# MODULE 6: ENERGY ANATOMY

**LESSON 3: THE CHAKRAS AND THE BODY MIND SYSTEM**

## “The Energy of the universe is yours - Just claim it” - Yogi Bhajan

“Chakra” is the Sanskrit word for “wheel”. This wheel of energy acts as the bridge and communication channel between the physical body, emotions, thoughts and higher consciousness.

This bridge of subtle energies Is organized in the form of 7 main centers which are aligned up the spine from the base of the spine to the top of the head, each of them represented by a color and associated with certain psychological aspects and parts of the physical body.

As we develop as a fetus into childhood, these energy centers are activated and integrated by our life experience. However, when we experience certain traumas, abuses or “miss a certain life experience”, the healthy integration of these centers do not occur. Compensation for the traumas occurs either through the over activation of certain energy centers at the expense of others. We are not usually aware of these imbalances until it manifests in the form of illness or as a psycho emotional state. Our body acts as an information system, manifesting imbalance in the areas that are associated with a certain aspect of our consciousness.

It is important as breath workers to be aware of these patterns and to work with certain breathing practice and affirmations, color and sounds associated with the chakras to restore balance. This does not always have to be communicated, and may not always be appropriate, but simply by holding the awareness, it will support the healing for the person you are working with.



An appendix is attached which summarizes the attributes of the 7 chakras as it relates to our physical and emotional health and is a guide for some of the healing practices that could be integrated into the sessions.

# Exercise:

**Breathing though the Chakras**

You can practice this yourself and use it as a guide to breathe with your clients.

Make yourself comfortable lying on your back.

Take a few moments to soften and relax completely, using a few cleansing breaths or do a series of “squeeze and release the body” exercises.

Set the intention for what you would like to work with today.

Working together with the breath and the energy centers can be a very powerful transformative experience.

Bring you attention to the tip of your tailbone.

This is home of TRUST, your seat of safety in the world and in your body, the feeling of connection to the earth

your sense of belonging.

This is where we can have a conversation with fear.

Activate deep full conscious circular breaths through the mouth feeling energy waking up in the body. With every soft exhale feel like you are softening into the earth, as if the earth is receiving you and holding you safe.

With every breath affirm your place on the planet claiming your right to be here. Imagine that with every breath you are sending deep roots into the earth.

Now relax the breaths and let them come to rest

Now bring your awareness up into your pelvic area, the seat of feelings, emotions, creativity, abundance and sensuality. It is also home to the prison of guilt and shame. Inhale through your nose or your mouth imagining that you are breathing in from the tip of tailbone, all the way up through your spine. As you get to the top of your inhale, squeeze all your pelvic muscles, as if you are using the pelvic contraction to push the energy all the way up your spine to the top of your head. On the exhale imagine soft light flowing around your whole body.

Do this about 10 times. With every breath, reclaim your right to feel and wake up your creative life force.

Relax and let the breaths come to rest as you integrate the feeling.

Let your awareness rise to your solar plexus, the seat of your authentic power, your fire, your confidence and strength. This is your power center, the place from which you make choices and set boundaries. Imagine that you are building up your inner fire as you inhale and exhale though your mouth in a relatively fast rhythm, Wim Hoff style for about a minute.

Relax and let the energy settle.

Feel your awareness in your heart space now as at the breath opens up and softens,

This is the seat of your essential self, you as love. Feel your breath expanding and softening

in response to this feeling of compassion and gratitude. Firstly, for yourself.

Spend the next few breaths really feeling your heart opening up to yourself and from here, feel this energy radiating out to all your loved ones, and spreading across the planet.

Hold the vibration of this energy as you bring your awareness and breath up into your throat area. This is the place from which you speak your truth, without the fear of judgement and criticism.

This is the space from which you claim the right to make your voice heard.

Slightly constrict the back of your throat as you breathe so that the breaths are audible. Allow any sound that wants to emerge as your exhale. Imagine the breath as a cooling blue light, clearing and energizing the home your voice.

Relax the breaths, as you feel into the energy you are experiencing.

Inhale and exhale slowly through the nose now, imaging that you are breathing into the space between your eyebrows, the seat of your inner teacher, your sage, the one who has always been there, guiding you in whispers. Enjoy the subtle yet powerful energy of your truth as you relax into the soft circle of your breath.

Relax and float in this feeling for a few minutes.

Now draw all this energy right to the top of your head on the inhale and feel its releasing though the top of your head in the form of a thousand petalled lotus.

You are part of all that is.

You are whole.

You are home.

You are free.

