

# The Chakra Workout!!!

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The concept of chakras comes to us from the yogic literature of the Hindu and Buddhist traditions, thousands of years ago. Chakras are centers of energy found in everyone, and these centers receive, transform and distribute the universal life force throughout the body. As such, chakras play an important part in our physical, emotional and spiritual health.

While the traditional chakra system is made up of seven major chakras and several hundred minor chakras, other systems identify additional chakras located above and beyond the uppermost chakra in the traditional system, known as the Crown Chakra.

## **HOW CHAKRAS WORK**

Each chakra rotates in a spiral vibration, originating outside our auric field and then flows into various points along the spine, which are connected to the nervous system.

A healthy chakra can be identified by its clear and vibrant color, and the speed and smoothness of its movement. An unhealthy chakra is usually seen as having murky coloration and erratic or sluggish movement.

The health and vibrancy of each chakra is influenced by both the energies that surround you and the energies projected from your own belief system (your thoughts and feelings.) This combined energy is then recorded and stored in your body and consciousness affecting how you feel and experience life. The more aware and informed you are about the state your chakras are in, and the more knowledge you have in how to keep your chakra system functioning properly, the happier and healthier you will be.

## CHAKRA 1 BASE



The Base or Root Chakra is associated with the color red. This chakra is the grounding force that allows us to connect to the earth energies and empower our beings. Focusing one's attention on the color of a cherry popsicle or a juicy red apple can help bring our energetic body "down to earth" and in alignment with our physical body when we find ourselves energetically fleeting or in other words....."spacing off."

### Chakra One - Associations

- **Color** - red
- **Sanskrit Name** - [muladhara](#)
- **Physical Location** - base of the spine
- **Purposes** - kinesthetic feelings, movement
- **Spiritual Lesson** - material world lessons
- **Physical Dysfunctions**- lower back pain, sciatica, varicose veins, rectal tumors, depression, immune related disorders
- **Mental and Emotional Issues** - survival, self esteem, social order, security, family
- **Information Stored Inside Root Chakra** - familial beliefs, superstitions, loyalty, instincts, physical pleasure or pain, touch
- **Area of Body Governed** - spinal column, kidneys, legs, feet, rectum, immune system

### Yoga Poses to Activate this Chakra:

Child

Head to knee

## CHAKRA 2 SACRAL



The Sacral Chakra is associated with the color orange or red-orange. This chakra often offers us the opportunity to lessen our "control issues" and find a balance in our lives, teaching us to recognize that acceptance and rejection are not the only options in our relationships. The process of making changes in our life stream through our personal choices is a product of second chakra energy. A well-functioning second chakra helps one to maintain a healthy yin-yang existence.

### Chakra Two - Associations

- **Color** - orange
- **Sanskrit Name** - [swadhithana](#)
- **Physical Location** - lower abdomen to the navel
- **Purposes** - emotional connection
- **Spiritual Lesson** - creativity, manifestation. honoring relationships, learning to "let go"
- **Physical Dysfunctions**- low back pain, sciatica, ob/gyn problems, pelvic pain, libido, urinary problems
- **Mental and Emotional Issues** - blame, guilt, money, sex, power, control, creativity, morality
- **Information Stored Inside Sacral Chakra** - duality, magnetism, controlling patterns, emotional feelings (joy, anger, fear)
- **Area of Body Governed** - sexual organs, stomach, upper intestines, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine

### Yoga Poses to Activate this Chakra:

Cobra  
Boat  
Seated forward bend  
Dog  
Cat  
  
Twist

## CHAKRA 3 SOLAR PLEXUS



The Solar Plexus Chakra is associated with the color yellow. This is the area which defines our "self-esteem". The personality that develops during puberty is housed in this chakra...otherwise known as the "EGO". Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own "personal power". This intuitive chakra is where we get our "gut instincts" that signal us to do or not to do something. Strong self-esteem is a required for developing intuitive skills.

### Chakra Three - Associations

- **Color** - yellow
- **Sanskrit Name** - [manipura](#)
- **Physical Location** - solar plexus
- **Purposes** - mental understanding of emotional life
- **Spiritual Lesson** - acceptance of your place in the life stream. (self-love)
- **Physical Dysfunctions**- stomach ulcers, intestinal tumors, diabetes, pancreatitis, indigestion, anorexia/bulimia, hepatitis, cirrhosis, adrenal imbalances, arthritis, colon diseases
- **Mental and Emotional Issues** - self esteem, fear of rejection, oversensitivity to criticism, self-image fears, fears of our secrets being found out, indecisiveness
- **Information Stored Inside Sacral Chakra** - personal power, personality, consciousness of self within the universe (sense of belonging), knowing
- **Area of Body Governed** - upper abdomen, umbilicus to rib cage, liver, gallbladder, middle spine, spleen, kidney, adrenals, small intestines, stomach

### Yoga Poses to Activate this Chakra:

Bow  
Seated forward bend  
Warrior I  
Warrior II  
  
Cobra

## CHAKRA 4 HEART



The Heart Chakra is associated with the color green or pink. This love center of our human energy system is often the focus in bringing about a healing. Thus, the words "Love Heals All" have great truth. Hurtful situations that can affect our emotional being are divorce or separation, grief through death, emotional abuse, abandonment, and adultery. All of these are wounding to the heart chakra. Physical illnesses brought about by heartbreak require that an emotional healing occur along with the physical healing. Learning to love your-self is a powerful first step in securing a healthy fourth chakra. The "wounded child" resides in the heart chakra.

