



Research has confirmed the existence of energy fields at the areas of the body the yogis have called chakras. Valerie Hunt, a researcher at UCLA, found that there are high frequency vibrations emanating from these seven areas. Another researcher, Hiroshi Motoyama in Japan, found that when people directed their mental focus to individual chakras, they could increase the frequency of that particular area. Candace Pert, a leader in the field of psychoneuroimmunology, discovered a high concentration of a specific neuropeptide at the location of the classical chakras. This neuropeptide, called VIP (vasoactive intestinal peptide), is critical in regulating the neural immune switches between the brain and the immune system.

CHAKRAS: MEDITATION-MUDRA-MANTRA

7th Chakra- Crown
Sacred Awareness, Merge with Divine, Absolute Surrender.

6th Chakra- Third Eye
Imagination-the vehicle for transcendence. Intuition, Perception.

5th Chakra-Throat
Creativity, To Thine Own Self Be True, Communication

4th Chakra-Heart
Personal Love, Compassionate Love, Universal Love

3rd Chakra Naval
Self, Will, Power, Assertiveness, Manifestation.

2nd Chakra Sacral
Awakening the senses, ability to feel joy and pleasure.

1st Chakra- Root
Survival, Security, Controls Fear, Helps Grounding.



7) Crown

Put your hands before your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right. Concentrate on the Crown chakra at the top of your head. *Chant the sound NG.*



6) Third Eye

Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and touch at the tops. Concentrate on the Third Eye chakra slightly above the point between the eyebrows. *Chant the sound OM or AUM.*



5) Throat

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up. Concentrate on the Throat chakra at the base of the throat. *Chant the sound HAM.*



4) Heart

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus). Concentrate on the Heart chakra at the spine, level with the heart. *Chant the sound YAM.*



3) Naval (Solar Plexus)

Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers. Concentrate on the Navel chakra located on the spine, a bit above the level of the navel. *Chant the sound RAM.*



2) Sacral

Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently. Concentrate on the Sacral chakra at the sacral bone (on the lower back). *Chant the sound VAM.*



1) Root

Let the tips of your thumb and index finger touch. Concentrate on the Root chakra at the spot in between the genitals and the anus. *Chant the sound LAM.*

