

Exploring your Energy Through the Chakras

Session 1

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Group Welcome

- ✦ . Come with an open mind and an open heart
- . Online life reflects real life; be who you want to be
- . We can agree to disagree
- . Keep a learning focus
- . Share to help others learning
- . Be Mindful of other students and their experiences
- . Being present
- . Confidentiality
- . Recovery Education



✦ 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 Balance and Activate your Chakras

Practices, tools and techniques

04

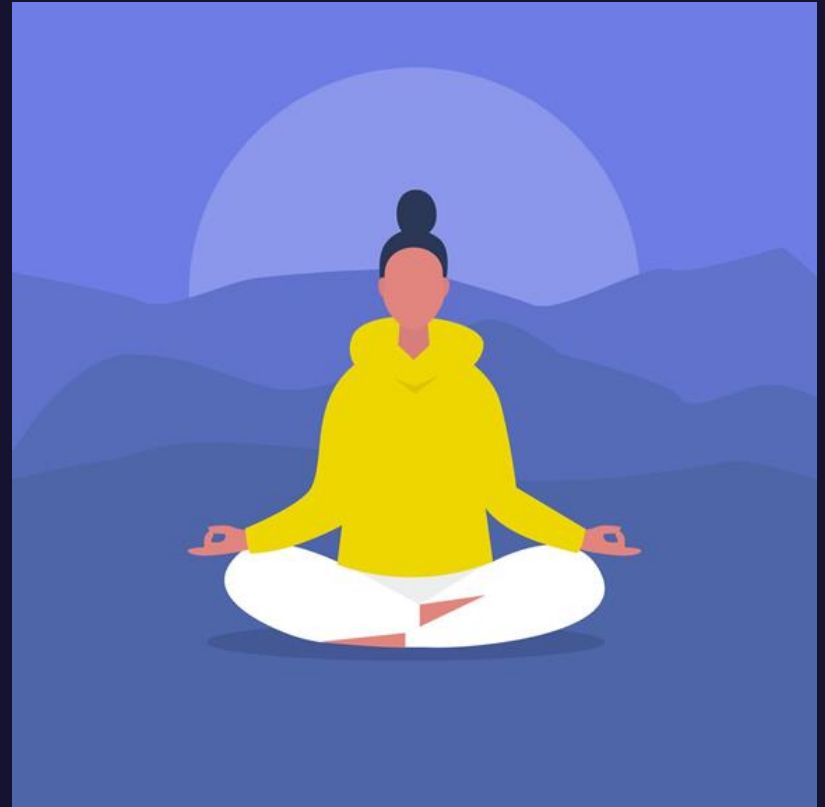
The Aura

Continual Self-care for your Energy



Aims of the Session

- Introduce the Chakra System
- Recognising when a Chakra is Balanced
- Practical exercises to explore the chakras
- Tuning in to energy



What are the Chakras?

Tell us what you know...

