

KUNDALINI YOGA & THE CHAKRAS

7 POSTURES/7 MANTRAS TO
BALANCE YOUR CHAKRAS

*Source: Yogi Bhajan
The Teachings*



SouthBayYoginis.com



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1ST CHAKRA

MULADHARA (PELVIC FLOOR)

Pose:

Squat/Crow pose:

Inhale up exhale squat (do your best) squeeze root lock/mula bhandha on exhale (1-3 minutes)

Mool Mantra:

Ek ong kaar, sat naam, karataa
purakh, nirbho, nirvair
Akaal moorat, ajoonee, saibhang,
gur prasaad. Jap!
Aad such, jugaad such, Hai bhee
such, Naanak hosee bhee such.

One Creator. Truth is His name. Doer of everything.
Fearless, Revengeless, Undying, Unborn, Self
illuminated, The Guru's gift, Meditate! True in the
beginning. True through all the ages. True even
now. Oh Nanak it is forever true.

2ND CHAKRA
SVADHISHTHANA (BELOW BELLY BUTTON)

Pose:

Frog Pose:

Put your heels together with feet turned out. Squat down with your hands between your knees. Try to keep the heels off the ground, inhale up/exhale down (21)

Adi Shakti Mantra:

Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō
Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō
Namō

Pritham Bhagvati, Pritham Bhagvati, Pritham
Bhagvati, Namō Namō

Kundalini Mata Shakti, Mata Shakti, Namō Namō

I bow to (or call on) the primal power.

I bow to (or call on) the all encompassing power and
energy.

I bow to (or call on) that through which God creates.

I bow to (or call on) the creative power of the Kundalini, the
Divine Mother Power

3RD CHAKRA MANIPURA (NAVEL POINT)

Pose:

Stretch Pose

Lie on your back, lift legs & head about 6 inches, palms over thighs, stare at toes, breath of fire (1-3 minutes)

Mantra:

Har (flick tongue at roof of mouth as you chant, like "hard")

Means G.O.D. (the generating, organizing and destroying force within YOU)

4TH CHAKRA ANAHATA (HEART)

Pose:

Backbends, heart lifts, camel with fists on lower back (1-3 minutes)

Mantra: Guru Guru Wahe Guru
Guru Ram Das Guru

Guru - teacher or guide that brings one from the darkness to the light.

Wahe - exclamation of ecstasy like "WOW!"

Ram Das - literally translates as "God's Servant", but also refers to Guru Ram Das, the Fourth Guru of the Sikhs

5TH CHAKRA VISHUDDHA (THROAT)

Pose:

Neck

stretches/Nodding/shaking the
head "no" neck circles/singing
chanting (1-3 minutes)

Mantra:

Humee Hum Brahm Hum

We are We. We are G.O.D.

6TH CHAKRA AJNA (3RD EYE)

Pose:

Child's Pose

Curl up in a ball, press your forehead into a pillow or the earth, arms can be stretched out on floor, palms together (guru pranam) 1-3 minutes

Mantra:

Ong Sohung

Ong - The Creative
Consciousness of the
Universe
Sohung - I am that!.

7TH CHAKRA SAHASRARA (CROWN OF THE HEAD)

Pose:

Sat Kriya/Eyes gazing to crown of head. Sit on heels if you can. Reach arms up with elbows straight, clasp hands, index finger points up (women left thumb on top) Chant "Sat" out loud pulling navel to spine, then "Nam" out loud relax navel (1-3 minutes)

Mantra:

Wahe Guru

I am in ecstasy when I
experience the
Indescribable Wisdom!.

8TH CHAKRA

THE AURA (SPACE AROUND THE BODY)

Pose:

Arms moving up & down like wings,
backs of hands almost touching

Vertical Aura.

Then Horizontally arms moving back
and forth almost touching in front of
body, and reaching back as far as
possible, elbows straight (1 & 1/2
minutes each posture)

Mantra:

Any and All Kundalini
Mantras work on your
Radiance, Pick your
favorite and do it for 40
days! See what happens!



YOU ARE LIGHT

Join me in my FREE private group on Facebook:

Conversations with my Soul Sisters for more about these teachings! We do:

*Mantra Monday

*Wednesday Wisdom
(Yoga/Meditation "Hacks")

*Think it Thursday

*Free training Friday's (1x
amonth)

*Share it Saturday

Join me on Vimeo:

Valinda Yoga for "Class of the week"

or my 5 class course on Udemy

"Kundalini Yoga to Heal Stress &
Anxiety"