AN INTRODUCTION TO
Chakras

Discover how the Universe moves through you.



SOULWARE

DAILYINNERJOURNEY



Chakras

Yoga philosophy is based on the presence of chakras. And this is a beautiful journey in itself. For me, the recognition of chakras is an important part of my teachings and my own practice. A surfer cannot do without waves, and yoga cannot be separated from chakras.

Let yourself be inspired by this handy and practical Mini Chakra Guide.

Including a handy table, so you can see at a glance which elements your chakras are connected to.

THE 7 MAIN

Chakras



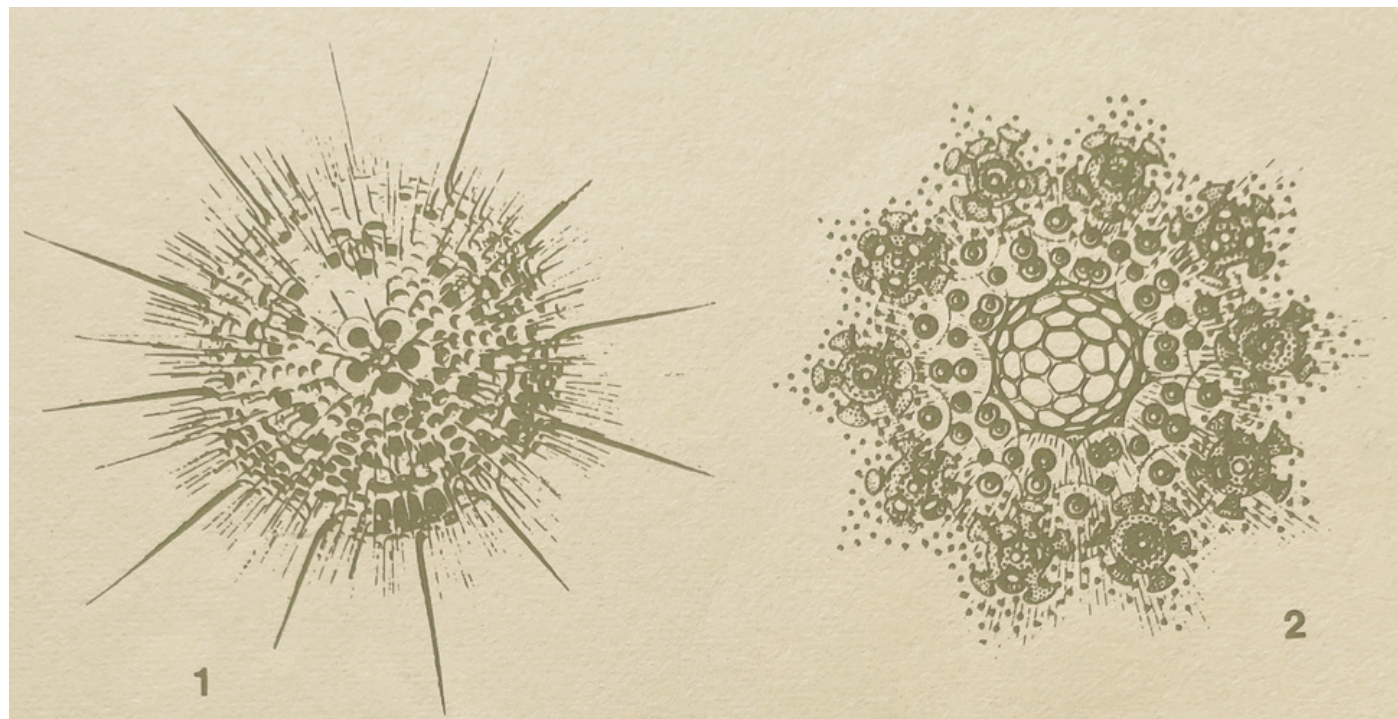
What is a chakra?

