ALIGN & SHINE
UNCOVERING YOUR CHAKRAS

STABILITY

Muladhara

When in balance: feel connected, grounded, secure

When out of balance: feel fear, avoidance, unstable

Fast Fact Finding

Stability

Finances

Childhood

Security

Anger

Family

Nature

Body

Home

Asana

Tadasana "mountain"

Mudra

Prithvi "earth"

(join thumb & tip of ring finger, other fingers out

Mantra

I will stand my ground

CREATIVITY

Svadhistana

When in balance: feel fluid, expressive, fulfilled

When out of balance: feel shame, stuck, volatile

Fast Fact Finding

Creativity

Potential

Shame

Desire

Emotions

Change

Femininity

Intimacy

Sexuality

Sensuality

DISCIPLINE

Manipura

When in balance: feel empowered, confident, a sense of purpose

When out of balance: feel extremes...aggressive ambition or voiceless

Fast Fact Finding

Power

Empower

Boundaries

Energy

Food

Purpose

Discipline

CONNECTION

Anahata

When in balance: feel unconditional love, compassion

When out of balance: radiate loneliness, jealousy, uneven breath

Fast Fact Finding

Love

Compassion

Forgiveness

Friendship

Breath

Jealousy

Openness

Loneliness

Giving

Devotion

Asana

Lie over rolled blanket (upper back)

Mudra

Hasta "hand/offering"
(palms open, pinky side touching)

Mantra

My devotion sets me free

Pranayama

Sustained long, even breath (8:8 count)

PURITY

Visuddha

When in balance: express yourself clearly and listen well

When out of balance: feel distracted, grief and regret

Fast Fact Finding

Thoughts

Concentration

Communication

Learning

Education

Singing

Knowledge

Harmony

Asana

Setu Bandha "bridge"
(press head lightly into mat)

Mudra

Kalesvara (ruler of time)
(press knuckles together,
extend middle fingers,
thumbs touch & point to heart)

Mantra

I use my voice to uplift

Pranayama

Ujjayi "victorious"
breath

GROWTH

Ajna

When in balance: feel blissful, objective, greater intuition

When out of balance: feel disconnected, bland, dull

Fast Fact Finding

Teachers

Spirit

Time

Imagination

Balance

Wisdom

Intuition

Masculine

Visualization

Growth

BLISS

Sahasrara

When in balance: feel interconnection of material world and spirit

Fast Fact Finding

Awareness

Divinity

Service

Non-attachment

Meditation

MOVING FORWARD

What to do with this work

You have now complied a workbook that highlights your current experience for each chakra!

- Go back and star the words that resulted in a negative response or that indicate there is work to be done. Notice where the stars appear. Do they highlight a certain energy center and does it make sense with what you're working through at this time?

- Tackle one star at a time, preferably working your way up from the lowest chakras, while focusing your practice on the given asana, mudra & mantra. Consider setting up an altar with colors and objects that relate to the chakra you're working with. *Your work will help to strengthen all of these qualities!*

- Remember to revisit the chakras you feel are in balance, so that you can continue to maintain that!

If you would like to explore your chakras further, check out my online course --

Gaining Ground on YOUR Chakras

-- where you'll dig deeper into each chakra with more potent journaling, action steps and audio meditations, to help you uncover and discover more for ultimate healing! To register for this in-depth course, visit - *www.melissakleehammer.com*

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For weekly yoga classes, visit: www.Beyond2Yoga.com
For more online courses & free e-books, visit: www.melissakleehammer.com