






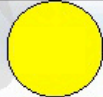







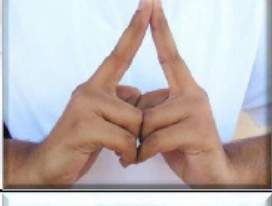






Chakra Cleansing & Balancing Mudras & Mantras

While SEATED in Easy Pose (Cross-Legged on the Floor), VISUALIZE the CHAKRA LOCATION; its COLOUR and REPEAT the MANTRA for 3 MINUTES for EACH CHAKRA; beginning with Root Chakra...

CHAKRA NAMES, PURPOSE & LOCATION	MUDRA	PROCEDURE	MANTRA & CHAKRA COLOUR	CHAKRA SYMBOL
1. ROOT CHAKRA MULADHARA (SURVIVAL) Base of Spine, on Perineum.		Thumb & Index fingers touch. Arms Straight, hands on knees. Chakra Sound... Long L-A-A-A-M.	 LAM	
2. SACRAL CHAKRA SWADHISTHANA (CREATIVITY) Hips		Place Hands in your lap with your palms facing upwards, right palm resting on top of left. Chakra Sound... Long V-A-A-A-M.	 VAM	
3. SOLAR PLEXUS CHAKRA MANIPURA (WILL POWER) Two-Inches Below Naval		Place Hands between your heart and your stomach. Chakra Sound... Long R-A-A-A-M.	 RAM	
4. HEART CHAKRA ANAHATA (LOVE) Heart		Right Hand: Index finger and thumb touching at Heart Centre. Left Hand in same Mudra resting on the Knee. Chakra Sound... Long Y-A-A-A-M.	 YAM	
5. THROAT CHAKRA VISHUDDA (EXPRESSION) Throat		Hands by Stomach, fingers interlaced and thumb tips touching. Focus on Throat Chakra. Chakra Sound... Long H-A-A-A-M.	 HAM	
6. THIRD EYE CHAKRA AJNA (INTUITION, WISDOM) Third Eye		Hands in front of the lower part of your breast, Middle fingers stand up tips touching, other fingers bent at first joint as shown. Chakra Sound... Long A-A-A-U-M.	 AUM	
7. CROWN CHAKRA SAHASRARA (SPIRITUAL CONNECTION) Crown		Hands in front of your stomach, fingers interlaced, Little fingers pointing upwards. Chakra Sound... Long A-A-A-A-N-G.	 ANG	