



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA THE SEVENTH CHAKRA - SAHASRARA

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 crown chakra or seventh chakra – the **Sahasrara**. We will practice the **Gyan** Mudra which activates the seventh chakra. It helps to energise the brain, promotes creativity, develops intelligence, reduces mental tension and creates a positive effect on the emotions.

The technique is to touch the tip of the index finger to the tip of the thumb. Use both hands and rest them on your thighs.

Chanting the Bija mantra of AUM (aaaaaooooommmmm) helps to increase connectivity and divinity. It aids emotional and spiritual balance.

A deficient crown chakra makes you materialistic, disconnected and cynical. An excessive crown chakra makes you overly intellectual and spiritually addicted. A balanced crown chakra gives you grace, enlightenment and bliss.

The body parts that we'll focus on for the Sahasrara are the head, brain and the nervous system in general. Our purpose will be to practice yoga with full awareness.








Yoga is a philosophy, a practice, and a set of principles for awakening the divine nature of the soul. This awakening is not a sudden moment of enlightenment that happens during a meditation practice. It is a gradual process – a little awakening that takes place each day. Your body awakens as you develop strength and gain flexibility. Your inner space awakens as you expand your breath. Clarity awakens as you still your mind. Wisdom awakens as you study and grow. Joy awakens as you come into harmony with yourself and your surroundings. Awakening is a gradual realisation of who you really are, and as your inner world transforms, your life changes as well.

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YOGA POSTURES TO BALANCE THE SAHASRARA

The meaning of the Sanskrit is a thousand-fold lotus.

Any posture can have a seventh-chakra aspect if you use the posture to lift the crown upward. Important to build up postures from base to crown.

<p>Sit quietly and adopt the Gyan mudra with the tip of your index finger touching the tip of your thumb. Place your hands on your thighs and keep your back straight. Breathe slowly and deeply for a few minutes and then chant the Bija mantra AUM three times to give you emotional and spiritual balance.</p>	
<p>SETU BANDHA (bridge) Bend your knees, feet hip-width. Hold the mula bandha as you inhale and lift your hips and roll your spine off the mat. Keep pressing down into your feet.</p>	
<p>ANANDA BALASANA (happy baby) Bend your knees taking your knees wide. Take your hands between your legs and place your hands over the top of your feet and hold the outside edges of your feet. Allow your knees to come down either side of your hips. Keep your spine straight.</p>	
<p>NAVASANA (boat) Sit with your knees bent. Place your hands under your thighs and lift your feet off the mat. Stay on your sitting bones and lift your sternum. Slowly stretch your arms forward and straighten your legs.</p>	
<p>BHUJANGASANA (cobra) Start in Sphinx posture with your lower arms on the mat and elbows below your shoulders. If your lower back is ok, press into your hands and slowly lift your elbows as you stretch the front of your body. Keep a soft bend in your elbows.</p>	
<p>ADHO MUKHA SVANASANA (downward dog) This posture creates core strength. If you outwardly rotate your upper arms, this will open the shoulders and the chest. Keep your head in line with your ears</p>	
<p>NATARAJASANA (lord of the dance) Hold your ankle with your hand or use a belt. Establish your balance and keep your gaze on a point as you extend forward. Promotes mental clarity, reduces stress, strengthens the legs, opens the chest and shoulders.</p>	
<p>SALAMBA SIRSASANA (headstand) SALAMBA SARVANGASANA (shoulder stand) VIPARITA KARANI (legs up the wall) Practice your favourite inversion postures at the end of your yoga practice before savasana.</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>	