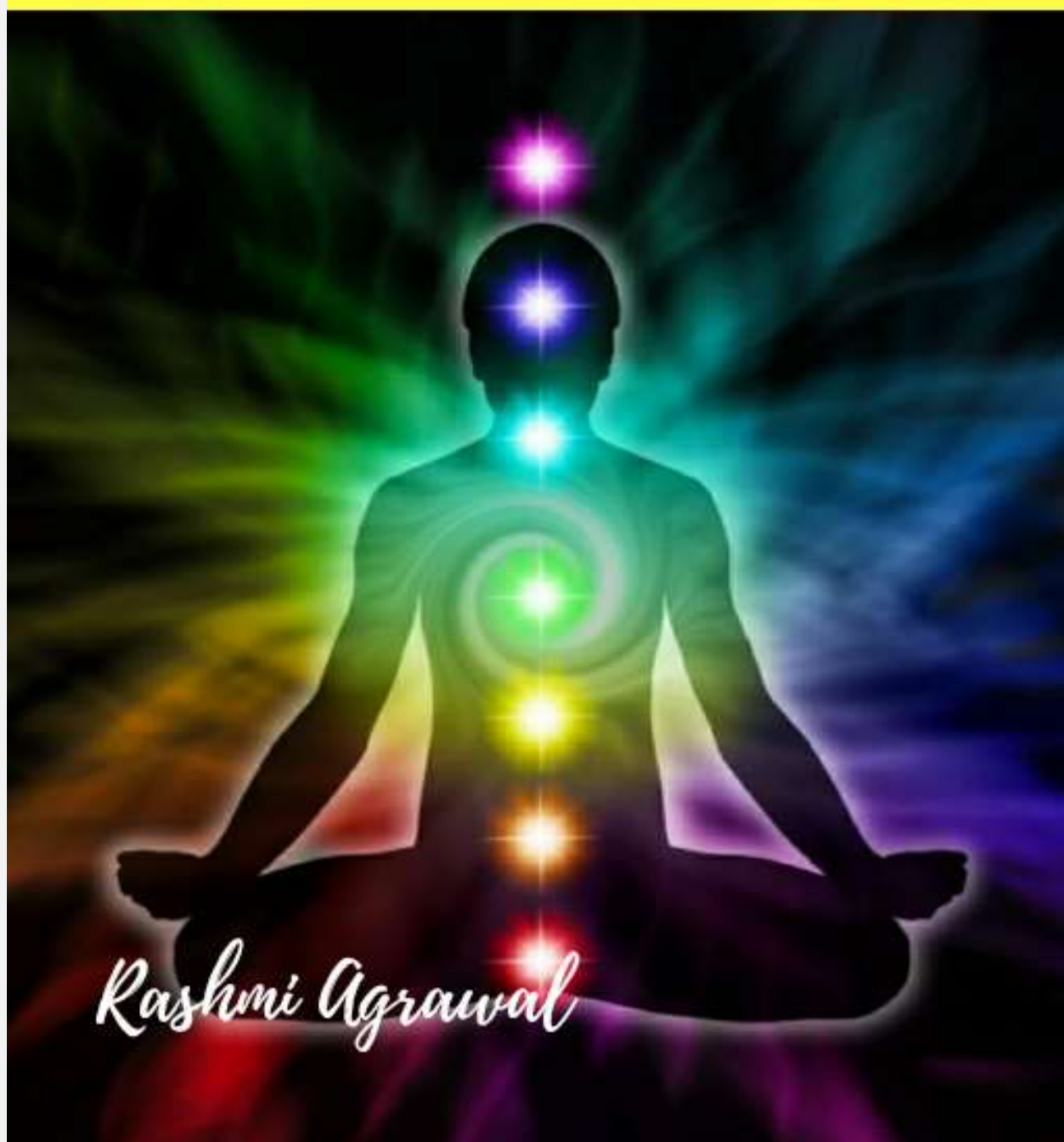


BALANCE YOUR CHAKRA

BALANCE YOUR LIFE

Rashmi Agrawal

Balance Your Chakra Balance Your Life



Rashmi Agrawal

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About The Author



Residing on the banks of the holy Sangam, mother of two and a loving wife, Rashmi Agrawal is an engineer by qualification and a teacher by profession. Immensely in love with learning new skills. She researched immensely on yoga and Mindfulness, Healthy Food and Sweet Sleep.

She strongly believes that regular Yoga Practices, develop the habit of mindfulness which enables you to choose "Better Food to Consume" and "Sleep Better at the end of the Day". This is why she is focussing on the Best "3 Ingredients 2 Live & Love Life"- Yoga, Healthy Food and Good-Sleep.

She got Yoga and Ayurveda from her family traditions in India and came up with her very own website "www.yogarsutra.com" which helps in exploring the impassioned and profound "Science of Yoga". Currently, she works as a Health, Yoga, and Productivity expert with thousands of viewers on various platforms and guides the people in her community. The website serves as a medium to brighten the scientific and logical side of yoga.

