



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA

I recently attended a sound healing workshop in Bath as part of my course on sound healing therapy. The principal of the academy, Tony Nec, has a Bio-Well system which is used to diagnose any imbalances in the chakra energy fields. This system uses a specialist camera connected to a computer together with a software programme to analyse the results of Kirlian photos taken of bio photons emitted by thumbs and fingers.

I wanted to check for any imbalances in my chakras and did the test. I was pleasantly surprised to find that most of my chakras were in balance except a small imbalance in my throat chakra. Tony confirmed that my chakras were in balance because I have a regular yoga practice. Checkout the online courses on the sound healing website at www.academyofsoundhealing.com

Every chakra is an energy centre that coordinates energy for the whole-body system. To keep a chakra in balance, it needs to receive, assimilate and express energy at the appropriate level. Receiving more than we can use, results in the chakra becoming too full. This is then an excessive chakra that is the result of a defensive pattern in life that is trying to compensate for something we didn't get enough of, such as safety, pleasure, attention, power or love.

However, if we release or use more energy than we take in, we become depleted, which results in a deficient chakra. If the first or root chakra becomes deficient, then it's possible to be underweight and ungrounded, and we have trouble feeling like we matter










Deficiency can happen through any chakra and a deficient chakra needs to charge itself up. It needs to receive and assimilate more energy. An excessive chakra needs to release energy or discharge.

For the next seven months we will focus on the chakras in more depth in the yoga classes. Starting with the root chakra, the Muladhara, we will work on various postures to bring this chakra into balance. This will involve grounding, opening the leg channels, strengthening the legs and cultivating stillness and stability.

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YOGA POSTURES TO BALANCE THE MULADHARA (ROOT CHAKRA)

The meaning of the Sanskrit is root support or foundation. Your roots need to be strong enough to support your body and to feed and nourish it. The root chakra is situated at the base of your torso, so your legs become your roots. As you connect with your roots, you draw earth energy up the legs to nourish the rest of the body.

<p>TADASANA (mountain) Stand firmly on the three points of your feet – the bases of the big toe and little toe and the centre of your heel. Press your feet downward and outward into the earth, giving your body a feeling of solidity. Micro bend your knees because locking your knees will shut off the charge you are trying to build up. Tadasana will energise a deficient first chakra and will get sluggish energy moving if there's an excess.</p>	 <p>DAVID MARTINEZ</p>
<p>SUPTA PADANGUSTHASANA (hand to big toe) Use a yoga belt to energise the legs. This posture opens the channels in the legs and builds up energy. Then take the right leg first to the right and then across the body to the left to stretch the hamstrings, psoas (hip flexors), and inner thighs. Then left leg.</p>	 <p>POLLY EATNSHAW</p>
<p>SETU BANDHA SARVANGASANA (bridge) This posture stimulates the legs and first chakra. It also prepares you for chakras three, four and five. Press your feet down into the floor and this action lifts the hips, not the belly muscles. It stimulates the nervous system and combats fatigue.</p>	 <p>DAVID MARTINEZ</p>
<p>SALABHASANA (locust) When the front of the chakra is facedown, it will release into the earth. It strengthens and tones the first chakra and strengthens the legs.</p>	 <p>MARTIN SCORNETTO</p>
<p>BHUJANGASANA (cobra) Cobra begins to strengthen your spine while rooting down into your pelvis. From your root chakra, extend through the core of your pelvis, up through the heart and to the top of your crown. It stimulates circulation and lymphatic systems.</p>	 <p>MARTIN SCORNETTO</p>
<p>ADHO MUKHA SVANASANA (downward facing dog) In this posture, both your arms and your legs become roots. It is good for balancing and integrating upper and lower chakras and grounds the whole body.</p>	 <p>MARTIN SCORNETTO</p>
<p>UTTANASANA (standing forward bend) Excellent for both excess and deficiency in the first chakra. It both opens and releases. Micro bend your knees to avoid locking. Calms the nervous system</p>	 <p>DAVID MARTINEZ</p>
<p>Other postures that we'll practice for the first chakra are Utkatasana (chair), Vrksasana (tree), Utthita Hasta Padangusthasana (hand to toe), Virasana (hero), Janu Sirsasana (head to knee), Paschimottanasana (Seated forward bend).</p>	 <p>MARTIN SCORNETTO</p>
<p>SAVASANA (corpse or relaxation posture) Always finish with Savasana as you completely surrender into stillness, letting down into the earth and allowing your body to integrate your practice.</p>	 <p>MARTIN SCORNETTO</p>