A Chakra is a wheel-shaped vortex in which different levels of consciousness intersect or meet.
A chakra is also compared to a flower. And opening a chakra resembles the opening of a flower bud.
There are 7 main chakras (see image in this guide). These all have a different area and effect. And these, in turn, are connected to the other chakras related to them. It is a complex system of energy flows that are ultimately also connected to your meridians. A chakra needs to be in balance: neither too open nor too closed. And all chakras must be acknowledged—one cannot exist without the other.
The teachings regarding the chakras are part of the yoga path and are also an important component. However, even people who do not practice yoga acknowledge the presence of the chakras.

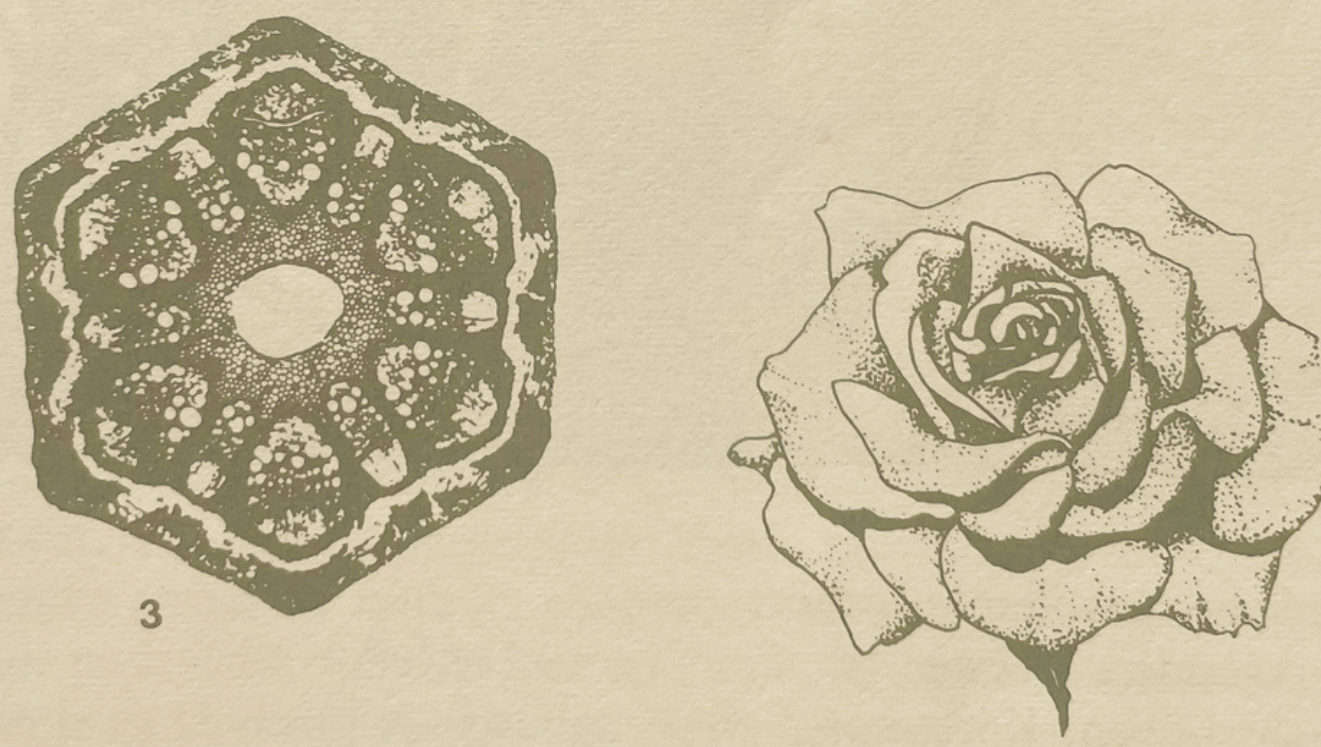


CHAKRAS AND THE CONNECTION BETWEEN

forms in nature



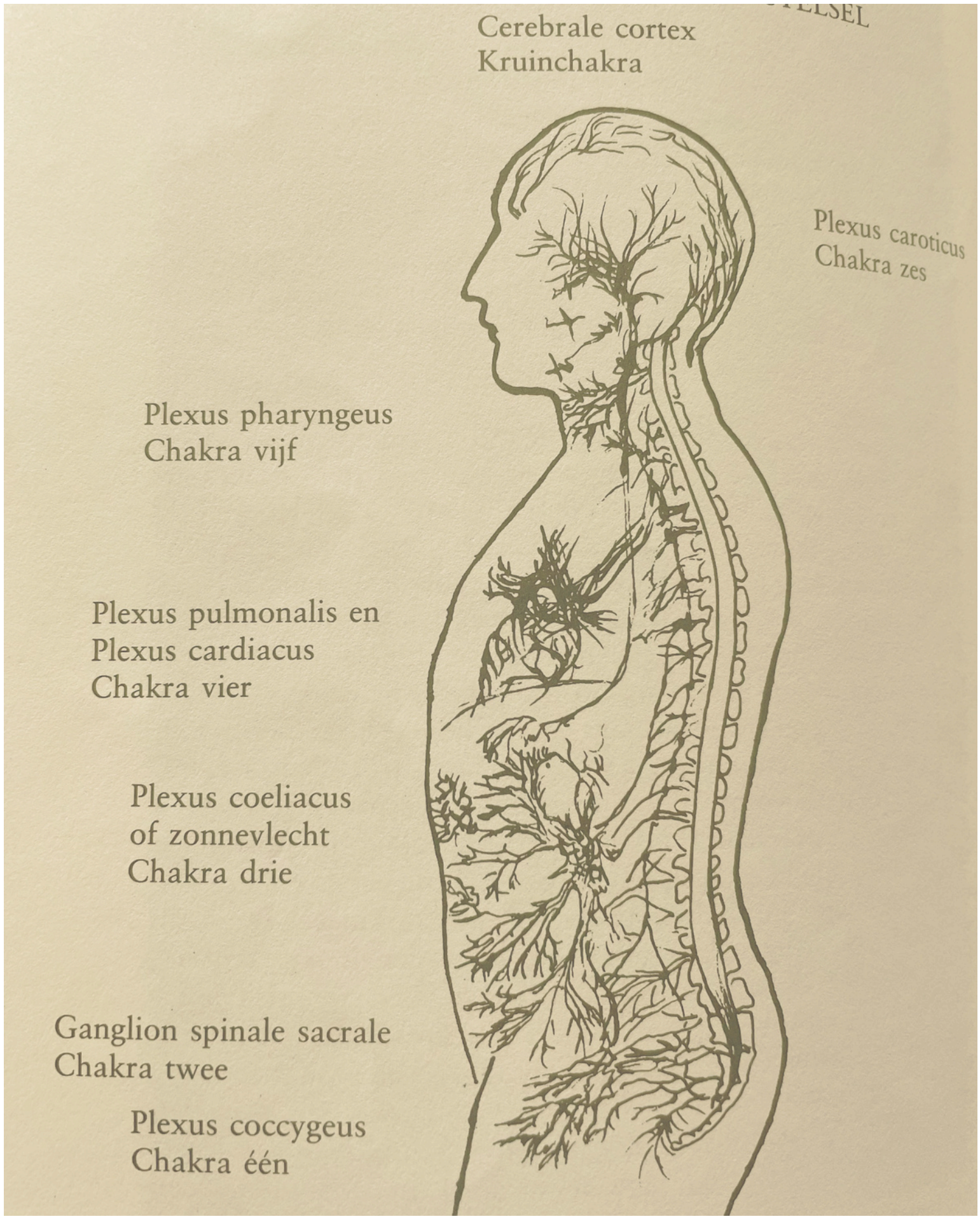
1, 2 Radiolaria (een vorm van zeeprotozoa)