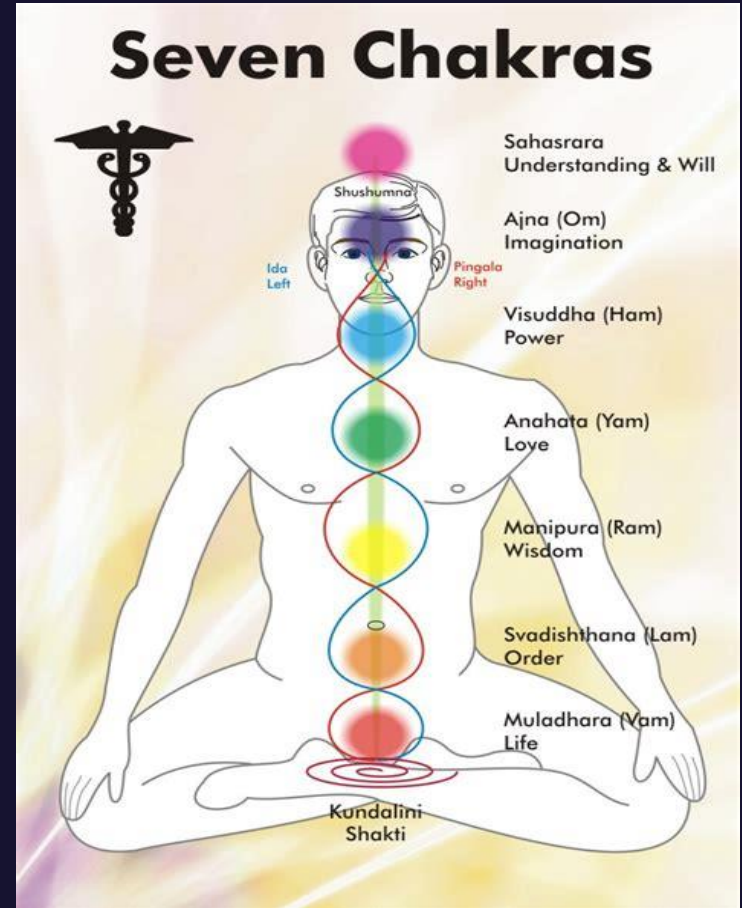
You've probably heard people talk about "unblocking" their chakras?



Introduction

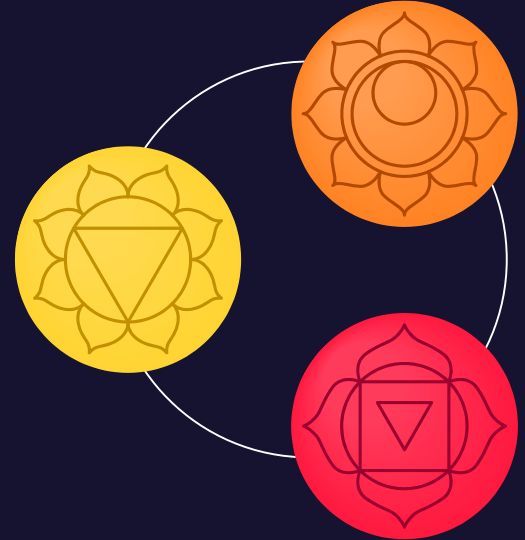
The seven chakras are the main energy centers of the body

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



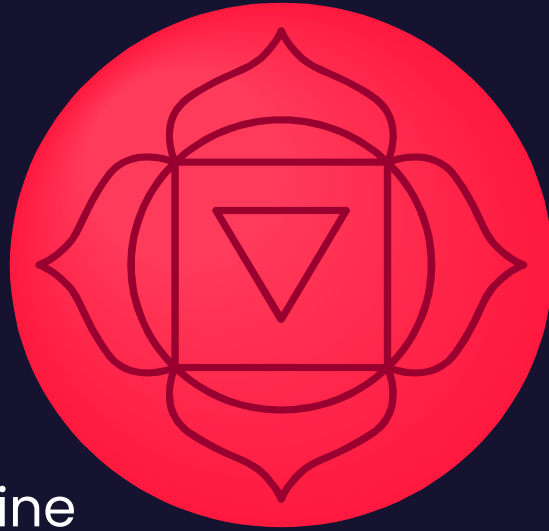
Lower Chakras

- 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 – Swadhistana

- 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



Symbol: Six
petaled Lotus

Solar Plexus Chakra – Manipura

- Colour: Yellow
- Sound: Ram
- Sense: Sight
- Element: Earth
- 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



