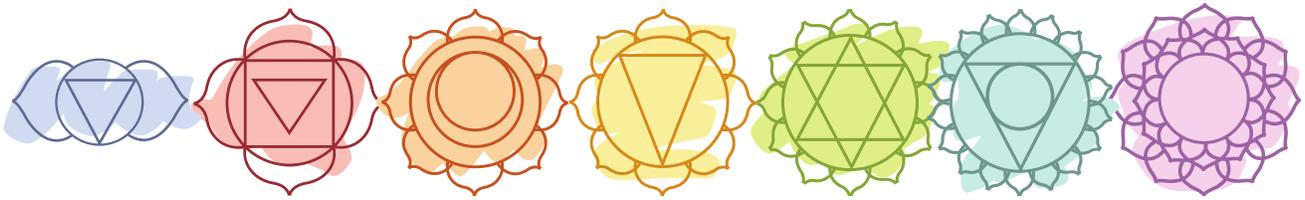




kundalini

chakra balancing

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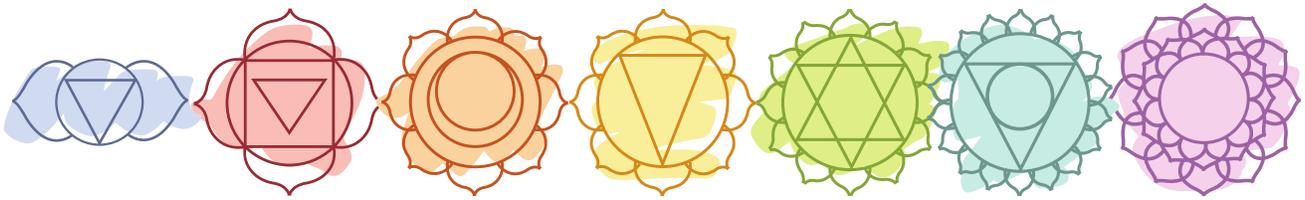


FOUNDATIONS

In India, kundalini yoga is known as a pathway for mystical awakening of the mind and body. Through a practice of devotion, pranayama, mantra, asana and meditation, the chakras are targeting in strategic alignment to awaken the energetic bodies of the practitioners. Much of the same practices in hatha yoga are practiced in kundalini, just with an altered approach to target the energetic bodies.

Within traditional kundalini, the chakras are opened in a particular way to facilitate their alignment. Instead of focusing on chakras from the base of the spine to the crown of the head, the lotus seals demonstrate the proper order of awakening the energy centers, starting with the sixth chakra before going from the root upward. The seventh chakra is never practiced, rather seen as the destination of awakening the other six energy centers.

Chakra translates as "wheel" and its best to see the chakra system as a set of energetic wheels in the body that must be spinning at the appropriate frequency to feel aligned.

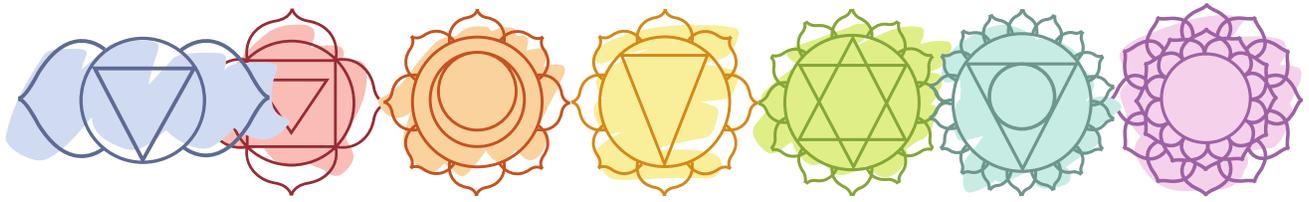


AWAKENING THE CHAKRAS

To awaken the chakras, there's a sacred formula: devotion, pranayama, strategic asana with mantra and mudra, pranayama, meditation, and devotion again. One's personal belief system is essential in the awakening of the chakra system in order to experience kundalini awakening.

