength and size of the aura. It is a scientific fact that our bodies are electrical organisms. All of the messages carried on our neural pathways are transmitted electrically. As a result, our bodies have an electromagnetic field that emanates from it.

Emotionally: when the aura is radiant or positively charged, it filters out and repels negative energies.

Personally: when the aura is positively charged, by the law of attraction, it magnetically attracts to the person substance and events that are in accord with your desire and projection.

Spiritually: discovering one's true personality.

Vibrationally: the colour is white. But this changes depending on our states of being i.e. mentally, physically, emotionally.

Element: ether/thought; finest vibration.

Human Talent: radiance

Shadow emotion: negativity, confusion.

Basic right: to experience one's energetic self

Physical signs of imbalance: disconnection, any physical, mental or emotional problems.

Healing practices: yoga, meditation, concentrating on your aura increases its brightness, balancing the chakra system.

Affirmations: My aura is powerful and it protecting me at all times. I am fulfilling my soul's destiny. I am radiant. I am blissful and abundant and beautiful.

Epilogue



Acknowledgements:

This information has been collated over many years, and comes from countless sources condensed here, and only basic facts are included in this ebook.

Each chakra in itself could have an e-book unto itself. In fact an entire novel!

The levels of understanding deepen as you open up and explore your connection and understanding of your energy, mind states, and overall states of seeing life. Kundalini Yoga, as taught by Yogi Bhajan is the science and technology behind that. The ancient yogis truly understood all about the human experience! Every dimension!

As you can see, all chakras work as one, they overlap, yet have unique contributions to your experiences of life. As they are linked to different systems, for example the endocrine system, you will easily recognise that balancing this has a huge positive impact on your life! Your hormonal balance or imbalance affect your states and inner balance and overall health/functioning, and hence wellbeing, as they are linked with certain emotional states, and physical dimensions of the body.

A word of PRECAUTION:

The information shared within this ebook is safe and general. But if you wish to deeply work your chakras through Kundalini Yoga kriyas and exercises, please ensure you do this under expert guidance that you trust.

This booklet is not a replacement for seeing medical advice.

Each chakra has specific kriyas (In Kundalini Yoga a kriya is a series of postures, breath, and sound that work toward a specific outcome. Practicing a kriya initiates a sequence of physical and mental changes that affect the body, mind, and spirit simultaneously) and separate breath-styles to allow for balance, healing and healthy expression.

Raising the kundalini through the chakras is sacred and life-changing work and should never be taken lightly or practiced without the overlooking of a trained professional. Raising your kundalini is very potent, in fact the most powerful expression of life, and must be explored consciously and very carefully. People have taken it upon themselves to practice types of meditations or breath-styles from books at home, or from an unqualified guide, and then yes, awakened their kundalini. This can happen spontaneously. However this is like unleashing the power of an atom bomb! Your

physical and mental aspects need to be prepared to hold these frequencies and to integrate these higher frequencies and shifts, so please allow a qualified teacher to guide you safely. Once kundalini energy is unleashed in a manner where the body or mind was not prepared sufficiently to handle this energy, it is extremely difficult, if not impossible to reverse, and often life becomes very challenging for the person who decided to take that risk ... Raising your kundalini and balancing your chakras are true deep commitment to your full potential on all levels.

The guidance in this ebook is for your introduction to the chakras that we work with experientially, physically and directly in Kundalini Yoga classes. As no chakra is separate and we all experience shifts and various states of expressions of various chakras every moment, this journey is unique for all.

Sometimes chakras are over-stimulated, other times under-stimulated. These create unique experiences in life that are a great gift and teaching to raise consciousness ultimately. They are not something to judge, no, they are simply something to be aware of, to see, become conscious of, to recognise and learn from.

All states must first be accepted, and experienced, as simply being that: a state, temporary and seen for what is. From that awareness we can then become more aware, and work with the energetic expressions of our chakras by keeping them healthy and balanced. This is a practice that is a lifestyle, just like brushing teeth is, for example.

I am here to support and guide you with deep gratitude to my teachers before me! Yogi Bhajan, Paramahansa Yogananda, Ramana Maharshi, Ecknath Easwaran, Mother Meera, Amma, Buddha, Jesus, and many more.

I wish to acknowledge most of all Yogi Bhajan and all his books and teachings about the chakras, kundalini yoga and consciousness, plus all his students that have written extensively about kundalini yoga, which is centred around chakra health through mantra, mudra, inner focus, kriya, meditation, breath

work and the naad current (sound current) and overall expansion of consciousness.

Wahe Guru! Sat Nam! Deepest humble gratitude for the gift of such openly available yogic knowledge, assisting us to truly embrace and live our fullest potential on every level!

Sabine Abnashjot Kaur

For more information and to contact me, visit www.kundalinistudio.com.au

I am currently situated in Australia, and offering Skype sessions and also international retreats. I also co-create retreats with teachers of other modalities, where I offer kundalini yoga as an additional practise within the retreat experience.

Thank you for taking the time to delve deeper into your health and wellbeing!

May I end this booklet by saying from all my heart and soul, as a final expression of unconditional love for your totality, this planet, universe and this divine moment:

As you love yourself deeply and release blockages that hold you back, the whole world literally benefits! Being you. Remembering your truth. Not only your friends, family and closest acquaintances will be positively affected by your shifts, but the whole planet can shift in consciousness the more of us do so every single moment! You are pure infinite consciousness with truly infinite potential!

Here is deep gratitude for this ancient and incredible yogic science that can guide you to this full self-realisation and to the blissful remembrance of who you truly are!