


Skyllove



Journey *through the* Chakras

An Illustrated Guide to Human Chakra System

Open your Eyes and unfold your Wings



Chakra System

Chakras are vortices of spinning energy located in our etheric body on the mid-line of the spine. This energy is known as prana, chi, life force or vital energy. There are seven primary chakras that govern various functions and keep spiritual, mental, emotional and physical health of our being in balance. Each chakra has a different purpose, symbol, color, element and sound. When chakras are open, clear and balanced, we experience a state of well-being throughout our life.



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सुलाधारा



Muladhara - Root Chakra

Muladhara, the 1st chakra is located at the base of the spine. It is the center of survival, security, primal instinct and the seat of the Kundalini energy often depicted as a coiled snake. This chakra governs our foundation in life and is the root through which we receive the nourishment we need. It is associated with the element of Earth, color ruby red and the sense of smell.

When this chakra is open and balanced we feel grounded, stable and secure, our body is healthy and radiant. When out of balance we may feel weak and disconnected from life, insecure and fearful. When this chakra is overly active one can become overweight and lazy, too materialistically focused with spiritual growth stifled.



1st Chakra Properties

Action: To Have

Location: Perineum at the base of the spine

Purpose: Foundation

Aspects: Strength, Security, Vitality

Element: Earth

Color: Ruby Red

Planet: Saturn

Symbol: 4 petaled lotus with yellow square

Sound: LAM

Sense: Smell

Crystals: Ruby, Garnet, Hematite

Foods: Beets, Red cabbage, Cherries, Root vegetables

Organs: Teeth, bones, kidneys, adrenal glands

Affirmation: I am stable and grounded in my life



1st Chakra Balancing Yoga Poses

Virabhadrasana I - Warrior Pose

A wonderful pose that teaches grounding and stimulates the root. It strengthens legs, opens hips and connects one to the earth, establishing a strong foundation in the feet. Develops stamina, balance and coordination.

Upavista Konasana - Seated Angle Pose

Easy pose even for a beginner to sink into the sensation of opening the pelvis and the root chakra. Stretch your legs out. Lean forward but keep the spine straight. Use arms for support or if flexible enough, extend arms on the floor as you bring your chest and belly down.

Supta Baddha Konasana - Reclining Bound Angle Pose

This is one of the most restorative poses. Here the gravity can help open up the hips. It stimulates abdominal organs, stretches the inner thighs and groins. Use props under the knees to decrease the intensity of this pose.

Be careful never to force your body into any pose. Instead, take it slowly and back off if you feel any pinching or pain. Practice a modified version of the pose until you have gained the flexibility and strength you need to safely go deeper.





I am stable and grounded in my life

*Into the Earth I grow roots deep
as I stand strong on my steady feet.
I take the Earth in my body and mind,
I am nourished and thriving, perfectly aligned!
I am stable and grounded, I feel safe in my skin!
I have strength of a bull, I am a mountain within!*

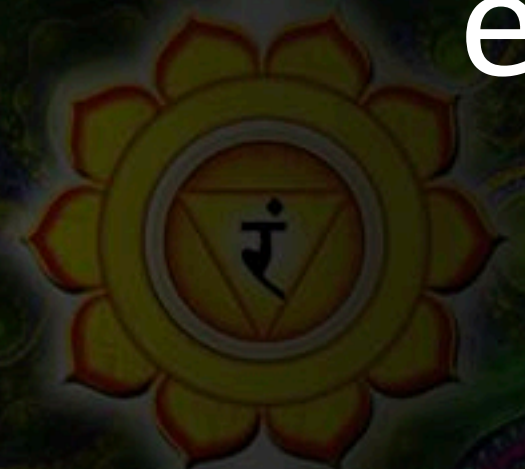
Muladhara - by Skylove



Muladhara Meditation

Sit comfortably with your back straight and your sitting bones grounded and supported. Close your eyes, take few deep breaths and imagine ruby red color flowing in and out of the base of your spine. With each breath open and relax more and allow this energy to flow effortlessly in and out bringing you a sense of harmony and balance. Imagine yourself in a cave deep within the Earth growing strong roots to the center of the Earth. Through those roots you are taking in all the nourishment you need. You are protected, grounded and safe. Chant the sound LAM and feel the element of earth in your body, giving you solid foundation and anchoring your spirit into your physical body.

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