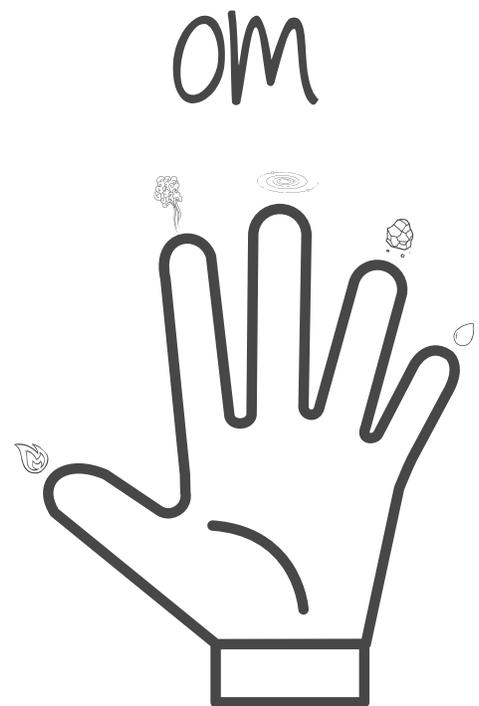
The pranayama utilized to awaken the chakras involves oxygenating the mind-body system, balancing the yin-yang state of energy throughout the body, and finding comfort with external retention in order to facilitate the holistic flow of all energy channels within the body.

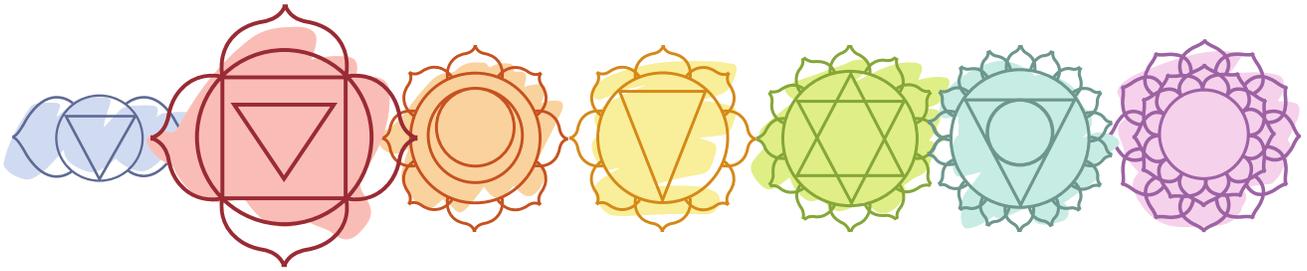
Each chakra hosts its own frequency, depicted by the color code of each energy center. These frequencies rest within different areas of the body and thereby the postures used to activate each center differ based on these locations. Furthermore, the mantra or seed sound associated with each chakra differs to best represent these frequencies.



