

Vedanta Yoga Centre

1.3 Workshop—Chakras Our Energy Centres

Workshop 1 – Physical and Prana Bodies

Headstand (Sirsasana), Shoulderstand (Sarvangasana) and Sitting Forward Bend (Pashimotasana) are the most beneficial postures for physical health

Unconscious mind resides in every cell in the body

Unconscious mind places negative emotions into the Body which creates energy blockages and results in chronic illnesses.

Breath link between the Mind and the Body

Workshop 2 – Mental Body

Ultimate aim of Yoga – achieve Truth

Discussed the 3 Bodies 5 Sheaths, the Astral Body operates in the 4th Dimension, made up of mind and senses.

Ego greatest obstacle to tranquillity

Changeless formless Spirit veiled in the individual according to his/her stage in evolution

Yoga says that Truth can only be known when one transcends the senses and when the mind/intellect cease to function

Yoga aims to answer to biggest questions in life, like who are we? Where do we come from? What is our purpose? Know yourself, Great seers and saints in the past/present through periods of silence / contemplation have been able to codify what they have experienced.

By transcending the mind they have realised their essential nature, which is pure, eternal and perfect



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Introduction

Prana is a tool for understanding consciousness. By becoming aware of the breath and the flow of Prana, you attune the mind to more subtle vibrations which equate to consciousness

Control of Breath (Prana) control of Mind (thoughts)

Prana and Consciousness are the two poles of the same source **“The Self”**

Prana is the tangible manifestation of the higher Self. Hatha Yoga uses Prana as the key to expand the awareness of consciousness and realise the Self

The highest and most subtle manifestation of Prana is thought

The grossest manifestation of Prana is the Human Body

Yogic breathing attempts to control the manifestation of Prana in the Physical Body

Breath Control means we control the way we exhale, not the way we inhale. Energy is best renewed by orderly release of the breath, not by strenuously pumping the lungs with air

