



GUIDE TO THE 7 CHAKRAS





SCHOOL OF MODERN MYSTICS

OUR INTENTION

Dear Beloved,

This guide comes to you from a collaboration with a dear sister [Maria Highfield](#).

The shared intention of this guide, is for you to reawaken your connection to the energetic vortexes that have a profound influence on your state of being.

May this guide begin, deepen, illuminate your chakras back to their energetic purity.

So that you can be in further attunement to your organic nature.

That of radiance, abundance, innocence, joy, peace, happiness and spontaneous evernew boundless LOVE.

ASHERAH & GABRIEL



BASE CHAKRA



The first chakra is the Root chakra called **Muladhara** and is located at the base of our spine (prostate gland for men and near the cervix for Women). Its stimulation activates the Shakti Kundalini, the life force, the energy by which our bodies were created. Muladhara rules the physical body. It's energy is of the earth, and is concerned with physical survival. This chakra is the transition from animal to human life. It is connected to the nose, and our basic animal urges arise, stimulated by smell. This is grounding energy. **We can reach our spiritual branches up only as far as our roots are planted in the soil of Mother Earth.** This is the bass viol of the human orchestra. We need its depth and richness to balance the flutes and violins of the higher centers.

Element: Earth.

Colour: Red.

Geometric form: Square

Mental sound: LANG

Pranic sound: LAM

Vowel sound: O

Endocrine gland: Adrenal glands.

Location: Cervix or Perineum

Physical association: The skeletal structure, teeth, large intestine, legs, feet, bones.

Psychological function: Survival, self preservation and safety.

Obstacle: Fear.

Balance: Grounded, safety, vitality, focus, concentration, security, trust, confidence, thriving, prosperity, instinct, spontaneity.

Imbalance: Sexual lust, greed, selfishness, anxiety disorders, lack of energy, poor focus, fatigue, rigidity, lack of discipline, wishful thinking, escapism, restlessness, fears, drug addiction, stiffness, hoarding, obesity, tightness in hips, legs and feet, lower back pain, problems with the colon and bladder, poor circulation and poor coordination. Eating disorders may also be a sign of a root chakra imbalance.

Creative outlet: Drumming, dancing to music with strong rhythm, toning, didgeridoo, hiking, mountain climbing, nature walks, walking on the earth barefoot, camping.

Crystals: Amber, Orange calcite, citrine, carnelian, moonstone, orange, aventurine.

Essential Oils: Sandalwood, Clary Sage, Jasmine, Neroli, Bergamont, Rosewood, Ylang ylang.

Herbs: Fennel, coriander, sage, basil, rosemary, oregano, marigold.

Pampering: Hot Bath, soaking in the Hot springs.

Foods: Sweet fruits such as oranges, melons, mangoes, apricots, papayas, watermelon, nectarines, and Pumpkin, carrots, sweet potato.

ROOT CHAKRA AFFIRMATIONS

I am grounded in my body
I am deeply connected to the Earth
The world is a safe place
I am supported and provided for each day
I am safe, secure and protected
I have everything I need and want
I trust in the process of life.

YOGIC SQUATS TO BALANCE THE BASE CHAKRA

In kundalini yoga, yogic squats called 'Malasana' or 'Greeting pose' help release old patterns and habits that have been ingrained for a long time deep in the subconscious mind.

Daily practice of the yoga squat pose elongates your spine, strengthens your core, opens your hips, stretches your leg muscles and feet. More importantly, yogic squats offsets the effects of sitting down for long periods of time.

Benefits of Yogic Squats:

- Aids in digestion
- Promotes elimination and helps relieve constipation
- Stretches your ankles, lower hamstrings and back
- Opens the hip joint
- Stimulates your metabolism
- Relaxes the nervous system
- Stimulates circulation
- Strengthens your legs

How to Squat

Stand with your feet parallel and slightly wider than your hips. Bend your knees and lower your seat toward the floor. Keep going until your hips are lower than your knees, and keep your spine vertical. If your heels come off the floor, place a rolled-up blanket or towel under them for support. Straighten your spine upward and relax your shoulders. Hold for eight full breaths. If you have any low back or knee issues do not go all the way into a squat.

SACRAL CHAKRA



The second chakra is the sacral chakra which is known as the **Swadhisthana** in Sanskrit. It is associated with the testes or ovaries, is the home of **unconscious emotional memories, both primal experiences from this life, and karmic residue from past lives**. Its element is water. *Here the awareness of self as an ego arises*. The sense of taste is here and, as taste depends on smell, so the 2nd chakra depends on the 1st. Life force at this level sees the world in terms of pleasure and pain. Sex in this dimension is dedicated to sensual gratification. The Sexual energy is the creative energy from which we sprang; the most powerful force we know; a great reservoir to tap. From this center one can experience clairsentience - reading the emotions of others.

Sanskrit name: Swadhisthana

Element: Water

Geometric form: Crescent

Colour: Silver

Mental sound: VANG

Pranic sound: VAM

Vowel sound: Oo

Location: Base of spine

Endocrine gland: Ovaries, testicles, womb

Organs: Sex organs, Bladder, Reproductive Organs, Kidneys, Pelvis.

Psychological function: Movement and connection

Obstacle: Fear

Balance: Flow, creativity, grace, flow, movement, pleasure, sexual pleasure, emotional wellbeing, playfulness, spontaneous enjoyment of experience, joy, relaxed attitude, patience

Imbalance: Constipation, rigid emotions, lower back pain, irregular or painful menstruation, sciatica, impotence, rigidity in joints, arthritis, emotional over-sensitivity, lack of boundaries, repression of feelings, fear of sensuality, sex, pleasure or enjoyment, guilty, bitterness.