Rashmi can often be seen watching and loving birds and digging deep to plant a new sapling in her garden.

Books By Rashmi Agrawal

1. [A Complete Book On Office Yoga \(A Practical Chair Yoga Guide\)](#)
2. [Behind The Brain Beyond The Books \(A Book On Student Brain-Focussing Yoga\)](#)

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Dedication

This book is dedicated to my parents. Both of you are my inspiration for everything I do and achieve.

I'd also like to dedicate this eBook to you and everyone else who believes in the power of Chakra, Yoga and this beautiful universe! I believe we live under a unified force and there is a universe inside us!

Rashmi Agrawal

What You Gain From This Guide

You will have an adequate understanding of chakras and “Yogic Ways” to keep them unblocked and balanced through yoga and meditation and thrive all the aspects of your life.

“Welcome to your inner-space and “Chakra Guide” Yogis. It's your space for stability, creativity, sensuality, vitality, compassion, conversation, intuition and spirituality. Well, no need to overwhelm and remember with details. As we journey together in mini steps, things will be lot easier to grasp and understand”.

Butt....

What are chakras in human body?

The word chakra literally means "wheel" in Sanskrit and symbolises the flow of energy in our body. The 7 main chakras present in your body are actually energy centres and are known to regulate different emotions and physical activity. Their origin can be traced to early Hinduism and Buddhism and both of them talk about the shifting nature of chakras.

Where Are Chakra Points in Our Body

First hand let's understand that the Chakras are the energy centers of the body. They are located in the astral body along the spine, starting at the base of the spine and running upwards to the crown of the head. The Chakras coincide with one or more glands in the physical body and each radiate a specific color and energy. Since each chakra relates to specific spiritual,

emotional, psychological and physical aspects of our being, it is said that the blockage or malfunction of the chakras can lead to physical, psychological and emotional disorders. The conscious awareness and the balancing of these energy centers on the other hand is believed to lead to well-being and good health. That is one of the purposes of Yogasanas practice: to stimulate and balance the chakras or energies in the body.

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Your 7 Chakras At A Glance

P.S.- Click on the name of a specific Yoga Pose to get the pdf download.

<u>CHAKRA NAME AND BIJA MANTRA</u>	<u>LOCATION IN BODY</u>	<u>ELEMENT AND NATURE</u>	<u>COLOR AND BIJA MANTRA</u>	<u>ASSOCIATED BODY PARTS</u>	<u>YOGA POSES TO UNBLOCK</u>
MULADHARA AKA ROOT CHAKRA LAM...	PERINEUM (MALES) REAR OF CERVIX (FEMALES)	EARTH SECURITY, STABILITY	RED LAM...	BONES, TISSUES, EXCRETORY, URINARY ORGANS	VAJRASANA , WARRIOR-II , SHAVASANA
SVADHISTHANA AKA SACRAL CHAKRA VAM...	BASE OF THE SPINE (COCCYX)	WATER CREATIVITY, SEXUALITY	ORANGE VAM...	KIDNEY, SPLEEN, SEX ORGANS	GODDESS POSE CHILD POSE , RECLINE BOUND ANGLE POSE

MANIPURA AKA SOLAR PLEXUS RAM...	SOLAR PLEXUS	FIRE CONFIDENCE, POWER AND MOTIVATION	YELLOW RAM...	BELOW THE DIAPHRAGM ABOVE NAVEL	PASHCHIMOTTANASANA, COBRA POSE
ANAHATA AKA HEART CHAKRA YAM...	HEART REGION	AIR LOVE, COMPASSION,	GREEN YAM...	HEART, LUNGS, THYMUS GLAND	FISH POSE, BOW POSE
VISHUDDHA AKA THROAT CHAKRA HAM...	THROAT SPACE	SPEECH COMMUNICATION	BLUE HAM...	THYROID GLAND	CAMEL POSE, PLOUGH POSE
AJNA AKA THIRD EYE CHAKRA AUM...	BETWEEN THE EYEBROWS	LIGHT INTUITION	INDIGO BLUE OM...	BRAIN, PINEAL GLAND	TREE POSE, MEDITATION
SAHASRARA AKA CROWN CHAKRA OM...	CROWN OF THE HEAD	SPACE, THOUGHTS SPIRITUALITY	VIOLET AUM...	PITUITARY GLAND	SIRSASANA (HEAD STAND), TREE POSE

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Muladhara Chakra – Root Chakra



Figure 1 WARRIOR POSE

Muladhara Chakra is located at the base of the spine between the anus and the genitals. It radiates the [color red](#) and represents the *element earth*.

It is characterized by the emotions of *survival, stability, security, ambition and our basic needs*. When this chakra is out of balance, a person might feel unstable, ungrounded, lack of ambition, lack of purpose, fearful, insecure and frustrated. However, a balanced [Muladhara Chakra](#) enables us to feel stable, confident, balanced, energetic, independent and strong.

