Exploring Your Energy through the Chakras: References

**Week 1**

**References**

A Brief History of the Chakras in Human Body Adalbert Schneider Herdecke University, Germany March 2019 Psychology Review

<https://www.researchgate.net/publication/342562977>

[Transpersonal Psychology: Principles and Applications (psychcentral.com)](https://psychcentral.com/health/transpersonal-psychology-spiritual-therapy) (Dr Cynthia Shaw)

[Transpersonal Psychology | Psychology Today](https://www.psychologytoday.com/us/blog/out-the-darkness/201509/transpersonal-psychology) (Dr Steve Taylor)

<https://www.brettlarkin.com/bija-mantras-chakra-sounds/> (Chakra letters and sounds)

[CIHS | AMI Research](https://www.cihs.edu/ami-research) Dr Hiroshi Motoyama Ph.D

**Videos**

Chakra Balancing Meditation:

<https://insighttimer.com/emilyfromsoulaia/guided-meditations>

<https://www.youtube.com/watch?v=CisTQ4dE8Ao> Animation of the chakras spinning (in different directions based on male and female energy)

[Tai Chi Energy Ball Training for Beginners | Qi Gong Energy Ball Flow | Fitscope Studio - YouTube](https://www.youtube.com/watch?v=-XvlkD-Ngm0)

<https://www.youtube.com/watch?v=1kwtgEaPU74>  (feeling energy between palms)

<https://www.youtube.com/watch?v=EFRDtIcI9lI> (Chakra sound chant)

**Week 2**

**References**

Colour therapy:

[Colour for well-being:Exploring adult learners’ responses to utilizing colour as a therapeutic tool | Intellect (intellectdiscover.com)](https://intellectdiscover.com/content/journals/10.1386/jaah.3.3.275_1) by [Jacqueline H. Parkes](https://intellectdiscover.com/search?value1=Jacqueline+H.+Parkes&option1=author&noRedirect=true), [Vanessa Volpe](https://intellectdiscover.com/search?value1=Vanessa+Volpe&option1=author&noRedirect=true) [Journal of Applied Arts & Health](https://intellectdiscover.com/content/journals/jaah), [Volume 3, Issue 3](https://intellectdiscover.com/content/journals/jaah/3/3), Jan 2013

Kang MA. Effects of Color Therapy using Color Frames on Nurses’ Job Stress and Depression. *Journal of Internet of Things and Convergence*. 2021;7(4):51-58. doi:10.20465/KIOTS.2021.7.4.051

Yoga:

Yoga and its overall effects on wellbeing: Woodyard C. Exploring the therapeutic effects of yoga and its ability to increase quality of life. Int J Yoga. 2011 Jul;4(2):49-54. doi: 10.4103/0973-6131.85485. PMID: 22022122; PMCID: PMC3193654.

Sound Therapy:

[Sound Bath: What It Is, How It Helps, and More (healthline.com)](https://www.healthline.com/health/sound-bath#vs-music-therapy)

<http://hyperphysics.phy-astr.gsu.edu/hbase/Sound/reson.html> (sound therapy)

THE EFFECTS OF CRYSTAL BOWL TONING ON THE CHAKRAS AS MEASURED BY THE GAS DISCHARGE VISUALIZATION TECHNIQUE (GDV) AND SCORES ON THE PROFILE OF MOOD STATES SCALE Maryanne Cowan & Bob Nunley, Ph.D https://journals.sfu.ca/seemj/index.php/seemj/article/view/72/59

Aromatherapy:

Effects of Lavender on Anxiety, Depression, and Physiological Parameters: Systematic Review and Meta-Analysis Authors: Kim, Myoungsuk;Nam, Eun Sook;Lee, Yongmi and Kang, Hyun-Ju. Publication Date: Dec ,2021. Journal: Asian Nursing Research 15(5), pp. 279-290

Effects of aromatherapy on sleep disorders: A protocol for systematic review and meta-analysis. Authors: Song, Xin;Peng, Jiahua;Jiang, Weiyu;Ye, Minghua and Jiang, Lisheng Publication Date: Apr 30 ,2021. Journal: Medicine 100(17), pp. e25727

Complementary Therapy:

Complementary medicine and integrative health approaches to trauma therapy and recovery. Authors: Mattar, Sandra and Frewen, Paul A. Publication Date: Nov ,2020  
Journal: Psychological Trauma:Theory, Pesearch, Practice and Policy 12(8), pp. 821-824

Complementary and alternative therapies for generalized anxiety disorder: A protocol for systematic review and network meta-analysis. Authors: Song, Kai;Wang, Yating;Shen, Li;Wang, Jinwei and Zhang, Rong. Publication Date: Dec 23 ,2022

**Videos**

<https://www.youtube.com/watch?v=-ar9vsmFhJU>

(11 minute Tibetan Bowl chakra balancing sound meditation)

<https://www.youtube.com/watch?v=8Qhh2VF1Oz4>

(14 minute crystal bowl chakra balancing sound meditation)

Chakra Balancing Yoga Class to try at home:

<https://www.yogajournal.com/practice/yoga-sequences/7-poses-chakras/>

**Week 3**

**References**

[What Is An Aura? 16 FAQs About Seeing Auras, Colors, Layers, and More (healthline.com)](https://www.healthline.com/health/what-is-an-aura)

Liu T. (2018).The scientific hypothesis of an “energy system” in the human body.  
[sciencedirect.com/science/article/pii/S2095754818300358](https://www.sciencedirect.com/science/article/pii/S2095754818300358)

<https://www.korotkov.co/archive/wp-content/uploads/2014/04/2002-Rubik-Scientific-Analysis-of-the-Human-Aura2.pdf>

[Understanding Your Chakra Colors, Meanings & Functions (7chakracolors.com)](https://www.7chakracolors.com/)

Rubik, Beverly. ["The human biofield and a pilot study of qigong"](http://bdigital.ufp.pt/bitstream/10284/775/1/151-172Cons-Ciencias%2002-2.pdf) (PDF). Retrieved 26 August 2012

**Videos**

Human Bio-field Video: <https://www.youtube.com/watch?v=YMCbfgobGX8>