One of the greatest benefits of proper breathing is increased bodily awareness

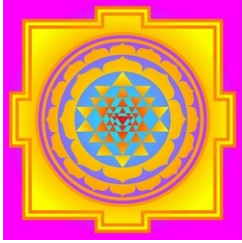
Chakras

Know yourself and you will know the Universe and beyond

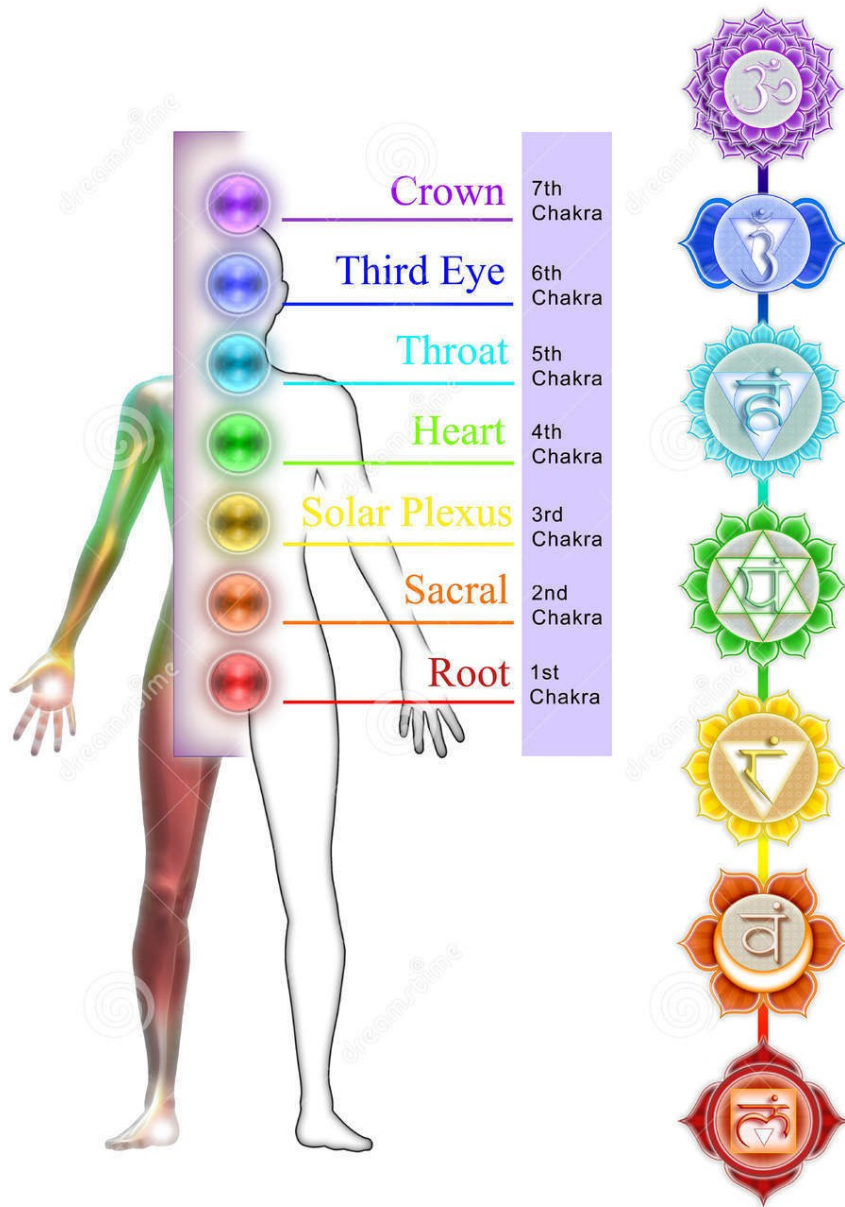
This can be best explained through the Chakras, described as 6 energy centres in the Astral Body /Plane and located in the Sushumna Nadi (central nervous canal). Their physical locations are in the nervous plexus regions of the Body

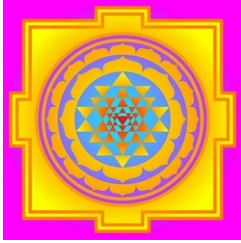
The 6 Chakras represent Energy centres of different frequencies from the Grossest to the Subtlest going from the Mooladhara to the Ajna Chakra thereby also representing different states of Consciousness

Chakras 1 to 3 are limited to the individual Physical Body and Chakras 4 to 6 go beyond the Physical and Astral Body, where examples Universal Love, Oneness can be experienced and ultimately where the one experiencing disappears (Ajna Chakra)



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Chakra Chart

Chakra	Attributes
Crown Chakra	7 th Chakra or Sahasra Chakra, located at the top of the head in the crown area, deals with understanding, universal identity & self-knowledge. Located at the top of the head.
Brow Chakra	6 th Chakra or Third Eye Chakra, located in between the eyebrows, deals with intuition, archetypal identity & self-reflection. Located in between the eye brows.
Throat Chakra	5 th Chakra or Vishuddha Chakra, located at the base of the larynx in the throat area, deals with communication, creative identity & self-expression. Located in the throat area at the base of the larynx.
Heart Chakra	4 th Chakra or Anahata Chakra, located at the centre of the chest, deals with love, social identity & self-acceptance. Located in the centre of the chest and associated with the thymus and heart.
Solar Plexus Chakra	3 rd Chakra or Manipura Chakra, located in between the abdomen and chest area, deals with Will, ego identity & self-definition. Located in between abdomen and chest.
Sacral Chakra	2 nd Chakra or Swadhisthana Chakra, located in the lower abdomen to naval area, deals with desire, sexuality & self-gratification. Located in sacrum area.
Root Chakra	1 st Chakra or Muladhara Chakra located at the base of the spine, deals with survival, grounding & self-preservation. Located at base of spine.

