



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

Chakra Balancing Tools

- Activation Sounds
- Chakra Healing Affirmations
- Crystal Therapy
- Hand Mudras
- Essential Oils
- Yoga Asanas

Each chakra is assigned a specific hand mudra, crystal, and acu points, as well as a yoga asana and activation sound. These tools help balance and activate the chakras, promoting energetic alignment and well-being.



Energy System and Wellbeing

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

Kundalini is a flow of prana, known as the Coiled Serpent Power. Kundalini Shakti is primordial cosmic energy, both the fundamental life force and the supreme spiritual energy that lies dormant, coiled three-and-a-half times around the Muladhara chakra. Awakening Kundalini brings awareness of the universal nature of energy, and it can be viewed both as a path and a goal. However, raising Kundalini should be done with careful guidance.

The flow of Universal Life Force is regulated by the 7 main energy centers in the body, which should remain neither too open nor blocked for optimal balance.

Crystal Preparation:

To address specific imbalances, crystals are energized under the influence of the Sun or Moon. Use sunlight to energize crystals for blocked energy and moonlight for treating overstimulated chakras. This process enhances the crystal's effectiveness in balancing energies.

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

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 profile is revealed through your Sattvic, Rajasic, Tamasic Survey, Vedic astrology natal chart, and chakra balance.

Free quizzes are available on the A&A website. Visit now to learn more!





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