

# Exploring your Energy Through the Chakras

## Session 1

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Wellbeing  
& Recovery  
College



# Group Welcome

- Come with an open mind and an open heart
- This is a safe space to simply be yourself
- Let's consider Recovery Education and keep a learning focus
- We can agree to disagree and that's ok
- Be mindful of other students and their experiences
- Confidentiality is crucial
- Being present
- The value of the Course Evaluation Form

# Aims of the Course

01

**Introduce the Chakra System**

Understanding the qualities of the Chakras and how they work together

02

**Recognising when a Chakra is balanced**

Getting to know your own Chakras

03

**Understanding how to work with and activate your Chakras**

Practices, tools and techniques

04

**Working with your aura**

Understanding what your aura is  
Practices to work with your aura

# Disclaimer

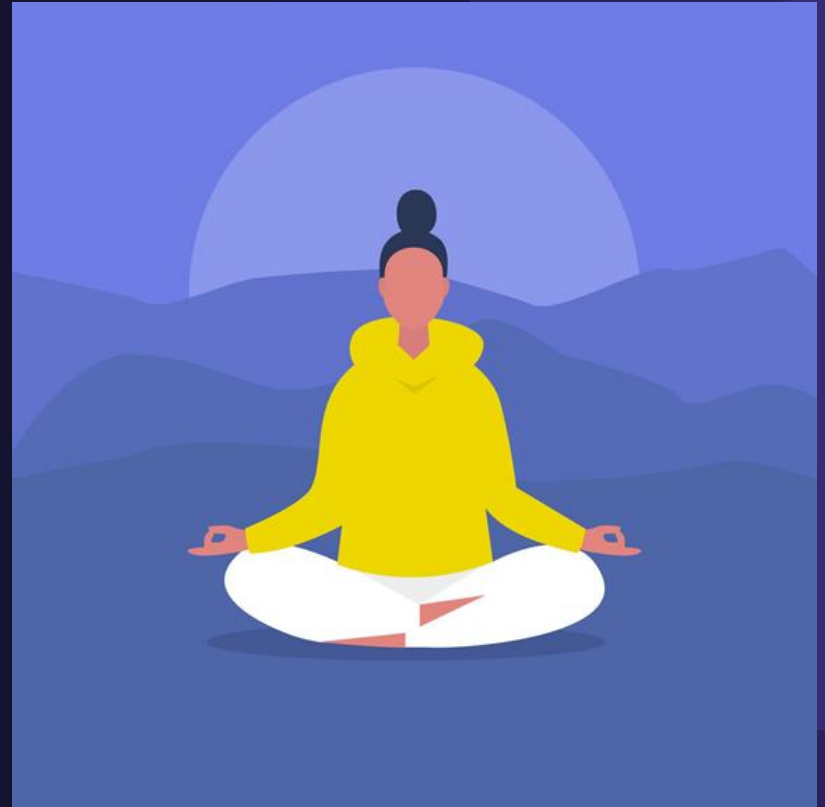
This course provides different ideas of ways to explore your wellbeing. Please be aware that it is not diagnostic in any way and is intended for information purposes only.

The practices provided can be used as a supplement to medical advice but are not intended to replace it. If you are having any health issues please do seek appropriate medical advice.

Information presented in this course will all be on handouts for you to make your own notes on. Again the handouts are for information purposes only.

# Aims of the Session

- Introduce Chakra Theory
- How your Chakra's relate to your wellbeing
- Practical exercises to explore the chakras
- Tuning in to your energy



The background features a dark blue gradient. On the right side, there are three concentric circles in shades of blue, centered vertically. Scattered across the left side are several small, four-pointed star shapes in a lighter blue color.

# What are the Chakras?

Tell us what you  
know...

You've probably heard  
people talk about  
"balancing" their  
chakras?

# Chakra Theory

The History





“

Everything is energy, and that's all there is to it. Match the healing frequencies of the reality you want, and you cannot help but get that reality. There can be no other way. This is no philosophy; this is physics.

