

## The Chakras Healing, Cleansing & Releasing Flow Using Serenity Yoga & the Purple Level Breathing Themes

Traditionally, Energy Healers have their own way of experiencing how human beings work. These Healers have an entire system of thought and their own way of talking about it. Some of that lingo has filtered into our common language. Words like 'being centered' and 'being grounded' come from the area of Energy Healing.

Energy Healers see the human body as being surrounded and supported by an Energy Field. This field begins at your Center Point and spreads throughout your body. From there it spreads outward, away from your body. It stops about arms length away from you. It is in constant 'dialogue' with itself, with your body and mind, with the Energy of others and with the Energy of the Universe that surrounds and penetrates us.

Energy Healers describe key places on our bodies where the Energy comes and goes. These key places are called 'chakras'. They are like cones absorbing Energy from the world, funneling it into our bodies. The chakras are at right angles to the body and penetrate your front and the back. They spin like wheels and have little charkas within them as well. As they spin, they are constantly exchanging Energy between layers of ourselves and with the outside world. The major chakras include:

**The Root** - At the base of your body, where your legs join.

**The Belly** – Just below and behind your belly button, also at the sacrum

**The Solar Plexus** – Just past the bottom of your rib cage, in the soft area at the middle of your belly & also the corresponding place on your back.

**The Heart** – In the middle of your sternum over your heart area and also between your shoulder blades.

**The Throat** – Where the neck and jaw join, front and back

**The Third Eye** – The middle of your forehead and the back of your head

**The Crown** – The top of the head

When everything goes well with the chakras, you're at your healthiest. When something isn't working right, if they get clogged, blocked or start to spin incorrectly, you start to see the effects in your body, your mind, your feelings and your life. This process works in reverse, too.

You can keep your chakras healthy and strong by specifically working on them with yoga. A lot of yoga does this without our knowing it. Now that you've advanced to Purple Level, you can purposefully use strategies to make a difference with your Energy Body.

**Different poses help different chakras.**

The poses on my website all have this information listed with them at the bottom of the page. (Under "Energy Center Used".) Here are some examples:

**Root**

Side to Sides, Butterfly, Reclining Butterfly, Lunges, Side Raise, Spider 1, Leg Overs, Plow, Ankle to Forehead

**Belly**

Cobra, Back Bend 1 & 2, Chest Expansion, Wood Chopper when including the backward bend, Rock & Rolls (The Bug), Spider 2, Abdominal Lifts, Leg Overs, Back Stretch, Leg Stretch, Pelvic Push, Plow

**Solar Plexus**

Cobra, Back Bend, Chest Expansion, Wood Chopper when including the backward bend, Full Twist, Bow, Back Push Up (Wheel), Plow

**Heart**

Cobra, Back Bends, Chest Expansion, Bust Expansion, Wood Chopper, Full Twist, Bow, Back Push Up (Wheel), Plow

**Throat**

Butterfly Breathing, Shoulder Stand, Full Twist, Lion, Neck Rolls, Neck Presses, Pelvic Lift, Plow, plus some chants.

**Third Eye and Crown**

These are typically cleared and energized using various types of chants and using some breathing exercises like Abdominal and Ojai Breathing.