Fotomicrograaf van een dwarsdoorsnede van een tak

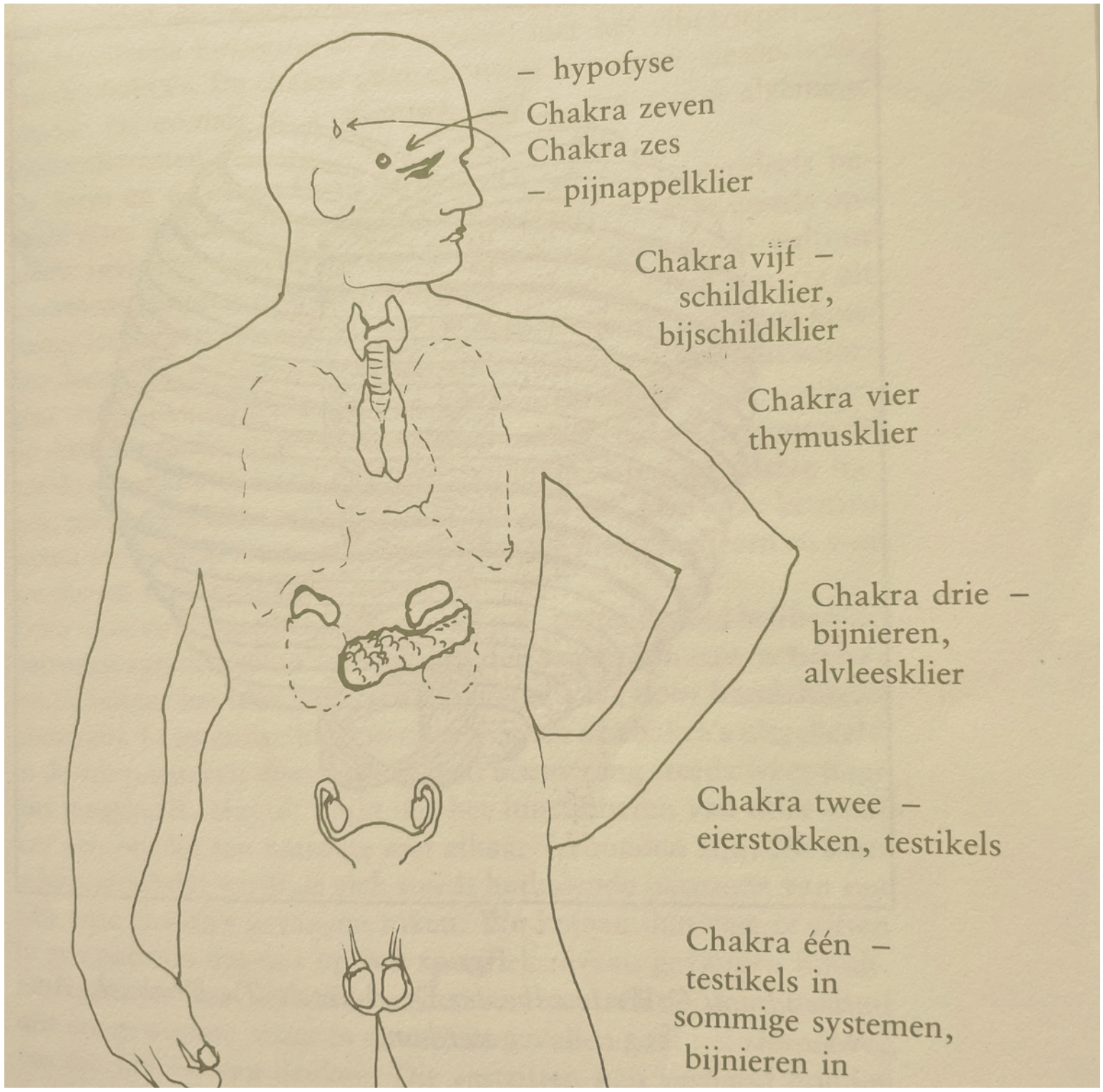
CHAKRAS AND THE CONNECTION BETWEEN THE

Nervous System



CHAKRAS AND THE CONNECTION OF THE

glands of the endocrine system



SOULWARE

CHAKRA OVERVIEW

corresponding elements

Chakra	1	2	3	4	5	6	7
Sankritnaam	Muladhara	Swadisthana	Manipura	Anahata	Vishuddha	Any	Sahasrara
meaning	Root - support	Amiability	Sparkling jewel	Untangle	cleaning	observe	thousand-form
Place	perineum	lower abdomen	solar plexus	heart	keel	forehead	crown
Element	Earth	Water	Firework	Air	ether/sound /vibration	light	thoughts
Energy form	steady	liquid	plasma	gas	trilling	performance	information
Psychological function	to survive	desire	want	love	communication	Intuition	insight
To be expressed in	grounds	sexuality	might	balance	creativity	imagination	knowledge
Emotional state	asked	tears	joy, sorrow, pleasure	compassion	connectedness	dreams	bliss
Glands	adrenal glands	ovaries, prostate, testicles	pancreas	hymusklier	thyroid	pineal gland	hyperfyse
related body parts	legs, bones, large intestine	uterus, genitals, bladder, kidneys,	muscular system digestion	lungs, heart, arms, hands	throat, ears, mouth, hands	eyes	central nervous system
in case of malfunction	obesity, constipation, often sick	impotence, frigidity, bladder problems	stomach ulcer, diabetes hypoglycemia ,	asthma, high blood pressure	flu, neck pain	headache, nightmares, blindness	alienation, confusion, depression

SOULWARE

CHAKRA OVERVIEW