~ Albert Einstein

# Chakra Theory

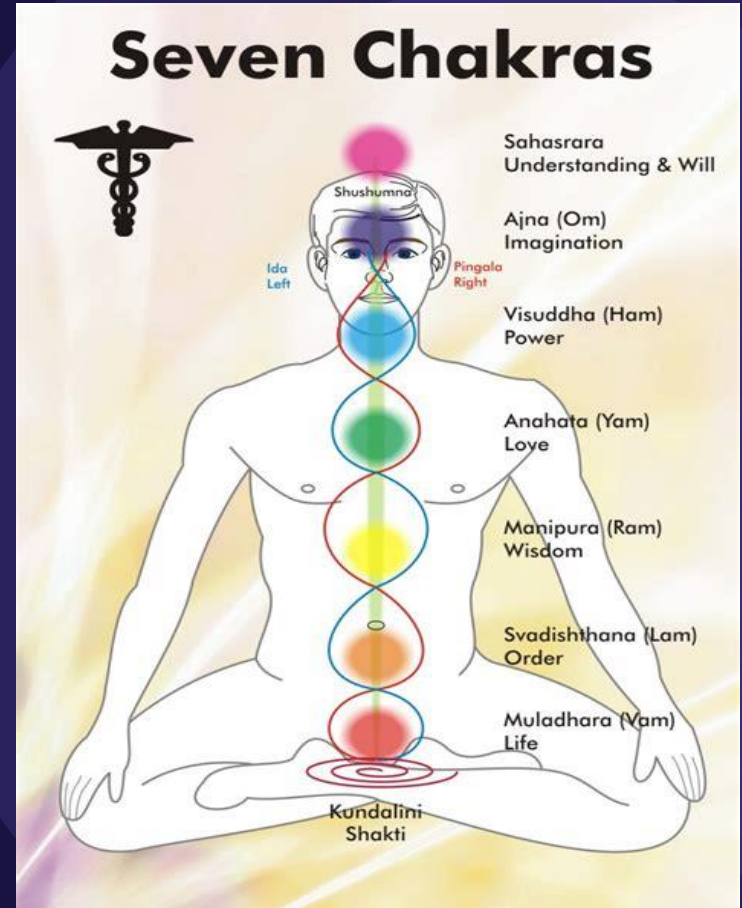
## The Science



# Introduction

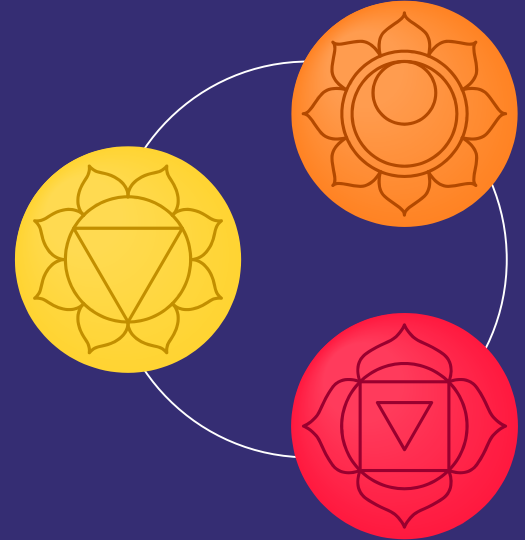
The seven chakras are the main energy centers of the body

- Root Chakra (Muladhara)
- Sacral Chakra (Svadhithana)
- Solar Plexus Chakra (Manipura)
- Heart Chakra (Anahata)
- Throat Chakra (Vishuddha)
- Third-Eye Chakra (Ajna)
- Crown Chakra (Sahasrara)



## Lower Chakras

- Root chakra
- Sacral Chakra
- Solar Plexus



# Root Chakra – Muladhara

- Colour: Red
- Sound: Lam
- Sense: Smell
- Element: Earth
- Meaning: Support
- Basic need: To Be
- Develops: 0–7 years
- Location: Base of spine
- Governs: Physical energy



- Symbol: Four petaled Lotus

# Sacral Chakra – Svadhisthana



Symbol: Six  
petaled Lotus

- Colour: Orange
- Sound: Vam
- Sense: Taste
- Element: Water
- Meaning: Sweetness
- Basic need: To Feel
- Develops: 7–14 years
- Location: Just below the  
✦ naval
- Governs: Emotions

# Solar Plexus Chakra – Manipura

- Colour: Yellow
- Sound: Ram
- Sense: Sight
- Element: Fire
- Basic need: To Act
- Develops: 14 –21 years
- Location: Diaphragm
- Governs: Willpower
- Meaning: Lustrous gem



- Symbol:  
Ten  
petaled  
Lotus

# Heart Chakra – Anahata

- Colour: Green
- Sound: Yam
- Sense: Touch
- Element: Air
- Basic need: To Love
- Meaning: Untouched
- Develops: 21-28 years
- Location: Centre of the chest
- Governs: Love



- Symbol:  
Twelve  
petaled Lotus

# Having a go at feeling and tuning in to Energy

## ✦ Energy Ball Exercise



# Feeling Aura Energy

Bring hands slowly together and then apart without them touching.

