

POSES and MOVEMENT	CAKRA CENTER	COLOR	ENERGY FOCUS	STONES
Walking in nature, squat, apanasana	<u>1st Cakra Muladhara</u> Base, Root Located at the base of the spine Sound LUM Earth	Red, black	Stability, grounding, physical energy, security.	Hematite, Black obsidian, Black tourmaline, Garnet, Smoky quartz, Ruby, Bloodstone
Water, swimming, head to knee, cakravakasana	<u>2nd Cakra Svadhisthana</u> Sacral Located 4 fingers below the navel Sound VUM Water	Orange	Creativity, healing, will, sexuality and reproduction, desire, emotion, intuition.	Orange calcite, Carnelian, Sunstone, Amber, Red Jasper, Tiger's Eye
Fire, boat pose, triangle, revolved triangle	<u>3rd Cakra Manipura</u> Solar Plexus Located at solar plexus, below rib cage Sound RUM Fire	Yellow	Intellect, ambition, personal power, protective.	Citrine, Yellow Jasper, Honeycomb Calcite
Air, setu bandha, fish pose	<u>4th Cakra Anahata</u> Heart Located in the center of the chest Sound YUM Air	Green, pink	Love, compassion, universal consciousness, emotional balance.	Rose quartz, pink/green tourmaline, jade, malachite
Space/Movement, supine twist	<u>5th Cakra Vishuddha</u> Throat Located at the base of the throat Sound HUM Space/ether	Blue	Communication center, expression, divine guidance.	Sodalite, Blue Calcite, Blue Kyanite, Turquoise
Light, palming, stillness	<u>6th Cakra Ajna</u> Third eye Location centered between eyebrows Sound OM Light/consciousness	Indigo	Spiritual awareness, psychic power, intuition, light.	Lapis Lazuli, Azurite, Sugilite
Sound, savasana	<u>7th Cakra Sahashara</u> Crown Located at the top of the head Sound/Union with cosmic energy	Violet, golden-white	Enlightenment, cosmic consciousness, energy, perfection.	Amethyst, Quartz



How to balance your cakras:

1. Decide which cakras you'd like to work on.
2. Choose which type of practice you'd like to do:
 - a. Sound (chanting/repeating the sound) with your hands on the cakras
 - b. Wearing or placing crystals in your space or pocket
 - c. Doing the suggested movements or activities
 - d. Wearing or having the suggested colors around you
 - e. Meditating or breathing into the cakras, with or without sound.
 - f. Do what your intuition tells you to do
3. Do the practice for a week and see how you feel.
4. You can work on your entire energetic system at the same time.
5. For the pelvic area, focus on the cakras 1-3
6. For the entire core cakras 1-4
7. You can add a sound into a movement or mindfulness practice.
8. Journal/keep track of your experiences.
9. Remember that the energy body is SUBTLE. Changes are not always visible. It's more like all of the sudden you become aware of a change or someone in your life points it out to you.
10. Give your practices time and attention.

