

Exploring your Energy Through the Chakras

Session 2

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Wellbeing
& Recovery
College

Aims of the Session

- To explore possible methods of working with the chakras to aid wellbeing
- Developing the confidence to use different tools to explore your energy



Things to try to Balance the Chakras

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



Food and Drink



Using Colour to work with your Chakras

- Wearing colour
- Colours in your environment
- Associated qualities of different colours
- How do different colours make you feel?



Aromatherapy oils for working with the chakras through scent

- Top, middle and base notes
- Vibrational frequencies of essential oils
- Essential oils for each chakra





Cedarwood,
Rosemary,
Sandalwood, Basil,
Patchouli, Black
Pepper, Geranium



Orange, Tangerine,
Cinnamon,
Bergamot, Neroli,
Cypress,
Cardamom



Lemon,
Lemongrass,
Coriander,
Juniper, Lime,
Rosemary, Pine



Lavender, Rose,
Jasmine, Geranium,
Goldenrod,
Cypress, Rosewood,
Pine



Basil, Cypress,
Peppermint,
Chamomile,
Coriander, Juniper,
Eucalyptus, Lavender



Frankincense, Basil,
Juniper, Rosemary,
Lemon, Pine,
Cedarwood, Sandalwood

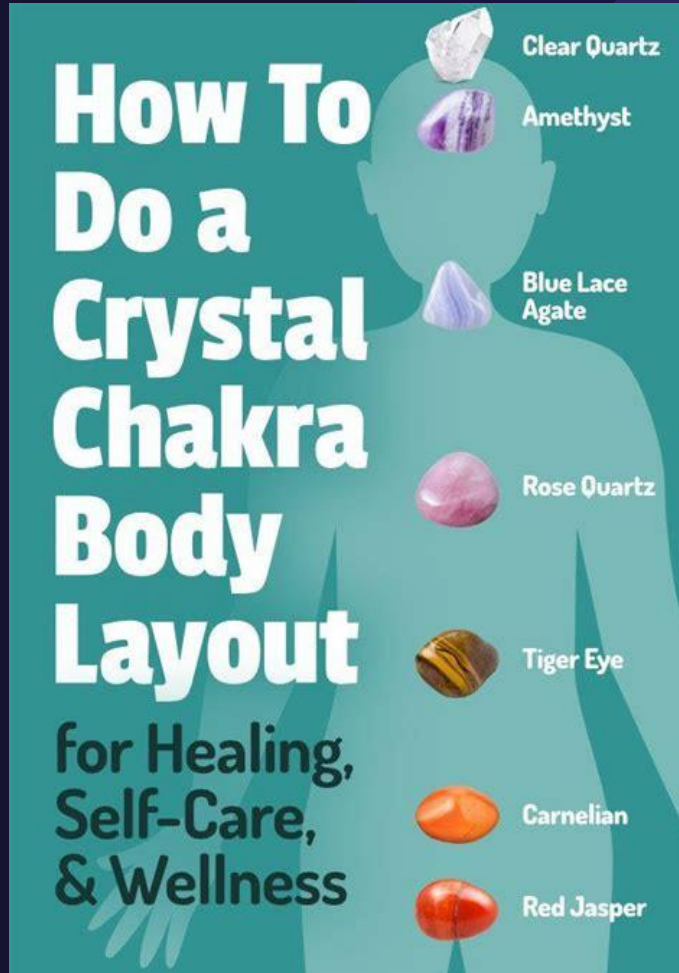


Frankincense,
Sandalwood, Saffron,
Jasmine, Cedarwood,
Lavender, Lime

Aromatherapy Oils for the chakras

Working with your chakras using Crystals

- Frequency
- Chakra Balance Placement
- Cleansing and charging
- Chakra stones



Working with your Chakras through sound

- Frequency
- Resonance
- Notes



THE CHAKRA TONES BASED ON THE 432 HZ GRID

1ST CHAKRA
ROOT



Muladhara

2ND CHAKRA
SACRAL



Svadhara

3RD CHAKRA
SOLAR PLEXUS



Manipura

4TH CHAKRA
HEART



Anahata

5TH CHAKRA
THROAT



Vishudha

6TH CHAKRA
3RD EYE



Ajna

7TH CHAKRA
CROWN



Sahasra

GROUNDING

OPEN

CONFIDENT

COMPASSIONATE

EXPRESSIVE

INTUITIVE

CONNECTED

NOTE C

NOTE D

NOTE E

NOTE F#

NOTE G

NOTE A

NOTE B

TONES:

TONES:

TONES:

TONES:

TONES:

TONES:

TONES:

128 HZ

144 HZ

162 HZ

182.25 HZ

192 HZ

216 HZ

243 HZ

256 HZ

288 HZ

324 HZ

364.5 HZ

384 HZ

432 HZ

486 HZ

512 HZ

576 HZ

648 HZ

729 HZ

768 HZ

864 HZ

972 HZ

Working with your Chakras through movement

YOGA CHAKRA POSES

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ROOT
Muladhara
1st Chakra
Security & Grounding



Garland Pose
Malasana



Chair Pose
Utkrasana



Staff Pose
Dandassana



Warrior II Pose
Virabhadrasana II



SACRAL
Svadhisthana
2nd Chakra
Creativity & Sexuality



Crescent Pose
Anjaneyasana



Bound Angle Pose
Baddha Konasana



Goddess Pose
Uttara Konasana



Wide Angle Seated Forward Bend Pose
Upavitha Konasana



SOLAR PLEXUS
Manipura
3rd Chakra
Willpower & Self-esteem



Camel Pose
Ustrasana



Revolved Triangle Pose
Parivrita Trikonasana



Plank Pose
Phalakasana



Bow Pose
Dhanurasana



HEART
Anahata
4th Chakra
Love & Relationships



Lord of The Dance Pose
Natarajasana



Cobra Pose
Bhujangasana



Wheel Pose
Urdhva Dhanurasana



Half Lord of The Fishes Pose
Ardha Matsyendrasana



THROAT
Vishuddha
5th Chakra
Communicate & Truth



Cat Pose
Marjaryasana



Lion Pose
Simhasana



Shoulder Stand Pose
Salamba Sarvangasana



Plow Pose
Halasana



THIRD EYE
Ajna
6th Chakra
Intuition & Foresight



Thunderbolt Pose
Vajrasana



Child's Pose
Balasana



Downward-Facing Dog Pose
Adho Mukha Svanasana



Lotus Pose
Padmasana



CROWN
Sahasrara
7th Chakra
Consciousness & Universe



Rabbit Pose
Sasangasana



Forearm Stand Pose
Pincha Mayurasana



Headstand Pose
Sirsasana

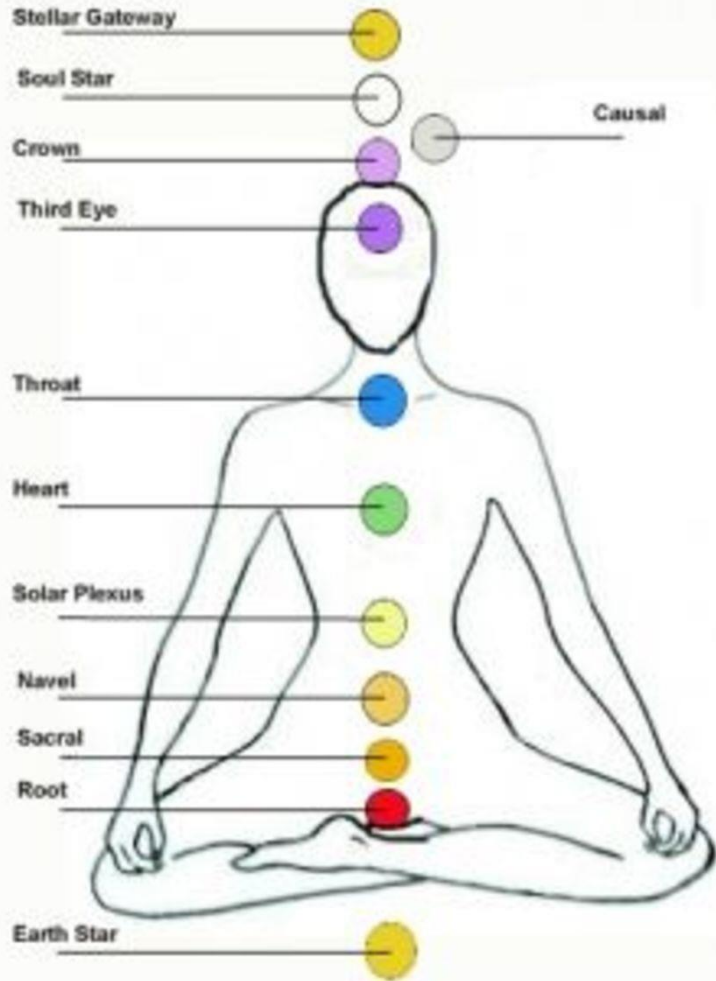


Corpse Pose
Savasana

Practical Activities to work with your Chakras

- Any ideas of daily activities that might help balance the chakras?





Other Chakras

- The 12 major chakra system
- The minor chakras

Home Practice



Trying out the
different
ways to work
with your
chakras

Next Week we will..

- Introduce the energetic field known as the aura
- Explore the human Bio-field
- Look at possible ways to cleanse our aura
- Look at Kundalini and the Chakras