

Exploring your Energy Through the Chakras

Session 2

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Aims of the Session

- To explore different methods of balancing the chakras
- To introduce the aura and how to cleanse our aura
- To look at chakras outside of the main 7 energy centres



Methods for Balancing the Chakras

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



Food and Drink to Balance Your Chakras



Using Colour to Balance Your Chakras

- Wearing colour
- Colours in your environment
- Properties of colour
- Aurasoma



Aromatherapy oils for balancing through scent

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



✧ Frequencies of Oils



Single Essential Oils and their Frequencies

Basil	52 MHz	Bergamot	105 MHz
Blue Tansy	105 MHz	Melissa	102 MHz
Chamomile	105 MHz	Myrrh	108 MHz
Frankincense	147 MHz	Peppermint	78 MHz
Helichrysum	181 MHz	Rose	320 MHz
Juniper Berry	98 MHz	Sandalwood	96 MHz



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








Using Crystals to Balance Your Chakras

- Frequency
- Placement
- Cleansing and charging
- Chakra stones



Using Sound to Balance Your Chakras

- Frequency
- Resonance
- Notes

CHAKRA MANTRAS & FREQUENCIES						
SYMBOL	CHAKRA / SOUND					
	7		963 Hz	OM	B	
	6		852 Hz	OM	A	
	5		741 Hz	HAM	G	
	4		639 Hz	YAM	F	
	3		528 Hz	RAM	E	
	2		417 Hz	VAM	D	
	1		396 Hz	LAM	C	
7CHAKRASTORE.COM						
ROOT CHAKRA	SACRAL CHAKRA	SOLAR PLEXUS CHAKRA	HEART CHAKRA	THROAT CHAKRA	BROW CHAKRA	CROWN CHAKRA
TO HAVE	TO FEEL	TO ACT	TO LOVE	TO SPEAK	TO SEE	TO KNOW

Movement to Balance Your Chakras

YOGA CHAKRA POSES

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ROOT
Muladhara
1st Chakra
Security & Grounding



Garland Pose
Malasana



Chair Pose
Utkatasana



Staff Pose
Dandassana



Warrior II Pose
Virabhadrasana II



SACRAL
Svadhishthana
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



Pigeon Pose
Eka Pada Pigeon Pose



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

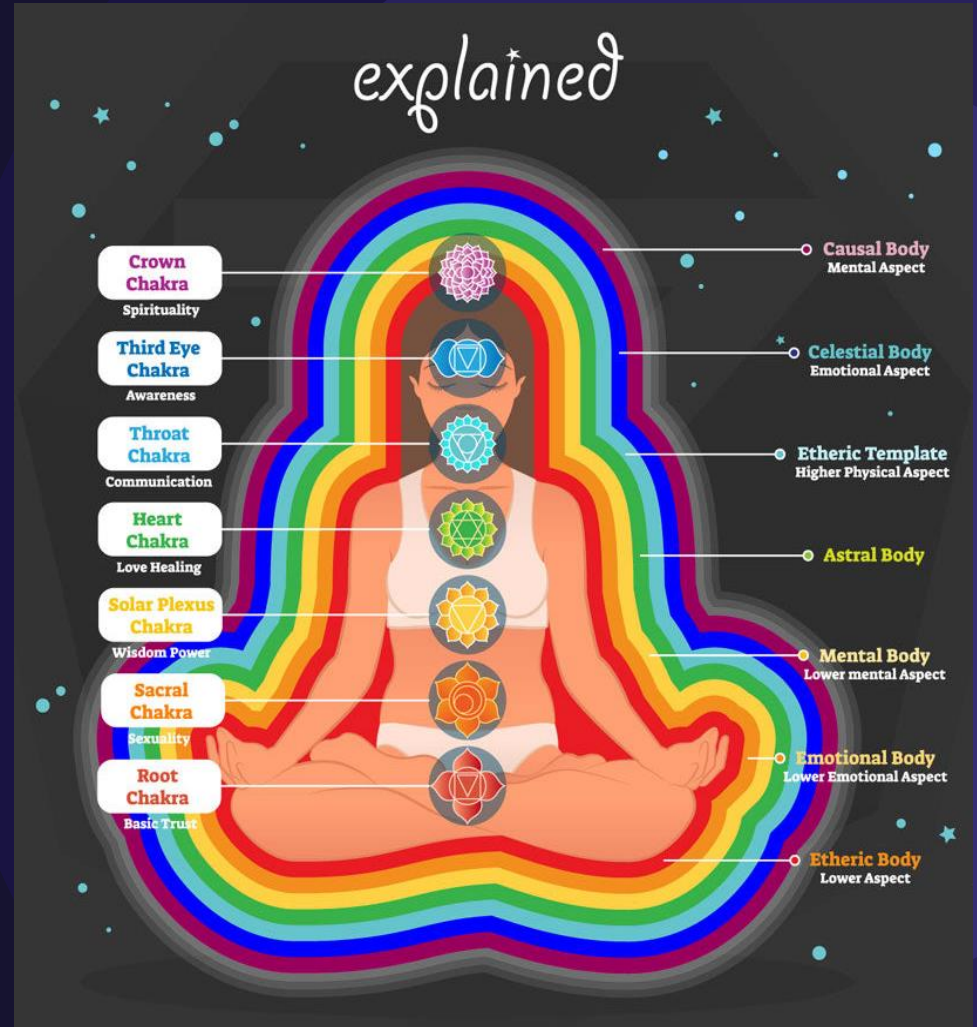
Practical Activities to Balance Your Chakras