Chakra	Colour	Flower	Element	Bija Mantra
Mooladhara	Yellow	4 petals	Earth	LAM
Swadhisthana	Orange/Red	6 Petals	Water	VAM
Manipura	Red	10 Petals	Fire	RAM
Anahata	Smoke	12 Petals	Air	YAM
Vishuddha	Blue	16 Petals	Ether	HAM
Ajna	White	2 Petals	Avyakta	
Shasrara		1000 Petals	Siva	

Evolution of Man (collectively) and on an individual basis is represented by the level of awakening in the Chakras.

Chakras represent and are represented by all the 3 Bodies, 5 Sheaths, purification happens through breath physically transferring Prana



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Yogic texts talk at length about awakening Kundalini and raising the energy through the Chakras from the Root Mooladhara to the Ajna Chakra

The Kundalini Yoga practise is very advanced and probably can only be performed by a few people living monastic lives

What has/can be experienced in the Chakra Asana class is the beginning of the journey, when one starts to feel this energy in the Chakras more and more and feels this energy moving. This starts to happen when the two nostrils get balanced and the Sushumna Nadi starts to open

The nervous system needs to be purified for the energy to start flowing. Purification is implied from the physical to the causal body including the Astral mental body, for example removing the impurity of sensuous living and desires

What has been written about Chakras

Chakras cannot be woken up until Selfless devotion is reached

Ascendance above the second Chakra cannot be made unless sexual desires are brought under control

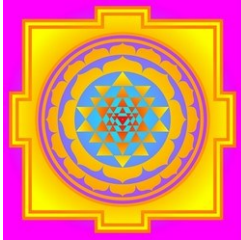
Once the Manipura Chakra has awakened then there is no going back down to the lower Chakras, implying states of consciousness

In order to completely transcend the first two Chakras all Karma and Samskaras have to be resolved and cleared. This is no mean feat considering that in many Yoga traditions this is equal to Enlightenment itself

Mooladhara Chakra

In the Mooladhara the karmas of the lower stages of evolution are manifested in the form of anger, greed, jealousy, passion, love, hatred etc...

Swadhisthana Chakra



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There is no conscious activity or manifestation of the above Karmas/Samskaras. They exist in a potential state. These Karmas need to be worked through and removed, which can bring about great confusion and instability

Manipura Chakra

Mani – meaning jewel Centre of dynamism, energy, willpower and achievement. Once the Manipura has awoken there is no danger of falling back into lower consciousness. When Manipura has awoken you get a glimpse of higher states of consciousness

As long as evolution is in the Mooladhara and Swadhisthana Chakras one has mental and emotional problems and sees the whole world correspondingly, but as soon as one transcends these planes and goes to manipura all the bliss, noble views, perfect ideas and greater possibilities of human consciousness are seen.

Anahata Chakra

In this present age, the consciousness of mankind is passing through a phase of Anahata, active but not awoken. Mooladhara is almost awake in most people today. Awakening of Anahata one rises above body mind and senses, at the boundary of immortal planes. Place where Universal Love, Peace and Oneness

Vishuddhi Chakra

Purification Centre – where one begins to accept and see good and evil as the same. One can work on a telepathic plane. Faculty of higher discrimination predominates. Full knowledge of scriptures, past, present and future

Ajna Chakra

Command Centre – 3 main Nadis meet. Purification of the mind happens, Ego is dissolved and all that remains is the eye of intuition to guide “one” through to the astral side of consciousness. Ajna is the chakra of the mind, representing higher level of awareness. Each of the other Chakras contains a store of Karmas and Samskaras that need to be addressed



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when they arise, which can be very difficult therefore it is important that the Ajna Chakra is purified to allow clarity of mind to deal with these eventualities

Sahasrara Chakra

Not a Chakra as often thought, does not have a left/right, masculine and feminine side. This point is beyond the psyche. Power of Chakras resides in the Sahasrara. Chakras are switches, all the potential lies in Sahasrara.