



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA THE FIFTH CHAKRA - VISUDDHA

Since September we have been balancing the chakras with specific yoga postures, adopting a specific mudra and chanting a Bija mantra relating to the chakra.

This month is the throat or fifth chakra – the **Visuddha**. We will practice the Akasha Mudra which helps to strengthen the throat chakra. It helps to replace negative emotions with positive thoughts, develops patience, enhances intuition, eliminates metabolic wastes and detoxifies the body.

The technique is to touch the tip of the thumb to the tip of the middle finger. Extend the other fingers. Use both hands and relax them beside your body or on your thighs.

Chanting the Bija mantra of HAM (hhhhhhaaaaaammmmm) helps to stimulate the throat chakra, improves communication, aids head, lungs and respiratory system.

A deficient throat chakra makes you feel shy and quiet with a constricted voice. An excessive throat chakra means that you talk too much and are generally too loud.

The body parts that we'll focus on for the **Visuddha** are the shoulders, neck and throat. We'll be opening the throat and shoulders, chanting and sounding.











The first step to unlocking the fifth chakra is listening. Listening to your body, listening to subtle cues of movement and blockages. Listening to your feelings, your intuition, to inner guidance. If your throat chakra feels blocked, you are holding the muscles of the jaw tightly, tensing your shoulders so that the neck no longer holds the head and body in proper alignment with each other. We no longer trust ourselves to be spontaneous and creativity is curtailed.

When this happens, we need to do some work on the throat chakra and free up the body. It's important to have an open heart in the fourth chakra and to be able to use our breath effectively with chanting and sounding. Then we can work on having an open and expressive fifth chakra. The goal for the fifth chakra is harmony and resonance, seeking resonance in the form of listening, understanding and connection.

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YOGA POSTURES TO BALANCE THE VISUDDHA

The meaning of the Sanskrit is Purification.

<p>Start with some shoulder shrugs by taking your shoulders up to your ears on an inhalation and letting go and relaxing on an exhalation. Repeat several times and then circle the shoulders forward and back. Neck stretches by placing your right palm on the left side of your head and gently moving your head down to the right. Change sides.</p>	
<p>SETU BANDHA SARVANGASANA (bridge) This posture strengthens the legs and improves shoulder flexibility. It stimulates the nervous system and combats fatigue. It aids digestion and stimulates the thyroid and parathyroid glands.</p>	 <small>DAVID MARTINEZ</small>
<p>BHUJANGASANA (cobra) This is a classic throat chakra opener. Place your palms and forearms shoulder width apart on the mat. On an inhalation, very slowly lift your elbows off the mat, keeping your shoulders relaxed. Do not lock your elbows.</p>	
<p>ADHO MUKHA SVANASANA (downward dog) This posture grounds the whole body, creates core strength, and opens your arms and shoulders. If you outwardly rotate your upper arms, this will open the shoulders and the chest</p>	
<p>VIRABHADRASANA I (warrior I) Come into the posture with hands on hips. Take your elbows back and open your chest as you bend your knee. Stretch arms up and open your throat chakra. Hold for several breaths expanding the ribs</p>	
<p>VIRABHADRASANA II (warrior II) This posture strengthens the legs and the hips and opens your shoulders. It generates energy and focus and strengthens the will.</p>	
<p>VIRABHADRASANA III (warrior III) This posture strengthens your shoulders and your neck. Pull your shoulder blades toward each other, firming up the back as you reach forward.</p>	
<p>TRIKONASANA (triangle) In this posture you are directing energy lines through your legs, torso and arms, all moving in different directions. This posture helps to strengthen your shoulders and your neck.</p>	
<p>USTRASANA (camel) This posture opens the chest and stretches the front of the body. It's good for bringing energy into and balancing the throat chakra.</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>	 <small>MARTIN SCORIKATO</small>