AJNA: CONTROL CENTER

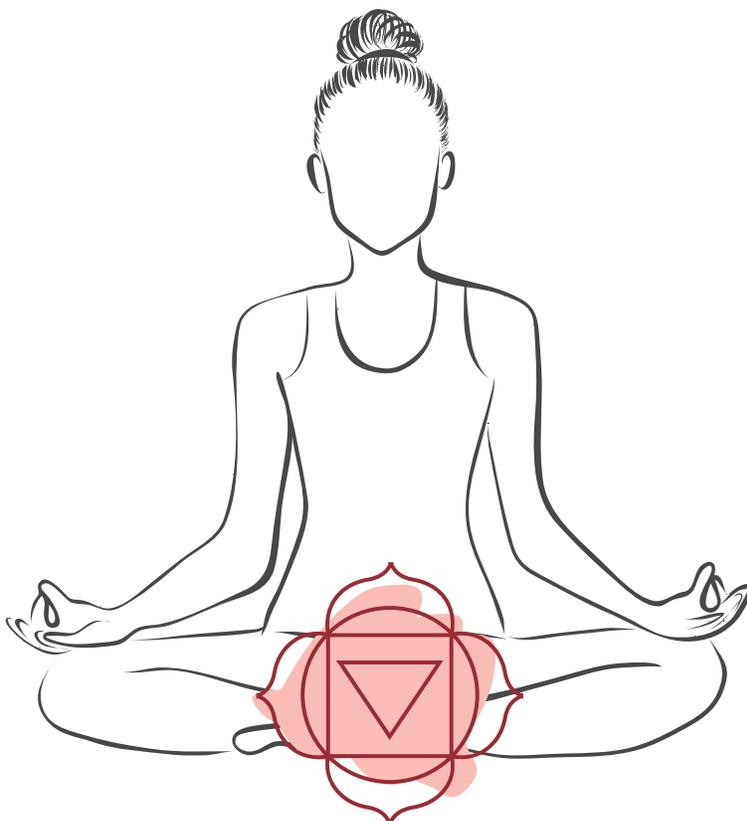
When targeting the chakras, traditional kundalini starts with the 6th chakra first. Called the “control center,” the sixth chakra is located in the mindspace and is balanced by the color indigo, seed sound “om” as well as by acknowledging the importance of all elements of existence and their supportive functions within our lives. When balanced, this center offers balance and wisdom to your body and your life and your mind is open and clear.



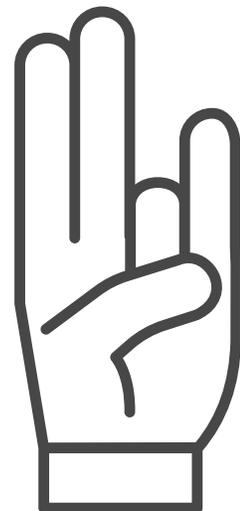


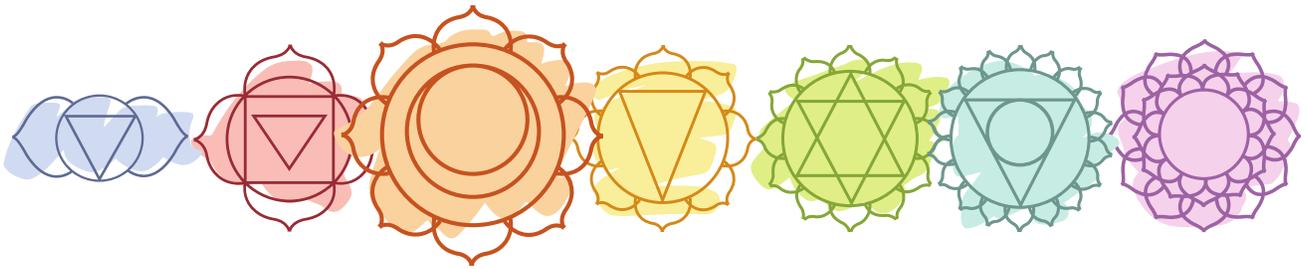
MULADHARA: GROUNDING CORD

The 1st chakra is targeted next. Called the “grounding cord,” the first chakra is located at the base of the spine and is balanced by the color red, seed sound “lam” as well as by acknowledging the importance of the element earth to ground, stabilize and structure our physical existence. When balanced, this center offers safety and security to your body and your life and your body feels relaxed.