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



The Aura

- What is it?
- Shape, size, colours, layers
- How to cleanse your aura



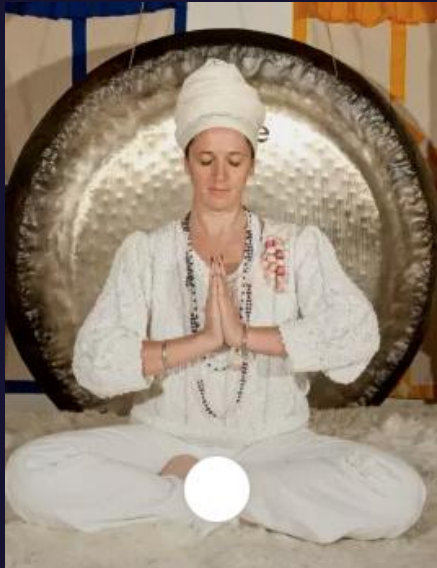
Meditation and Visualisation to Balance Your Chakras

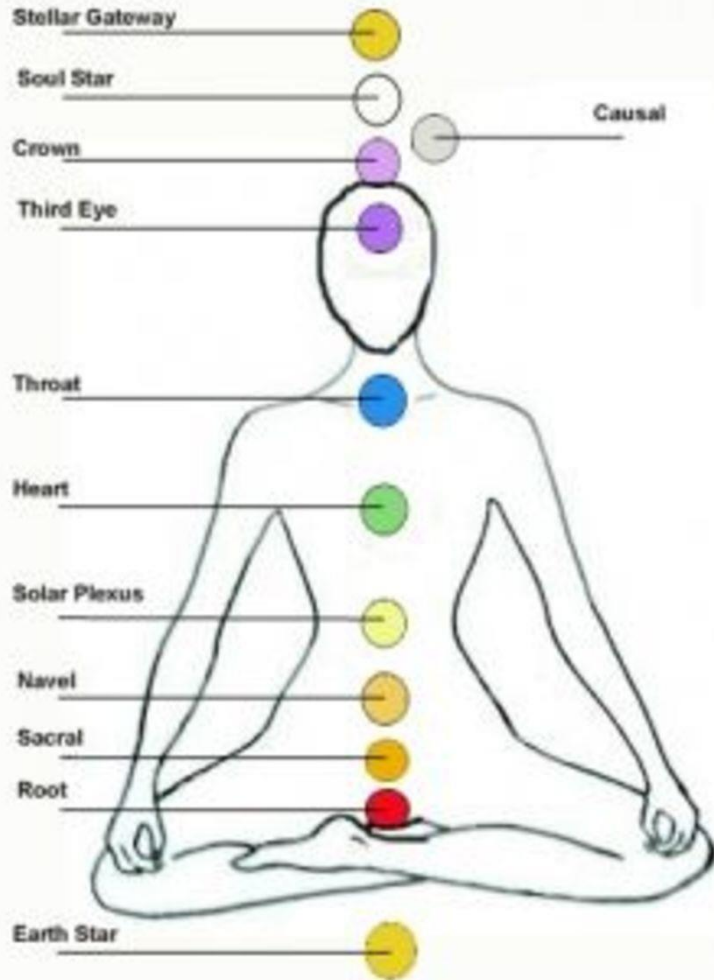
- Tuning into the colour of your own aura
- White Light Cleanse



Kundalini and the Chakras

- Aura Cleanse





Other Chakras

- The 12 major chakra system
- The minor chakras

Developing Your Chakra Practice



Using the
different
ways to keep
your chakras
in balance

✦ Resources ✦

Books

✦ The Book of Chakra Healing by Liz Simpson

Chakras: Balance your energy flow for health & harmony

The Crystal Bible by Judy Hall

✦ Kundalini Yoga by Shakta Kaur Khalsa

Resources

Web links

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

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

<https://tantranectar.com/chakra-system-in-male-and-females/> (chakra vortexes)

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

<https://www.thedropper.com/blog/2017/7/17/essential-oils-frequency> (Aromatherapy oils)

<https://www.youtube.com/watch?v=5dR4u2T83HU> (Reading your aura using your hand)

<https://www.youtube.com/watch?v=-ar9vsmFhJU> (11 minute Tibetan Bowl chakra balancing sound)

<https://www.youtube.com/watch?v=8Qhh2VFIOz4> (14 minute crystal bowl chakra balancing sound)

<https://www.youtube.com/watch?v=EFRDtlcl9II> (Chakra seed sound chant)

The background features three concentric circles in shades of purple and blue, centered on the slide. Scattered around these circles and across the entire slide are various star shapes, including small four-pointed stars and larger, more complex multi-pointed stars in white and light blue.

Thank You!

Do you have any questions?

Evaluation Forms

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