

The Chakras

Healing, Cleansing & Releasing Flow

Using Serenity Yoga & the Purple Level Breathing Themes

(You might like to read our information on Chakra Basics before continuing. It's not necessary, but it can be helpful. It includes information on basic language of Energy Healing and on poses that can be used to help the different chakras.)

Here are some methods to clear, cleanse and energize chakras, using *Serenity Yoga*

1. Chose a yoga pose that focuses on the part of the body where the chakra is. (See our notes on Chakra Basics.)
2. Use any Purple Level exercise or *Breathing Theme*, directing the exercise toward that chakra.
3. Then, as you hold the pose, use the methods in the box to the right to either build energy, clear energy or relax the charkas and improve their flow.

To Build Energy

Use a *Theme* that pools energy, such as The Sponge, (*Breathing Theme 15*), *Grounding Exercise* or *Breathing Themes 16, 17 or 20*. Imagine pooling the energy into the chakra you're working on.

To Clear Energy

Use a *Theme* that uses *The Fountain* in some way or the *Grounding Exercise*, with your focus being on the chakra you've chosen. The combination of the pose, the breathing and the visualization will help the Energy flow around the chakra you've chosen and will help clear it.

To Relax the Chakras and Improve Their Flow

Use a *Green Level Theme*, focusing on the chakra instead of the muscles. As the chakra relaxes, Energy will flow through it more easily. You might feel a sense of release, relaxation or warmth.

These methods work very well with the Sun Salutation. If you do these breathing and visualization strategies while doing your Sun Salutation you can clear, cleanse or build energy throughout your entire Energy Body.

If you're new at these exercises, understand that they can be followed by a need for an emotional release within a day or two, so it's good to have a friend handy who's willing to listen to your troubles. This is part of the healing process. Just notice what is happening and be assured that it's nothing to be afraid of. If you approach it as you've been approaching your yoga, by 'noticing' and 'allowing', the process will complete more easily and you'll soon feel more clear and more energized. This process can take you toward a new understanding of yourself, of your problems and to new ways of resolving your problems. If you can approach this process with the confidence that you are healing and all is well, you can soon find yourself in a new place. It's like being reborn. Birthings, though messy and difficult, are always a cause for celebration.