lam





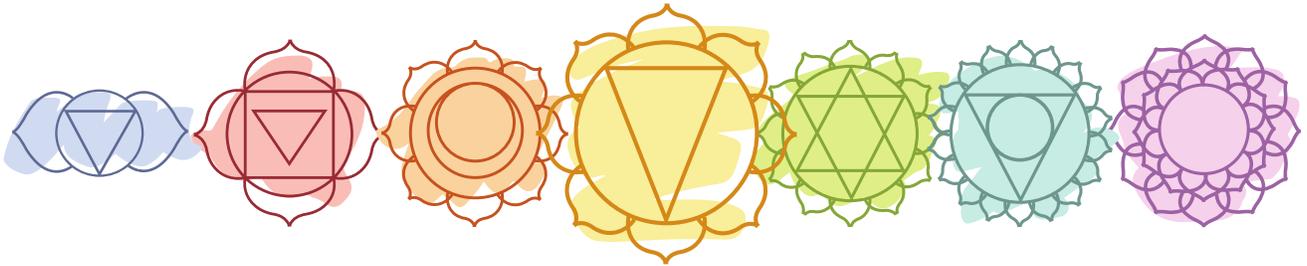
SVADHISTHANA: SACRED HOME

The 2nd chakra is targeted next. Called the “sacred home,” the second chakra is located between the hips and is balanced by the color orange, seed sound “vam” as well as by acknowledging the importance of the element water to nourish, coheses and adapt our physical existence. When balanced, this center offers harmony and grace to your body and your life and your body feels excited.



vam





MANIPURA: VALUE CENTER

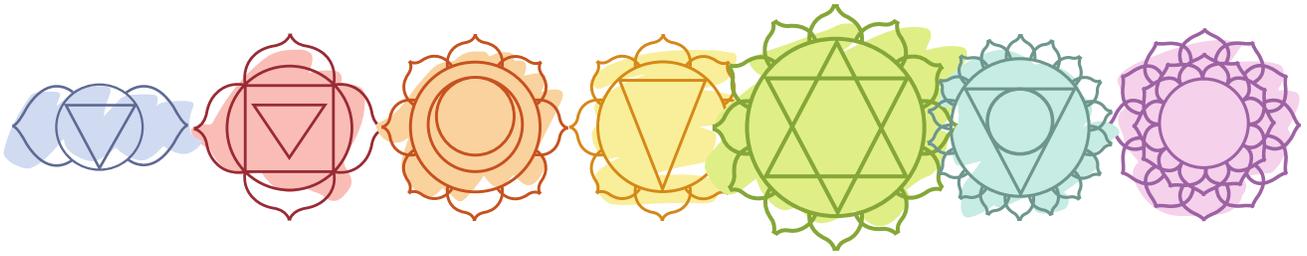
The 3rd chakra is targeted next. Called the “value center,” the third chakra is located at the navel and is balanced by the color yellow, seed sound “ram” as well as by acknowledging the importance of the element fire to energize, invigorate and transform our physical existence.

When balanced, this center offers strength and confidence to your body and your life and your body feels powerful.



ram





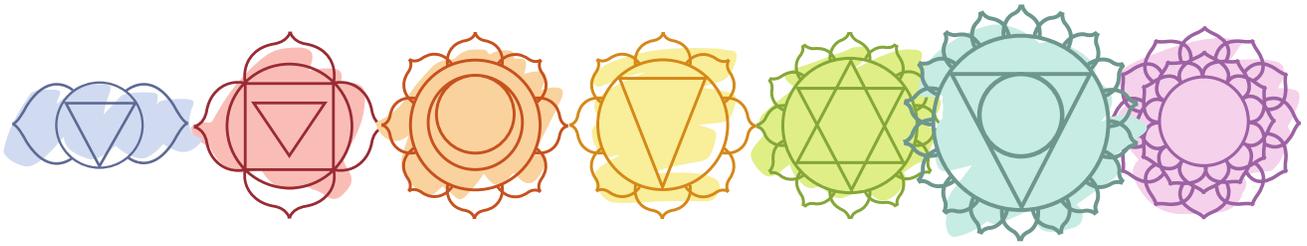
ANAHATA: UNSTRUCK SPACE

The 4th chakra is targeted next. Called the “unstruck space,” the fourth chakra is located at center of the chest and is balanced by the color green, seed sound “yam” as well as by acknowledging the importance of the element air to alter, change and move our entire existence. When balanced, this center offers compassion and care to your body and your life and you feel one with the entire world.



