



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA THE THIRD CHAKRA - MANIPURA

During September and October, we started balancing the chakras with specific yoga postures, adopting a specific mudra and chanting a Bija mantra relating to the chakra.

This month is the solar plexus or third chakra – the manipura. We will practice the Rudra Mudra which helps to strengthen the stomach and improve digestion. Creates inner resolve, strength, and sense of personal power and manifestation. The technique is to touch the thumb tip to the index finger and ring finger. Extend the other fingers. For yoga therapy, use both hands and relax them on top of your thighs with palms facing up.

Chanting the Bija mantra of RAM (rrrrrrraaaaaammmmmmm) helps to increase willpower, energy and confidence. It improves self-esteem and helps the legs, liver, intestine and digestive 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 manipura chakra are the core muscles, the legs and the hips. We'll be strengthening the legs and the hips and generating energy.











In this third chakra we'll generate the element of fire. Having a strong internal fire gives you the spark to do anything in your life. The fire is generated through practice, discipline, concentration, focused activity and personal will. Once generated, it becomes a spiritual fire that burns through blockages. You will feel your energy rising up and down the spine, moving into your core and expanding it out into your limbs.

You will get the feeling of yoga in your bones and then long for that feeling when you miss your practice for a few days.

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YOGA POSTURES TO BALANCE THE MANIPURA

The meaning of the Sanskrit is Lustrous Gem.

<p>VIRABHADRASANA I, II AND III (warriors) Practice these warrior postures with firm determination. Keep your legs firm and pull up the mula bandha and uddiyana bandha. These three postures strengthen the legs and the hips. In warrior III, keep the lifted leg parallel to the floor.</p>	
<p>TRIKONASANA (triangle) In this posture you are directing energy lines through your legs, torso and arms, all moving in different directions. Imagine that these lines of energy are all radiating outward from your third chakra like rays of the sun.</p>	
<p>ARDHA CHANDRASANA (half-moon) This balancing posture requires core strength. It is energising, combats fatigue, improves focus and willpower, strengthens the legs and digestion.</p>	
<p>PHALAKASANA (plank) This posture helps to make your body solid and strong. It generates energy throughout the whole body. It strengthens your belly muscles, toning the entire third chakra area.</p>	
<p>VASISTHASANA (side plank) This posture requires both strength and balance and it helps to develop powerful core muscles. Avoid if you have wrist problems.</p>	
<p>PARIPURNA NAVASANA (boat) This posture tones the abdominal muscles. Keep your sternum lifted and keep your knees bent if necessary. Excellent for third chakra deficiency.</p>	
<p>PURVOTTANASANA (upward plank) As you inhale, lift your hips until your body forms a straight line from heels to crown. It strengthens the arms, wrists and back and tones the abdomen.</p>	
<p>PARIGHASANA (gate) Keep your spine lengthened as you bend sideways, rotating the chest upward. This posture lengthens the side of your body and stretches the muscles between the ribs.</p>	
<p>SALABHASANA (locust) and DHANURASANA (bow) These postures require a focused third chakra determination and are very energising. Hold the postures for a deficient third chakra.</p>	
<p>ARDHA MATSYENDRASANA (half lord of the fishes) This posture is excellent for massaging the digestive organs. The twisting squeezes out blood and toxins and then allows new blood to come in.</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>	