

WELLBEING • SPIRITUALITY • NATURAL LIVING • ORGANIC BEAUTY

# YOGA

UK 3.20

September 2011

MAGAZINE

BE CENTRED,  
HOW TO  
*Align  
Your  
Chakras*

BE RADIANT,  
PAMPER  
YOURSELF WITH  
*Organic  
Beauty*

THE LIFE AND  
WORKS OF  
*BKS Iyengar*  
SPECIAL FEATURE

*Feeling Stressed?*

HOW TO MANAGE  
YOUR EMOTIONS  
AND STRESS FOR  
A BETTER YOU

YOUR GUIDE TO  
BREATHING &  
MEDITATION EXERCISES

ISSN 1478-9671  
9 771478 967010 05

[yogamagazine.org](http://yogamagazine.org)

AUSTRIA, MALTA €6.50 / BELGIUM, FRANCE, CYPRUS, ITALY, LUXEMBOURG, NETHERLANDS, SPAIN €5.99 / PORTUGAL €4.99 / JAPAN ¥880 / UAE AED30

# ALIGNING YOUR CHAKRAS

CAROLINE SHOLA AREWA



We are complex beings of energy, information and vibration. We have a number of different bodies seamlessly intertwined, the physical, mental, emotional and spiritual. In yoga they are referred to as sheaths or koshas, five in all. At the very core of our being we find the chakras, seven powerful vortexes of energy. Chakras are responsible for connecting us to the earth on which we stand while allowing for an elevation of consciousness that connects us to the Divine. From the chakras emanates the radiant subtle energy field known as the aura. Collectively, I call this our energy anatomy.

To be in alignment energetically is to have your koshas, chakras and auric field vibrating in harmonious rhythm. This in turn creates physical alignment, which is characterised by a healthy open and spacious physical body where all organs can function optimally; along with congruence between your head and heart. Alignment is the harmonious relationship of our energy anatomy, physical anatomy, mind and emotions.

Sustained spiritual practice is a powerful way to train the physical body and energetic system to become more aligned. Ultimately yoga asana, pranayama and meditation create a state of coherence. Coherence is the integration of diverse elements, the coming together of diffused parts. An incoherent state is when someone is all over the place, discombobulated, out of sorts, confused and chaotic.

Some everyday experiences create greater coherence, feelings of love, joy, bliss, happiness, laughter, anytime we lose track of time or become absorbed in a joyous event. We are likely to be more coherent and energetically aligned. Such experiences are often momentary and unconscious. We are unaware of entering a coherent aligned state.

On the other hand stress, worry, anxiety, physical pain and trauma cause contraction to our physical, emotional and energy bodies. Energy flow and our capacity to freely expand becomes restricted and movement through the chakras reduced. For example: anger causes energy to be restricted in the solar

plexus chakra. Fear creates restrictions in the legs, feet, and root chakra. Think about it, when we are afraid we cannot move forward, it as if we are rooted in one spot and energy cannot move freely through the legs and feet. Grief causes the throat chakra to suffer; it can become difficult to speak. Depression deflates the heart chakra pulling the energy down and creating heaviness.

This is why it is so valuable to have a consistent spiritual practice that helps keep all systems in balance, which in turn realigns us on every level. Through spiritual practice extraordinary states of consciousness are developed and prolonged states of coherence can be maintained.

Spiritual practice is a powerful way to re-tune and align the system. Another way is through dharshan, being in the presence of one or more persons of heightened consciousness. Many great teachers dedicate their lives to giving dharshan, the Dalai Lama, Mother Meera and other great souls around the world. This works through the principle of resonance found in the study of physics and harmonics. The Guru's vibration (vibes) will affect the vibration of the student. For example, if you tap a tuning fork and set it vibrating at its natural frequency and then hold another fork in close proximity, in a short time the second fork will begin to vibrate in harmony with the first. They are then said to be in resonance, providing they are the same frequency initially. As humans we each have the same potential frequency. It follows that we will become more aligned in the presence of a great teacher.

This also applies with healers, therapists and yoga teachers, when we raise our vibration we create a space where others can do the same. An expansion of energy occurs. I am sure you have experienced times either with a great teacher or in your class when everything comes together and a powerful energy is felt. It may be experienced as a stillness or flow or lightness, nothing else exists for a moment, you are simply being. At that point you are in coherence. Your energy anatomy, physical anatomy, mind and emotions are all harmoniously aligned.

## Chakras

Aligning our chakras means to return to a state of coherence, we need to re-member ourselves, bring the disparate parts of self back together. The best way to re-balance your system is to return to the sacred. The quickest way is through the breath, as it acts as an interface between your conscious and unconscious mind. Here are two simple ways of returning to a state of alignment that can be done at any time. However consistent daily practice is the most powerful.

### Energy 4 Life Balance

This practice balances your system and cultivates self love. Minor chakras in the hands are used to channel energy through your body. Your right hand has a positive charge and gives energy. Your left hand has a negative charge and receives energy. This balance can be done either lying down or sitting comfortably.

- Gently place your right hand over your heart chakra and your left hand over your sacral chakra. Breathe deeply allowing energy to flow between your hands. Close your eyes and feel a sense of calm emerging. Relax and realign your energy.
- This balance draws on an infinite supply of universal love and compassion at your heart chakra. By placing your right hand (giving) over your heart chakra and your left hand (receiving) over your sacral chakra you are drawing an abundance of universal loving energy from your heart into your sacral chakra. The sacral chakra is the sacred home of I. This balance sends love from you to you. It also acts as a natural tranquiliser and gentle immune boost, give it a try now.

**“At the crown chakra visualise the violet ray or golden shimmering light emerging like the sun out of the darkness. Absorb the vibration, rest in this celestial light allowing every cell of your body to flow into a state of complete coherence and balance.”**



## Rainbow Meditation

When we look at a rainbow we see radiant colours arching down from above touching the earth below. I think of the chakras as an inner rainbow, the root chakra and red ray connects us to the earth, while the violet coloured crown chakra connects us to universe above. This meditation aligns the chakras through focusing on the colours.

- Sit upright, close your eyes, deepen your breath and relax your body.
- Begin by focusing on your root chakra and the colour red; let the red ray flow through and around you.
- Raise your focus to your sacral chakra; let the vibration of the orange ray flow through and around you.
- Raise energy to your solar plexus, let the yellow ray permeate your entire being.
- Lift your focus to your heart chakra, home of the green ray, spread love through and around you.
- Now focus on your throat chakra, allow the blue ray to radiate out, embracing you.
- Ascend to your brow chakra, see all the rainbow colours merge before your eyes.

Let this radiant energy realign your whole system.

At the crown chakra visualise the violet ray or golden shimmering light emerging like the sun out of the darkness. Absorb the vibration, rest in this celestial light allowing every cell of your body to flow into a state of complete coherence and balance.

Whenever you take time to realign your chakras you will sense a powerful surge in energy and peacefulness all around you. As your koshas, chakras and auric field vibrate harmoniously you will experience greater synchrony and synergy between your energetic and physiological systems. The more you practice these simple exercises the easier it will be to return to the sacred in your life and reap the abundant gifts of alignment.