



ASTROLOGY  
& AYURVEDA

# *About Chakras*



# What are chakras?

A chakra is a nucleus of energy. Chakras regulate every process in the body, including emotions, organ function, and immunity. Chakras run lengthwise from the base of the spine upward. Kundalini rises from the root chakra to the crown chakra.

Chakra imbalances are easily detected in behavior or physical or emotional ailments. An imbalance occurs when chakras are blocked or too open.

*Free Chakra quiz is available at*  
**[astrologyayurveda.com](http://astrologyayurveda.com)**

# Chakra Balancing Tools

- Activation Sounds
- Affirmations
- Aromatherapy
- Crystal Reiki
- Hand Mudras
- Reiki
- Reflexology
- Yoga Asanas

*Each chakra is assigned a specific hand mudra, crystal and acu points, as well as yoga asana and activation sound. A chakra corresponds to a particular aspect of your physical or mental health, as well as your spiritual potential.*





# Energy System and Wellbeing

Ideally, the flow of life energy (prana) is unobstructed when your energies are in harmony with those of the nature and the Universe.

Kundalini is a flow of *prana*. Known as the Coiled Serpent Power, Kundalini shakti is primordial cosmic energy. It is both the fundamental life force and the supreme spiritual energy that lies dormant and is coiled three-and-a-half times around the Muladhara chakra.

Kundalini awakening also awakens awareness of the universal quality of energy. One can view Kundalini both as a path and as a goal. Raising Kundalini should be carefully guided.

With Reiki, you can unlock your body's full potential. The flow of Universal Life force is controlled by 7 main energy centres in the body.

*Since Reiki is a universal life force, it can be practiced from a distance.*

*Usui's preferred method of distant healing, Enkaku Chiryō Ho, uses photographs as a visualizing technique (Enkaku means "remote," Chiryō means "treatment," and Ho means "method").*

## 7 Main Chakras

### MULADHARA CHAKRA

"I am always safe and secure"

### SACRAL CHAKRA

"I express myself freely."

### SOLARPLEXUS CHAKRA

"I have inner strength, the source of true self esteem."

### HEART CHAKRA

"I am surrounded with love"

### THROAT CHAKRA

"When I speak my truth I am clearly heard and understood."

### THIRD EYE CHAKRA

"I trust my intuition".

### CROWN CHAKRA

"I am awake to my true self, which is eternal and blissful"





CHAKRA ACTIVATION SOUNDS:

LAM/	<b>Root Chakra</b>
VAM/	<b>Sacral Chakra</b>
RAM /	<b>Solar Chakra</b>
YAM/	<b>Heart Chakra</b>
HAM /	<b>Throat Chakra</b>
SHAM /	<b>Third Eye Chakra</b>
AUM/	<b>Crown Chakra</b>

DEPENDING ON THE TYPE OF IMBALANCE, CRYSTALS ARE ENERGIZED UNDER THE ENERGIES OF SUN OR MOON.

THE FOLLOWING CRYSTALS ARE COMMONLY AVAILABLE:

- MULADHARA/**TIGER EYE, BLOOD STONE.**
- SVADHISTHANA/**CARNELIAN/ CITRINE.**
- MANIPURA /**YELLOW CITRINE, CALCITE.**
- ANAHATA /**JADE, AVENTURINE.**
- VISHUDDHA/**BLUE SODALITE, LAPIS LAZULI.**
- AJNA / **INDIGO APATITE.**
- SAHASRARA/**PURPLE AMETRINE, WHITE JADE.**

How do I get started?

*Your energetic state can be understood from your Sattvic, Rajasic, Tamasic qualities in Vedic astrology natal chart, as well as your chakra state.*  
*If you are interested in Chakra Healing Consultation you can contact me as your Certified Usui Reiki Master and Vedic Astrologer at **po@astrologyayurveda.com.***







[astrologyayurveda.com](http://astrologyayurveda.com)