Feeling and Tuning in to Your Energy

Energy Ball Exercise

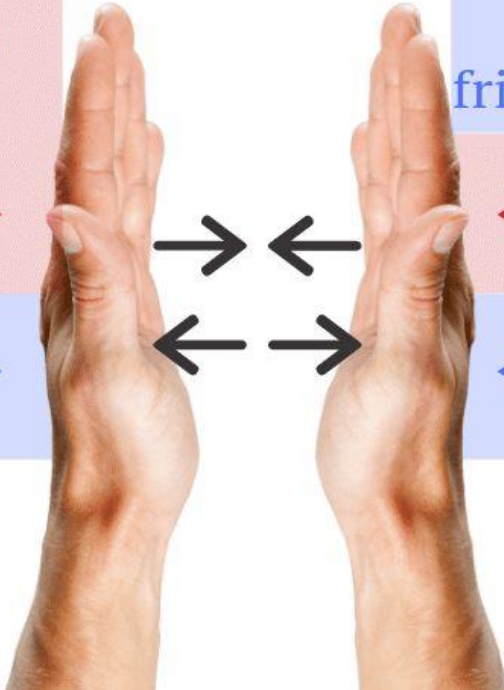


Feeling Aura Energy

Bring hands slowly together and then apart without them touching.

Exercise #1

Using your own hands



Exercise #2

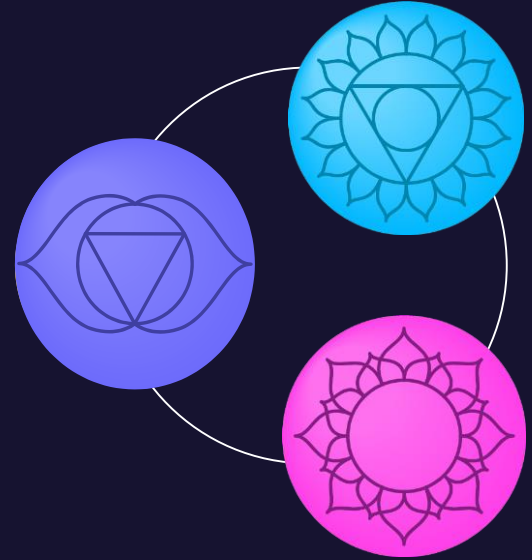
Your hand and a friend's hand



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

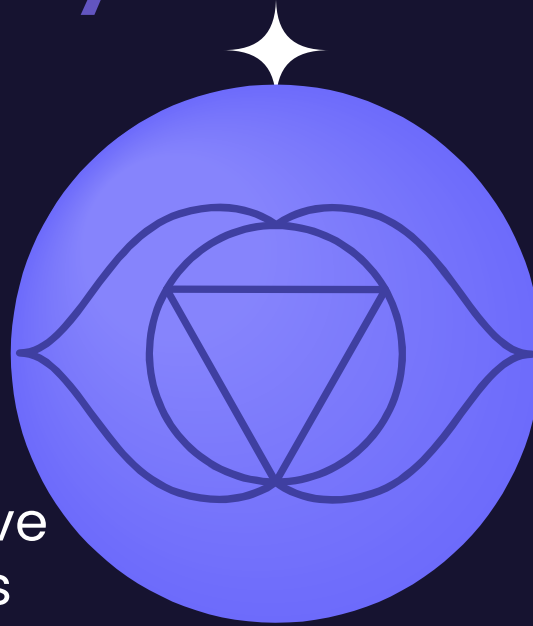


- Symbol: Sixteen petaled Lotus



Third Eye Chakra – Ajna

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



- Symbol:
Two
petaled
Lotus

- Governs: Intuition
- Location: Centre of the brow

Crown Chakra – Sahasrara



