

# YEAR OF THE CHAKRAS

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## WHAT'S A CHAKRA?

Chakra is Sanskrit for wheel. In our bodies, there are seven main chakras that travel along the spine starting at the base. Chakras represent not only those particular parts of the physical body, but also particular parts of our consciousness. Each chakra is related to a vibration, or energy. Before we go any deeper, we need to talk about Kundalini.

## OK, WHAT'S KUNDALINI?

*"Kundalini is the Divine Cosmic Energy in bodies."* (B.K.S. Iyengar) Basically, in the tantric tradition there's a coil represented by a serpent at the base of the spine full of latent energy. When we practice yoga, that snake can uncoil and send energy upwards through the spinal column, and out the top of our heads. Tantra maintains there is no division between spirit and matter, all things are sacred. The body is not to be overcome but rather embraced as a means toward liberation.

## WHY SHOULD I CARE?

If a chakra is under- or over-charged, it can lead to a lot of imbalance and stress in our everyday lives. For example, if our anahata, or heart chakra, is deficient, we have a hard time accepting love or being with others. If it's in excess, we may give love away freely without saving any for ourselves. Through meditation, chanting, or going through a series of asanas (poses), we expand and contract that chakra to optimize it, which balances us so we can give and accept love openly.

## IYENGAR SUMS IT UP WELL

Hatha is composed of the syllables **ha** and **tha** which means the sun and the moon respectively. The solar and lunar energy is said to flow through the two main nadis (the channel in our body where energy flows), **Pingala** and **Ida**, which start from the right and the left nostrils respectively and move down the base of the spine. Pingala is the nadi of the sun, while the Ida is the nadi of the moon. In between them is the **Susumna**, the nadi of fire. Susumna Nadi is the main channel for the flow of nervous energy, and it is situated inside the **meru-danda** or spinal column. Pingala and Ida intersect each other and also Susumna at various places. These junctions are called **chakras** or wheels and regulate the body mechanism as fly-wheels regulate an engine.

## I'M INTRIGUED, NOW WHAT?

Sweet! Intrigue is a great place to start. I've created a questionnaire to help determine which of your chakras need attention. I also wrote zines which include meditations, mudras (hand positions), breathing exercises, poses, and more to help you balance that area. Find out more at [booforever.com](http://booforever.com), or say hello to me at [hello@booforever.com](mailto:hello@booforever.com).

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# THE SEVEN MAIN CHAKRAS

## SAHASRARA

THOUSAND PETALED LOTUS in Sanskrit

Located at the crown of the head

Controls our pituitary gland

Source of supreme consciousness

Center of contemplation

Note "B" on the musical scale



## VISSHUDA

Means PURE in Sanskrit

Located in the center of the throat

Controls our thyroid

Source of self-expression

Center of speaking and listening

Note "G" on the musical scale



## AJNA

Means COMMAND in Sanskrit

Located at the third eye

Controls our pineal gland

Source of spirituality

Unlocks our intuition

Note "A" on the musical scale

## ANAHATA

Means HEART in Sanskrit

Located in the center of the chest

Controls our thymus

Source of love, compassion, and joy

Unites the higher and lower chakras

Note "F" on the musical scale

## SVADHISTHANA

Means VITAL FORCE in Sanskrit

Located above the genitals

Controls our pancreas

Source of pleasure and enjoyment

Center of creativity

Note "D" on the musical scale

## MULADHARA

Means ROOT in Sanskrit

Located near the perineum

Controls our reproductive organs

Connection to Earth and the body

Source of grounding

Note "C" on the musical scale

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