



ASTROLOGY  
& AYURVEDA

# *Chakra Balancing*

# What are Chakras?

A chakra is a dynamic center of energy, serving as the nucleus for regulating vital processes in the body. From emotions to organ function and immunity, chakras influence the physical, mental, and spiritual aspects of our being. These energy hubs align along the spine, starting at the Root Chakra at its base and culminating in the Crown Chakra at the top, mirroring the journey of kundalini energy as it rises, awakening our potential.

When chakras are out of balance—either blocked or overactive—their disharmony manifests as behavioral shifts, emotional turbulence, or even physical ailments. Life's stresses, unresolved emotions, and a disconnection from inner truth can disrupt the flow of energy, creating imbalances. For instance, an imbalanced Solar Plexus Chakra may feel like a loss of confidence or a simmering frustration that begs for release, subtly reminding us of the need to realign with our core self.

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# Chakra Balancing Tools

- Affirmations
- Meditation
- Yoga Asanas
- Sound Activation
- Crystal Therapy
- Hand Mudras

## Affirmations

Words have power, and affirmations can reshape our energetic reality. Repeat phrases like, "I am safe and grounded" for the Root Chakra or "I speak my truth with clarity and courage" for the Throat Chakra. Speaking these affirmations daily creates a ripple effect of positive energy within.

## Meditation

Guided meditations that visualize each chakra as a spinning wheel of vibrant light can help clear stagnation and restore balance. Imagine the Root Chakra as a deep red lotus grounding you to the earth or the Third Eye as an indigo light radiating insight and intuition.

## Yoga Asanas

Each chakra responds beautifully to movement that awakens its energy. Root yourself with **Mountain Pose (Tadasana)** or ground yourself with **Warrior Pose (Virabhadrasana)** to balance the Root Chakra. Heart-opening postures like Camel Pose (Ustrasana) can restore emotional flow to the Heart Chakra, while Child's Pose (Balasana) calms the Third Eye.

# *What is Prana?*

As rivers sustain the lands they traverse, prana sustains our body, mind, and spirit. Its flow is regulated through a network of energy centers called chakras, which act as gateways between the physical and subtle realms. When prana flows freely, we feel vibrant, balanced, and aligned with our highest potential. Yet, when this flow is obstructed, it can manifest as physical ailments, emotional unrest, or a sense of disconnection.

## 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**

*Every chakra resonates with a specific frequency. Chanting mantras like “LAM” for the Root Chakra or “OM” for the Crown Chakra creates vibrations that align these centers. Instruments like singing bowls or tuning forks can also attune the chakras, much like a musician tuning their instrument to create perfect harmony.*

# *7 Main Chakras*

## **MULADHARA CHAKRA**

“I am always safe and secure”

## **SACRAL CHAKRA**

“I express myself freely.”

## **SOLAR PLEXUS 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”



# Crystal Chakra Healing

Crystals act as mirrors for the energy we wish to cultivate. Place a grounding stone like Hematite on the Root Chakra or an Amethyst on the Crown Chakra during meditation. These stones amplify intention and align prana with their natural frequencies.

*Learn practical tools and techniques to renew your energy and restore balance, empowering you to live with vitality and clarity.*



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?

*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.*



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