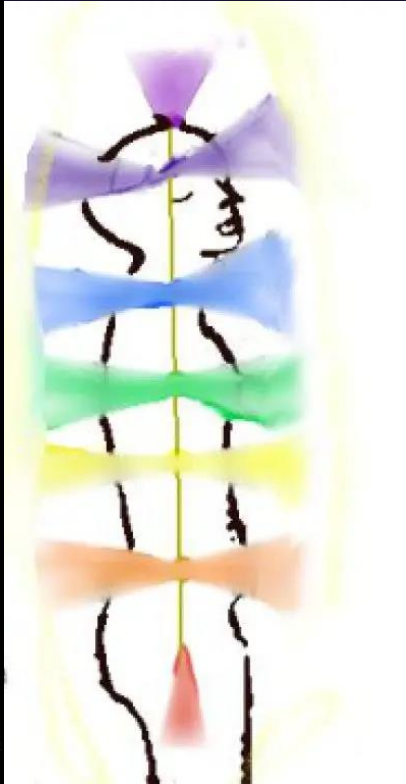
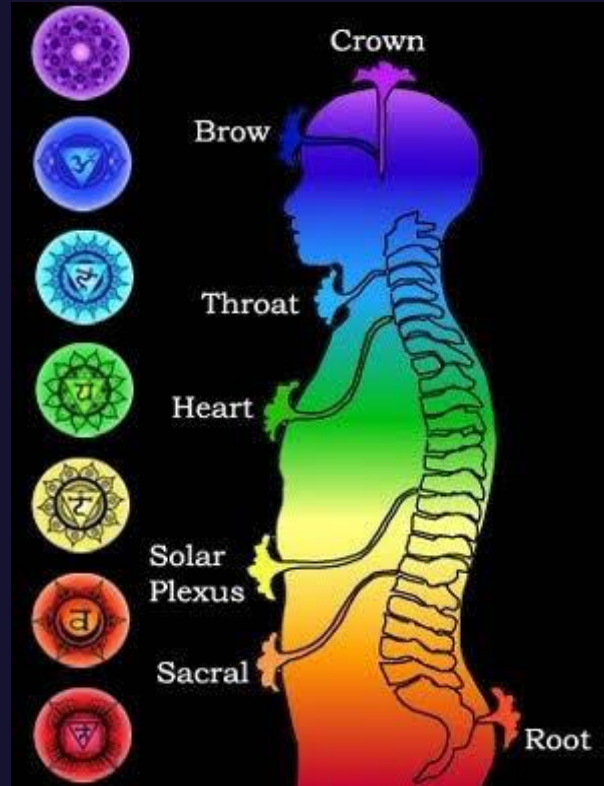
- Symbol:
Thousand
petaled Lotus



- 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



- Practice feeling your chakras
- Practice the chakra meditation
- Use the handout to identify which chakras are in/out of balance
- Practice the chakra chants

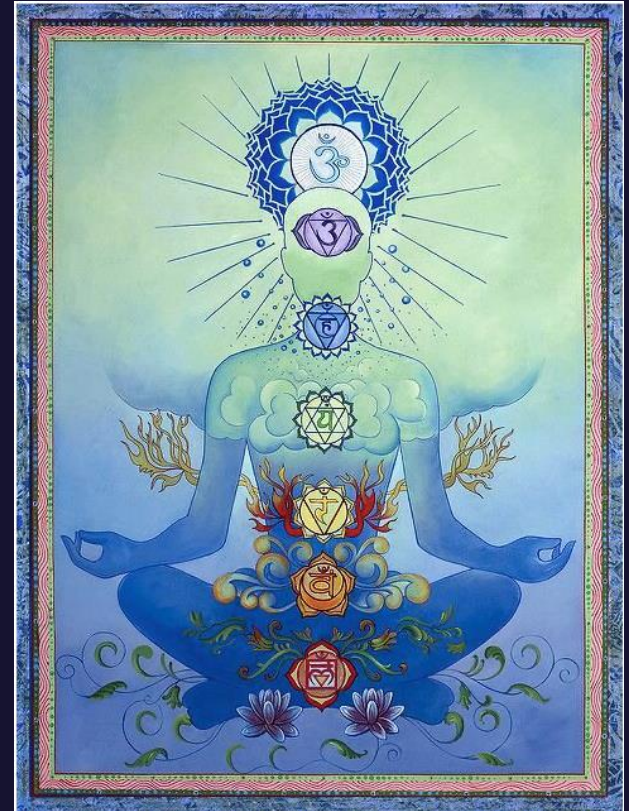
What is coming up in Week 2

Practical ways to balance the chakras

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

We will also be looking at the aura

- Methods of cleansing
- Kundalini





Thanks!

Do you have any questions?