### Chakra Four - Associations

- **Color** - green, pink
- **Sanskrit Name** - [anahata](#)
- **Physical Location** - center of chest
- **Purposes** - emotional empowerment
- **Spiritual Lesson** - forgiveness, unconditional love, letting go, trust, compassion
- **Physical Dysfunctions**- heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, shoulder problems
- **Mental and Emotional Issues** - love, compassion, confidence, inspiration, hope, despair, hate, envy, fear, jealousy, anger, generosity
- **Information Stored Inside Heart Chakra** - connections or "heart strings" to those whom we love
- **Area of Body Governed** - heart, circulatory system, blood, lungs, rib cage, diaphragm, thymus, breasts, esophagus, shoulders, arms, hands

### Yoga Poses to Activate this Chakra:

Fish  
Camel  
Cobra

## CHAKRA 5 THROAT



The Throat Chakra is associated with the color sky blue. This chakra is our will center. The healthfulness of the fifth chakra is in relation to how honestly one expresses himself/herself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Even choosing not to make a choice such as in repressing our anger (not speaking out) may manifest into laryngitis. We have all experienced that "lump in our throats" when we are at a crossroad of not knowing how to speak the right words in any given situation, perhaps even stuffing our own emotions. A challenge of the throat chakra is to express ourselves in the most truthful manner. Also to receive and assimilate information. Seek only the truth.

### Chakra Five - Associations

- **Color** - blue
- **Sanskrit Name** - [vishuddha](#)
- **Physical Location** - throat, neck region
- **Purposes** - learning to take responsibility for one's own needs
- **Spiritual Lesson** - confession, surrender personal will over to divine will, faith, truthfulness over deceit
- **Physical Dysfunctions**- sore throat, mouth ulcers, scoliosis, swollen glands, thyroid dysfunctions, laryngitis, voice problems, gum or tooth problems, TMJ
- **Mental and Emotional Issues** - personal expression, creativity, addiction, criticism, faith, decision making (choices), will, lack of authority
- **Information Stored Inside Throat Chakra** - self-knowledge, truth, attitudes, hearing, taste, smell
- **Area of Body Governed** - throat, thyroid, trachea, neck vertebrae, mouth, teeth, gums, esophagus, parathyroid, hypothalamus

### Yoga Poses to Activate this Chakra:

Fish  
Camel  
Plough

## CHAKRA 6 BROW



The Brow Chakra is associated with the color indigo. It is also often referred to as the "third eye" or the "mind center." It is our avenue to wisdom - learning from our experiences and putting them in perspective. Our ability to separate reality from fantasy or delusions is in connection with the healthfulness of this chakra. Achieving the art of detachment beyond "small mindedness" is accomplished through developing impersonal intuitive reasoning. It is through an open brow chakra that visual images are received.

### Chakra Six - Associations

- **Color** - indigo
- **Sanskrit Name** - [ajna](#)
- **Physical Location** - center of the forehead
- **Purposes** - action of ideas, insight, mind development
- **Spiritual Lesson** - understanding, reality check point, detachment, open mind
- **Physical Dysfunctions**- brain tumors, strokes, blindness, deafness, seizures, learning disabilities, spinal dysfunctions, panic, depression
- **Mental and Emotional Issues** - fear of truth, discipline, judgment, evaluation, emotional intelligence, concept of reality, confusion
- **Information Stored Inside Sacral Chakra** - seeing clear picture (symbolic or literal), wisdom, intuition, mental facilities, intellect
- **Area of Body Governed** - brain, neurological system, eyes, ears, nose, pituitary, pineal glands

### Yoga Poses to Activate this Chakra:

Bridge  
Locust  
Child  
Meditation

## CHAKRA 7 CROWN



The Crown Chakra is associated with the color violet or white. We use the seventh chakra as a tool to communicate with our spiritual nature. It is through this vortice that the life force is dispersed from the universe into the lower 6 chakras. This chakra is often pictured as a lotus flower opening to allow spiritual awakening in an individual. The crown chakra could also be considered the well intuitive knowing is drawn from.

### Chakra Seven - Associations

- **Color** - violet, white
- **Sanskrit Name** - [sahasrara](#)
- **Physical Location** - top of head
- **Purposes** - intuitive knowing, connection to one's spirituality, integration of the whole
- **Spiritual Lesson** - spirituality, living in the NOW
- **Physical Dysfunctions**- mystical depression, diseases of the muscular system, skeletal system and the skin, chronic exhaustion not associated with physical ailments, sensitivity to light, sound, environment
- **Mental and Emotional Issues** - discovery of the divine, lack of purpose, loss of meaning or identity, trust, selflessness, humanitarianism, ability to see the bigger picture in the life stream, devotion, inspiration, values, ethics
- **Information Stored Inside Crown Chakra** - duality, magnetism, controlling patterns, emotional feelings (joy, anger, fear)
- **Area of Body Governed** - top center of the head, midline above the ears

### Yoga Practice to Activate this chakra

Meditation

Thank you for your interest and participation in this workshop!

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Namaste