Practicing the following postures helps to balance Muladhara Chakra: Mountain Pose (Tadasana), [WARRIOR POSE](#)

Swadhisthana Chakra – Sacral Chakra



Figure 2: GODDESS POSE

The second chakra, Swadhisthana Chakra, is located at the lower abdomen, about four fingers below the navel. It radiates the [color orange](#) and represents the *element water*.

The attributes of [Sacral Chakra](#) are the basic needs for *sexuality, desires, creativity and self-worth*. When imbalanced, a person might feel emotionally explosive and irritable, lacking of energy and creativity, manipulative or obsessed with sexual thoughts. When Swadhisthana Chakra is balanced, a person might feel positive, vital, and satisfied.

You can work on balancing Swadhisthana Chakra by practicing balancing poses like [Goddess Pose](#), [Crow Pose \(Kakasana\)](#) or standing poses like [Triangle Pose \(Trikonasana\)](#).

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Manipura Chakra – Solar Plexus Chakra



Figure 3: BOW POSE

Manipura Chakra or Solar Plexus Chakra is located above the navel at the solar plexus (between the navel and the bottom of the rib cage). It represents the *element fire* and thus radiates yellow color.

This chakra is characterized by energy and emotions *like confidence, ego, anger and aggression*. An imbalance of Manipura Chakra can manifest itself physically by *digestive problems, liver problems or diabetes*. On an emotional level one might struggle with depression, lack of self-esteem, anger and perfectionism. By bringing the chakra into balance one might feel energetic, confident, productive, and focussed.

Working on Manipura Chakra can be done in poses like seated Forward Bend (Paschimottanasana), Cobra Pose (Bhujangasana) and [Bow Pose \(Dhanurasana\)](#).

Anahata Chakra – Heart Chakra



Figure 4: FISH POSE

Anahata Chakra, Heart Chakra, as the name implies, is located at the heart region. Its [color is green](#) and the *element is air*.

This fourth Chakra is the seat of balance within the body, characterized by emotions of love, attachment, compassion, truthfulness, and passion. When Anahata Chakra is out of balance a person might deal with emotional issues like *anger, lack of trust, anxiety, jealousy, fear and moodiness*. By balancing

this chakra, you become compassionate, optimistic, friendly, motivated, loving, and caring.

Heart Chakra can be balanced by practicing poses like Half Bridge Pose (Ardha Setubandhasana), and [Fish Pose \(Matsyasana\)](#).

Vishuddha Chakra – Throat Chakra



Figure 5: CAMEL POSE

The fifth Chakra, Throat Chakra, is located at the base of the throat, coinciding with the thyroid gland. Its [color is bright blue](#) and the *element is sound*.

Vishuddha Chakra represents *inspiration, expression, faith and the ability of communication*. Imbalance of the Throat Chakra may lead to timidity, quietness, a feeling of weakness or the inability to express your thoughts.

Balance of the Throat Chakra can manifest itself by creativity, positive self-expression, constructive communication and satisfaction.

Throat Chakra is stimulated in poses like [Shoulder stand \(Sarvangasana\)](#) and [Plough Pose \(Halasana\)](#), [Camel Pose](#).

Ajna Chakra – Third Eye Chakra



Figure 6: TREE POSE

Ajna Chakra is located in between the eyebrows. *Element is light* and has [color indigo blue](#).

Third Eye Chakra is often used as a focus point during asana practice to bring more concentration and awareness. It is said that meditation on Ajna Chakra destroys the karma of past lives and gives liberation and intuitional wisdom. Its attributes are *intelligence, intuition, understanding, insight and self-recognition*. When this chakra is out of balance, one might feel non-assertive, afraid of success, or on the contrary, be egoistical. On physical level, imbalance

of Ajna Chakra can manifest itself on a physical level by headaches, fuzzy vision and weak eye sight. When Ajna Chakra is balanced, one is his own master without fear of death and free of attachment to material things.

Ajna Chakra is stimulated when practicing [Headstand \(Shirshasana\)](#) and [Tree Pose](#).

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Sahasrara Chakra – Crown Chakra



Figure 7: MINDFUL MEDITATION

The seventh Chakra, Sahasrara Chakra, is located at the crown of the head. The *element is space* and it is [violet in color](#).

Sahasrara Chakra is the centre of *spirituality, enlightenment, dynamic thought and energy*. It allows for the inward flow of wisdom and brings the gift of cosmic consciousness. When out of balance, one might suffer from a constant sense of frustration, no spark of joy and destructive feelings.

Balancing Sahasrara Chakra can be done by practicing [Headstand \(Shirsasana\)](#), Tree Pose, Savasana, and [Meditation](#).

This is it yogis, Your Starter Kit for Chakra awareness and Balancing. I hope it will kick-start some chakra quest inside you. For more details and insights keep visiting www.yogarsutra.com.

→ GET CHAKRA HEALING CRYSTALS

Thank You 

Thanks for trusting me, reading this eBook and believing your Chakra System yogis!

Namaste,

Rashmi Agrawal

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