



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA THE SECOND CHAKRA - SVADHISTHANA

Last month we started balancing the chakras with yoga postures. Of course, yoga always helps to balance the chakras but now we are focusing on one chakra every month. We will practice postures to balance that chakra, position our fingers in a specific mudra and chant a Bija mantra relating to the chakra.

This month is the sacral or second chakra – the svadhisthana. We will practice the Venus Lock Mudra which helps to facilitate mental alertness and creativity, supports new beginnings in life, increases the pleasure response and zest for life.

Chanting the Bija mantra of VAM helps to increase change, creativity and spontaneity. It helps to improve relationships. It aids the lower abdomen, kidneys, pancreas and reproductive system.

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.

The body parts that we'll focus on for the sacral chakra are the hips, sacrum, abdomen, inner thighs, knees and joints. We'll be opening and widening the hips and feeling the sensation.

In this second chakra we'll tune in to the subtle sensations within the whole body, especially within the sacral area. Learning to sense these subtle energies will help us as we move up through the chakras.

Many people repress emotions, and this can restrict the body's natural movements. It's possible to become rigid which inhibits flexibility. When you start to move more deeply into postures, you may find hidden emotions emerging, which may result in tears. If you can allow such emotions to flow and release, your body will regain its flexibility. The second chakra invites consciousness through sensation.

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YOGA POSTURES TO BALANCE THE SVADHISTHANA (SACRAL)

The meaning of the Sanskrit is one's own place. We'll practice some preparatory moves before starting on the postures listed below.

<p>SUPTA BADDHA KONASANA (reclined bound angle) Imagine opening your second chakra as you breathe slowly in and out, feeling your inner thighs release. Start to make butterfly movements with your legs, which brings a lot of energy into the pelvic area. This posture helps to lubricate hip joints and is good for deficiency of energy in the second chakra.</p>	
<p>ANANDA BALASANA (happy baby) If you can't reach your feet, use a belt over both feet. Try to keep the base of your spine on the floor and your chin towards your chest. This posture helps to promote good digestion, eases menstrual pain, and lubricates hip joints.</p>	
<p>JATHARA PARIVARTANASANA (belly twist) This can be done with bent knees or straight legs. Keep both shoulders on the floor. It helps to release any second chakra tension that is held in the hips. Improves digestion, strengthens lower back, lengthens the spine and relieves stress.</p>	
<p>BADDHA KONASANA (bound angle) If you cannot sit upright as you bring your feet together, raise your hips by sitting on a folded blanket or on blocks. Keep the sternum lifted and the kidneys moving forward. It opens the hip joints and good for second chakra deficiency.</p>	 <p style="text-align: right; font-size: small;">CHRIS FANNING</p>
<p>UPAVISTA KONASANA (open-leg forward fold) This is a deep stretch to the hips and inner thighs. Stretching the connective tissue takes a long time and must be done slowly and carefully. It strengthens the lower back and massages lower organs.</p>	
<p>ADHO MUKHA SVANASANA (downward facing dog) Experience the energy generated by having both hands and feet pushing into the mat, with a focal point in the pelvis. Firm up your belly.</p>	 <p style="text-align: right; font-size: small;">MARTIN SCORNIATO</p>
<p>ANJANEYASANA (deep lunge) This opens the second chakra by stretching hip flexors and quadriceps. It promotes balance and is very energising.</p>	
<p>Other postures that we'll practice for the second chakra are Uttanasana (standing forward fold), and Balasana (child posture).</p>	
<p>EKA PADA RAJAKAPOTASANA (one leg king pigeon) This is a posture for experienced students. It opens the second chakra and releases stagnation from the hip joints. Stretches thighs, groins, back and psoas.</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 style="text-align: right; font-size: small;">MARTIN SCORNIATO</p>