corresponding elements

Chakra	1	2	3	4	5	6	7
colour	red	orange	yellow	green	blue	indigo	violet
planets	Saturn, Earth	terrestrial	mars, Zon	Venus	Mercury, Neptune	Jupiter	Uranus
Verbs	I have	I feel	I can	I love	I speak	I see	I know
Seasons	winter	spring	summer	autumn	no	no	no
Yoga mat	hatha	tantra	karma	Bhakti	mantra	yantra	Jnana
Spices - whoever	yield	iriswortel, gardenia	anjelier	lavender, jasmine	incense resin	star anise	lotus, blue lotus
Gemstones	magnetite, ruby, garnet	coral	amber, topaz	emerald, tourmaline	turquoise	lapis, quartz	amethyst, diamond
Goena's	tamas	rajas	rajas	rajas of sattva	rajas	sattva	sattva
Seed sound	lam	to you	ram	sam, yam	also	about	-
to leaf through	4	6	10	12	16	2	1000
Tarot series	Pentagrams	vowels	the staff	swords	lamps	-	-

Chakras and Your Yoga Practice

A good yoga teacher will always mention in a session which chakras are connected to a pose. You cannot call yoga without acknowledging the chakras yoga; it is like surfing without waves.

Although many poses are aimed at grounding, a regular yoga practice is a good support for staying 'grounded'. Remember also that a yoga session should include grounding exercises.

When working with so-called visualizations and meditations, make sure you are grounded. Poses like Vrksasana (the tree) help you with this. But a pranayama (breathing exercise) also helps you to ground yourself.

Listen to my guided meditation, which takes you all the way to your 7 main chakras and connects you with them.