yam



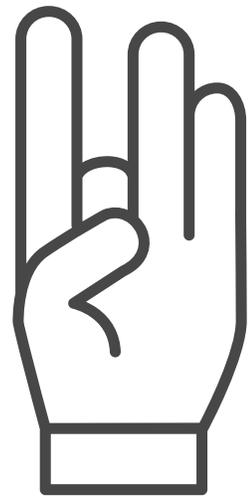


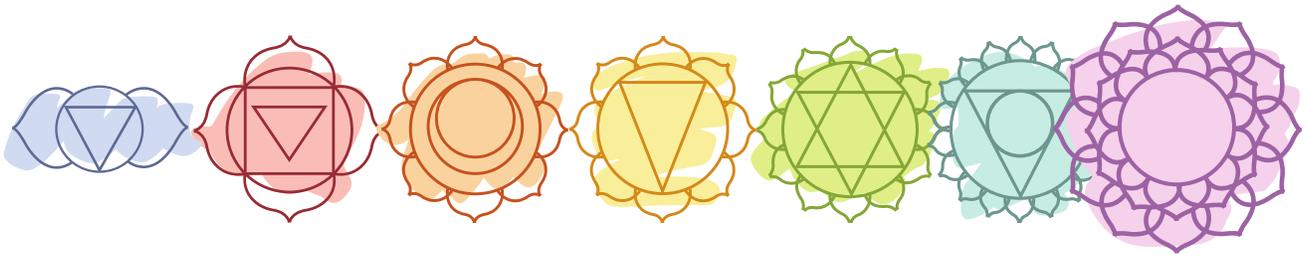
VISHUDDHA: PURITY CENTER

The 5th chakra is targeted next. Called the “purity center,” the fifth chakra is located at the throat and is balanced by the color blue, seed sound “ham” as well as by acknowledging the importance of the element ether to hold, contain and harmonize our entire existence. When balanced, this center offers authenticity and perspective to your body and your life and your body feels open to all.



ham





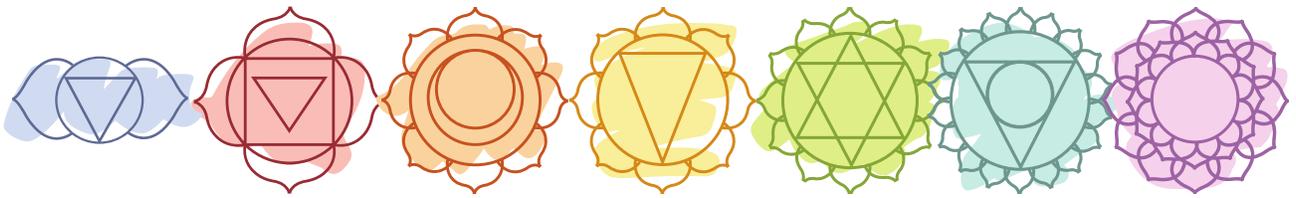
SAHASRARA: PLANE OF TRUTH

The 7th chakra is the destination. Called the “plane of truth,” the seventh chakra is located at the crown of the head and is maintained with the color violet, seed sound “ah” as well as by acknowledging the complexity of life and its cycles. When balanced, this center offers faith and purpose to you and you feel the oneness of all things.



ah





A KUNDALINI PRACTICE

A traditional kundalini practice targets one chakra at a time and six practices combined open the entire system.

The ancient formula looks like this:

- Sacred Opening (Mantra)
- Bhastrika Pranayam (Three Rounds)
- Surya Bhedan Pranayam (2-5 Minutes)
- Asana to Target Chakra (3-5 Poses)
 - Savasana (2-5 Minutes)
- Chandra Bhedan Pranayam (2-5 Minutes)
- Bija Mantra Meditation (27-108 Recitations)
 - Sacred Closure (Mantra & Namaste)

The chakras should be thought of as the varied expressions of white light that come together in oneness in order to understand the deeper elements of this mystical practice and how it facilitates enlightenment. Kundalini is a separate but equal path to hatha yoga within India.