## Exercise #1

Using your own hands

YOUR HAND

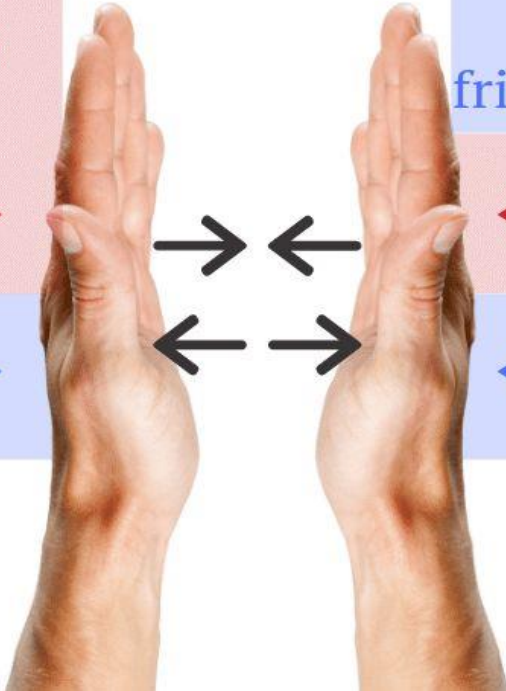
YOUR HAND

## Exercise #2

Your hand  
and a  
friend's hand

YOUR HAND

FRIEND'S HAND

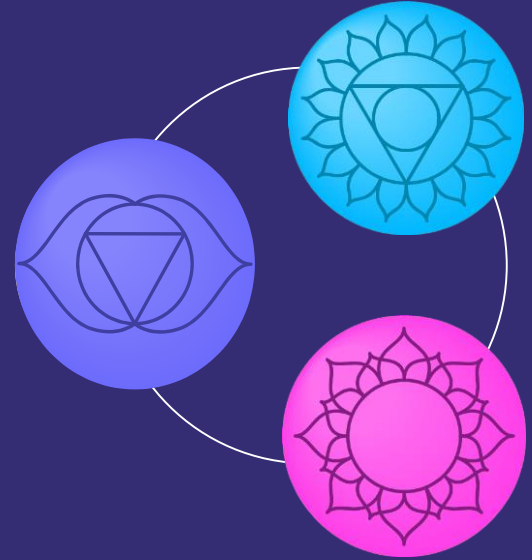


# Feeling Energy



# Upper Chakras

- Throat Chakra
- Third Eye
- Crown Chakra





# Throat Chakra – Vishuddha

- Colour: Blue
- Sound: Ham
- Sense: Hearing
- Element: Ether
- Meaning: Purification
- Basic need: To express
- Develops: 28–35 years
- Location: Base of the neck
- Governs: Communication



- Symbol: Sixteen petaled Lotus

# Third Eye Chakra – Ajna

- Colour: Indigo
- Sound: Aum
- Sense: Sixth sense
- Element: Light
- Meaning: Knowledge
- Basic need: To perceive
- Develops: 35–42 years

- Governs: Intuition
- Location: Centre of the brow



- Symbol: Two petaled Lotus

# Crown Chakra – Sahasrara

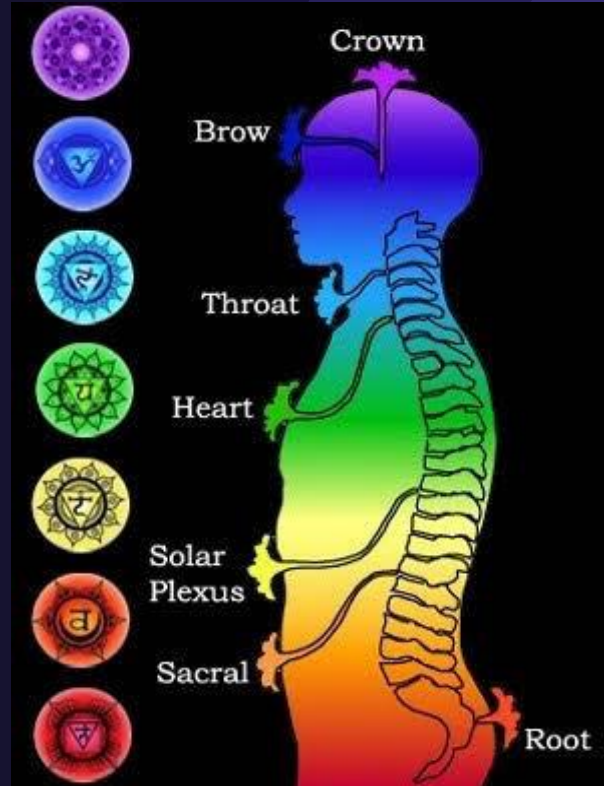


- Symbol:  
Thousand  
petaled Lotus

- Colour: Violet
- Sound: Om/silence
- Sense: ESP
- Basic need: To know
- Develops: 42+ years
- Meaning: Thousandfold
- Element: Consciousness
- Location: Top of the head
- Governs: Connection to  
higher consciousness

# Getting to Know your Chakras

- Wheel or disk
- Vortex
- Clockwise and anti-clockwise





## Practical Exercise

Chakra  
Activation  
Meditation



# Chanting Exercise

- Chant the chakra syllables







## Home Practice

- Reflect on which chakras you feel drawn to
- Practice the chakra chants
- Practice the chakra meditation

# What is coming up in Week 2

Practical ways to work with the chakras

- Aromatherapy oils for balancing through scent
- Use of colour
- Crystals
- Food and drink
- Movement
- Sound
- Daily activities