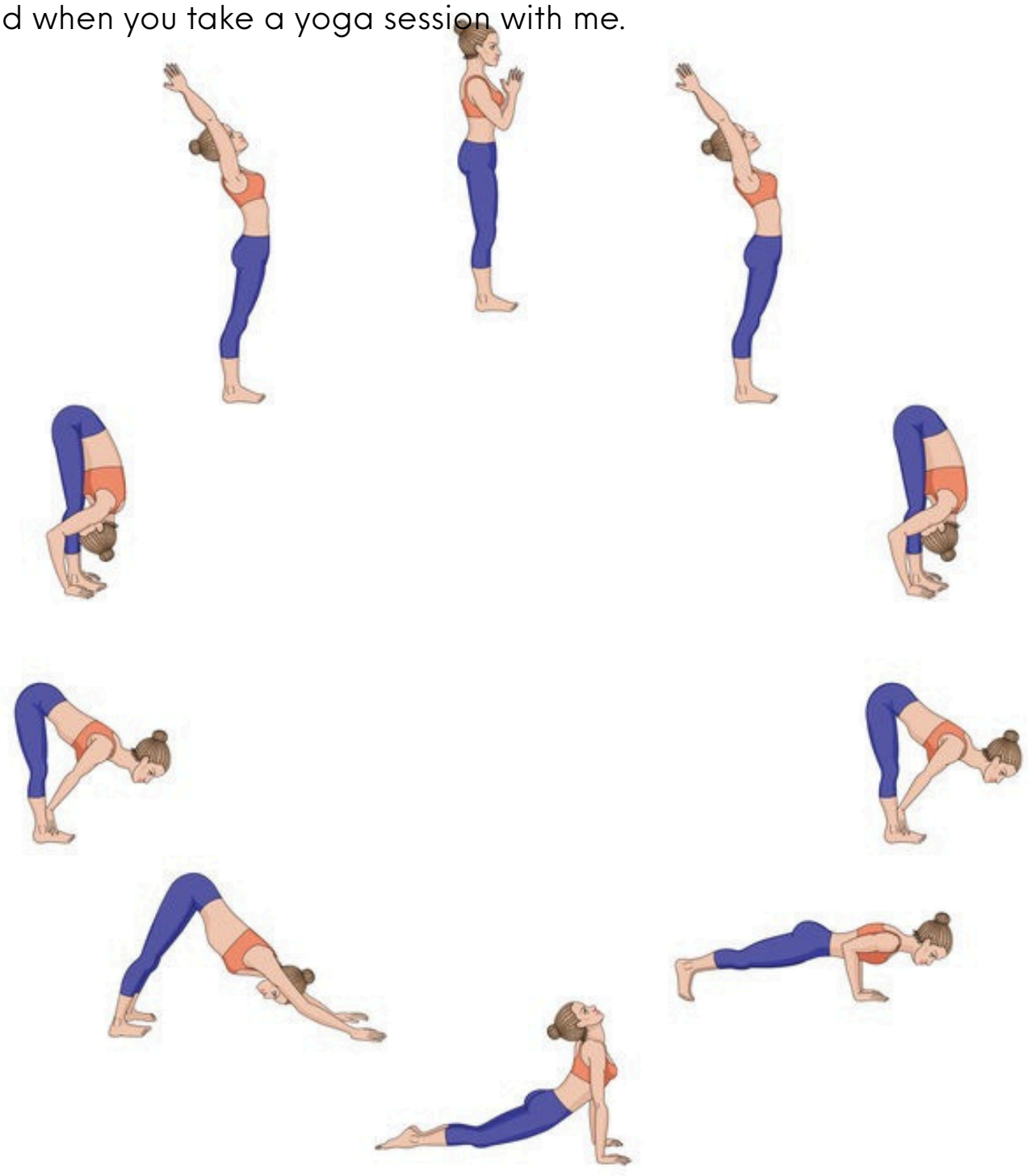
Sun Salutation Surya Namaskar

As I mentioned earlier, yoga and chakras are inseparable. The philosophy of yoga is based on this.

A daily practice helps you achieve balance in your chakras. This promotes your health and also helps you stay mentally balanced.

The FLOW below is an example of a series of poses that support all chakras. It is also wonderful to do a few times daily.

There is so much more to learn about yoga poses and your chakras. This is covered when you take a yoga session with me.



I hope you are inspired by this concise and clear introduction to the Chakras.

Should you have any further questions, or would you like to delve deeper into this?
Then you can send an email to aliye@soulware.nl

By now, I have over 10 years of teaching experience and have taught over 3,000 hours. I have experience teaching all ages, people with and without disabilities; I have taught in offices and teach at retreat centers. Furthermore, I organize an in-depth and transformative retreat annually. I have completed three certified training programs. Additionally, I have completed in-depth training with Eckhart Tolle. I also have over 35 years of experience with yoga and meditation. And I still attend courses and workshops.



Satnam,

Aliye