

All-Chakra Set

This set works on all the chakras to produce an experience of aliveness in your body (lower chakras), an awakening of awareness (upper chakras), and centering in your heart. Each exercise works on many and sometimes all of the chakras at the same time. Be aware of how the chakras support each other; for example, (1) the connection in the spine between the first and seventh chakras, (2) how the root lock and the navel activate the third eye, and (3) how the fire at the navel clears the solar plexus and awakens the heart. Through focus and feeling, consolidate the many effects into an enjoyable experience of Self.

This set can also be used to become aware of your chakra voices. After the exercises for each chakra, deeply listen and deeply feel the spine at the location of that chakra.

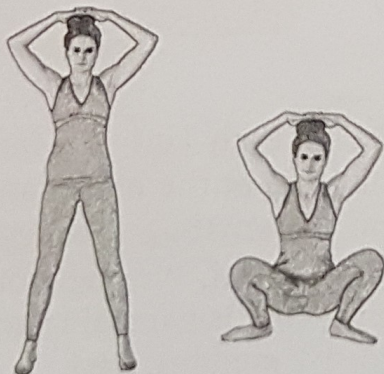
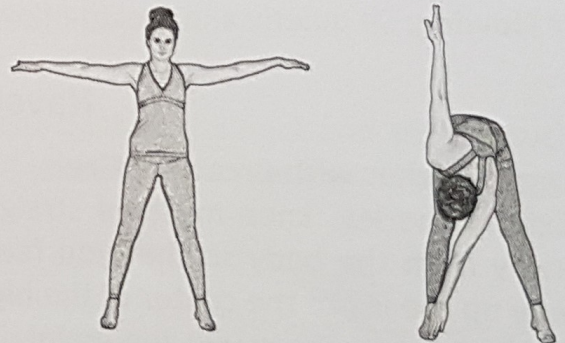
Do each exercise for 1-2 minutes depending upon how much time you have. Make sure to leave at least 30 seconds to 1 minute at the end of the exercises for each chakra to consolidate and enjoy that experience or to listen to and feel each chakra.

Sit quietly, slow down your breath

Feel the wave of your breath in your body and be aware of your spine. Pay attention to the feelings and experiences that are yours.

Root Chakra — Plug In

Standing Exercises: Stand with feet more than shoulder-width apart, arms are out to the sides with palms facing down. (a) Bring the right hand to touch the left big toe as the left arm comes straight up. Come back up with arms out to sides, and now bring the left hand to touch the right big toe and raise the right arm. Continue in a slow conscious movement for 1-3 minutes.



Squats: Stand with the hands interlaced on top of the head. Exhale as you squat down, pushing the feet into the ground. Inhale up. Work up to 26 and then 52. Makes your legs strong as steel.