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| **Colour** | **Location** | **Parts of body****represented** | **Issue** | **Balanced** | **Traumas and****Abuses** | **Overative** | **Underactive** | **Healing Practice** | **Affimations** | **Breathing****Practice** |
| Red | Base of Spine | Bones, joints, teeth, joints, feet, legs, buttocks, anus, large intestine, lower back | Fear vs trust. Feeling of safety and belonging in the world.Home of instinctive habits that we learn for survival | Grounded, feeling of being supported. Healthy relationship with body. Sense of trust in the world. Ability to be relaxed and still. Good relationship with food and money, | Birth Trauma, abandonment, physical neglect, moving homes in early life. Physical abuse and exposure to violence. Inherited trauma from parents | Obesity, overeating, material fixation, fear of change, rigid boundaries.Bitterness and resentment | Disconection from body, underweight, fear, anxiety, poor focus and discipline | physical activity, massage, bioenergetic grounding, yoga | It is safe for me to be here.”“ All my needs are met”“ I trust the wisdom of my body”“i’m here and I’m real” | Visualise breathing from earth, or being cradled by mother earth. into feet and into base of spine, work with deep powerful energising breaths if underacative. use drumming music. Work with creating feeling of safety. |
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| Orange | Lower abdomen and pelvis | Sexual organs, reproductive system | Desire, passion sensuality, sexuality, emotional life, creativity, dualilites, polarity, movement and change. | Ability to express feelings, ability to experience pleasure, ability to chang. Life is colourful, vibrant and meaningful | Sexual abuse, detail of feelings as a child, neglect and rejection, alcoholic families | Sexual addiction, excessively strong emotions, oversensitivity, seductive manipulation, pleasure addiction | Fear of sex, denial of pleasure, fear of change, lack of desire, pleasure and excitement | Emotional release or containment, inner child work, boundary work, creative activities, movement therapy | “ I deserve pleasure in my life”“ I trust my feelings and emotions”“ My sexuality is sacred” | Work with kundalini energy, creative energy, healing relationship with sensuality, work with pelvic rocks. opening into feelings |
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| Yellow | Abdomen | Digestive organs | Shame, Self esteem, self worth, personal power | Confidence, warm personality, appropriate boundaries, appropriate self disciple, resilience, doesn’t take things personally.Responsive rather than reactive. Light heartedness and sense of humour | Shaming, volatile situations, enmeshment, age inappropriate responsibilities, being judged and shamed | Overly aggressive, dominating, and controlling.Manipulative, power hungry, overly ambitious Type A, Temper tantrums, competitive, attraction to sedatives | Low energy, easily manipulated, no boundaries, Scattered, unfocused, low self esteem, poor self discipline, victim mentality, attraction to stimulants, passive, unreliable, Irritable bowel syndrome, burnout | Deep relaxation, martial arts, weigh training ( if deficient) , Psychotherapy | “ I honour the power within me” “ The fire within me burns through all blocks and fears” | Work with energising breaths, relaxing into energy, ‘ HA breaths”, conscious connected breathing, breath of fire, belly breathing. Sitali breath |
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| Green | Chest | Lungs and heart | Love, acceptance, understanding, compassion for self and others, Ability to give and receive | Compassionate, loving, empathetic, peaceful, balanced | Rejection, abandonment, unacknowledged grief, betrayal, lack of love | Co- dependency, poor boundaries, demanding, clinging, jealousy | Disorders of heart and lungs, shortness of breath, chest pain, tension between shoulder blades, difficulty in receiving | Breathwork, Journalling, time in nature, reiki, nurturing massage, time with animals. Gratitude journal | “ I am worthy of love”“ I am loving to myself and others” “ I am worthy of receiving” | Heart opening practice, gentle, receiving, Work with balancing giving and receiving, coherent breathing, encourage expression of feelings |
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| Blue | Throat | Neck, shoulders, mouth, nose and ears. | Communication, speaking ones truth, finding ones own voice. | Clear communication, resonant voice, live creatively, good listener | Verbal abuse, excessive criticism, secrets, authoritarian parents | talks too much, doesn’t listen enough. thyroid disorders, | Disorders of throat, ears, voice and neck. tightness of jaw, toxicity | Singing, chanting, storytelling, journal writing, psychotherapy | “ I hear and speak the truth”“ I express myself with clear intent”“ Creativity flows inand through me “ | Encourage audible yawns and sighs. Chanting, sounding, visualising coolingblue |
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| Indigo | Between eyebrows | Eyes, forehead | Insight, intuition, self reflection, | intuitive, perceptive, good memory, able to visualise | Invalidation of intuition and psychic experiences, traumatic environment | Hallucinations delusions, nightmares, difficulty concentrating, | Depression, Poor vision, lack of imagination, poor dream recall, difficulty seeing future | Meditation, guided visualisations, art therapy, | “ I see all things in clarity”“ I am open to the wisdom within”“ I trust my inner voice”“ I can manifest my vision” | Gentle breathing through nose, breathing into save between eyebrows. |
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| Violet | Top of head | The brain | Spirituality,connecti on with higher power higher power, belief systems, self knowledge, | Spiritually connected, open minded, wisdom, self aware, | Blind obedience, invalidation of ones beliefs, forces religiosity, misinformation, lies | spiritual addiction, spiritual bypass, disassociation from body, overintellectulisation | Spiritual cynicism, rigid belief systems,, excess in lower chakras | Embodimenet work, experiencing a spiritual connection within the body.Time in nature, mindfulness practices | “ Divinity resides within me’’“ I am open to new ideas”“ I am guided by inner wisdom” | Krishna’s kriya, work with singing bowls |
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