SACRAL CHAKRA AFFIRMATIONS

I love my body, my body loves me
It is safe for me to feel my feelings
I am sensual and sexual
I nourish my body with healthy food and clean water.
I value and respect my body.
I allow myself to experience pleasure.
I express my emotions freely.

TIPS FOR SELF CARE

- Establish Healthy Boundaries
- Create a Sacred space in your home that is abundant in items that raise energy and vibration such as candles, crystals, fresh flowers, Ascended Masters and other beings of purity.
- Indulge in hot baths with himalayan salt and essential oils.
- Have a support system of like minded brothers/sisters around you.
- Breathe deeply, whether it be connective breathing or Pranayama. Enhance your breathing to awaken your life-force and vitality.
- Eat healthy, fresh, nourishing foods that cover all colours of the rainbow.
- Eat mindfully - be conscious of what and when you are eating. Eat sitting down without any distractions.
- Drink wisely.
- Water helps cleanse the body as well as flushing impurities from the liver, as well as hydrating your skin and cells. Hydration is essential to wellbeing.
Aim to drink 8 glasses of filtered water a day - *(Alkaline water is ideal)*.
- Buy some fresh roses or flowers..
- Brush your body.
- Write a poem, paint, sing, dance.
- Take time out- It is important to have some 'you' time to recharge your batteries.
- Do anything that makes you feel good and makes your heart sing, engage in activities that brings you joy and brings on good vibes.
- Embrace the magnificence of Mother Nature for grounding, energy transmutation and balancing of mind/emotions/consciousness.



SOLAR PLEXUS



The Solar Plexus Chakra known as 'Manipura' is centered at the navel. This Chakra is associated with vitality, energy and power. The main goal of life at this level is to be in control, to achieve, to win. **From this level, those who manipulate can “plug in” to people.** It can express as utilising their sexuality to control their partner/partners, to barter for what they want. This Chakra controls digestion and absorption of food and prana. It is associated with the pancreas and the adrenal glands which produce adrenalin to fire up the body. Fire is its element and it is the **body's storehouse of cosmic energy. The nadis congregate here, creating radiant light.** It rules the ego's Mental Body, the willfulness, the separate self.

Sanskrit name: Manipura (*jeweled city*)

Element: Fire.

Colour: Red

Location: Navel

Geometric form: Triangle

Petals of the lotus: Ten

Pranic sound: Ram

Mental sound: Rang

Vowel sound: Ah

Endocrine gland: Adrenals, pancreas.

Physical association: Digestive system, stomach, liver, gall bladder, pancreas, small intestine

Psychological function: Will.

Obstacle: Shame.

Balance: Personal power, self confidence, self esteem, self acceptance, responsible, assertive, reliable, strong will power, self discipline, warmth, sunny disposition, problem solving, string expression of will, ability to execute ideas and plans into reality.

Imbalance: Fear, stress, passive, criticism , judgment, passive, dis-empowered, reactive, self doubt, low self esteem, feeling of helplessness, irresponsibility, manipulative, lack of clarity and direction, lack of purpose and ambition.

Crystals: Rhodolite Garnet, Red Jasper, Red Coral, Ruby. The Black stones are powerful because of the

grounding aspect of them. These include: Black Tourmaline, Black Kyanite, Black Onyx and Black Obsidian Stone as well as Smokey Quartz.

Essential Oils: Sandalwood, Myrrh, Frankincense, Ylang Ylang, Cedarwood.

Herbs: Rhodiola, Hibiscus, Ginger, Licorice Root, Dandelion root.

Foods: A healthy solar plexus vibrates red, thus red foods such as tomatoes, strawberries, apples, pomegranates and cherries can help balance the root chakra. Grounding foods such as potatoes, parsnips, radishes, onions and garlic, and anything else that roots itself, can have a soothing

SOLAR PLEXUS AFFIRMATIONS

I love and approve of myself.

I am powerful, strong and courageous.

I am powerful beyond measure

I express myself in a confident, authentic way.

I am proud of my self and my achievements

I honour and respect my self.

I am disciplined, strong willed and self assured.

EGO ERADICATOR “KEEP UP & YOU WILL BE KEPT UP!” – YOGI BHAJAN

This technique is a powerful practice to ground and raise your vibration. Often for empaths, their bodies can act like a sponge, drawing in energies from the outside world. Thus with this heightened sensitivity, consistent practice of this technique will cultivate a energy field that transmutes external energy - utilising the inner fire.

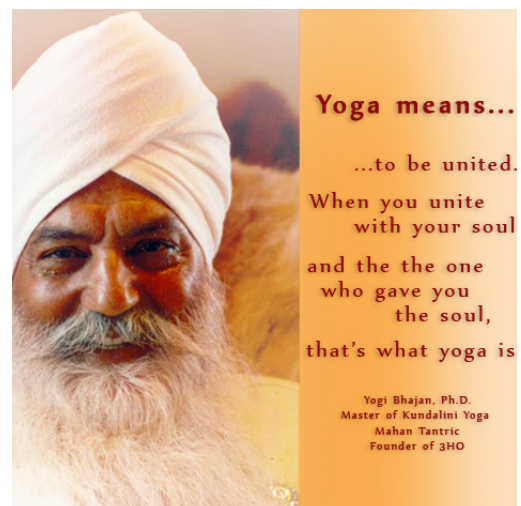
Essentially this technique purifies the aura and assists in the dismantling of my false ego. It is often called the “*Ego Eradicator*” and can begin to work in as little as sixty seconds.

- 1) Sit in easy pose with the spine straight. Pull the chin in slightly to apply light neck lock. Bring the arms up at a sixty degree angle with the floor, keeping the elbows completely straight.
- 2) Curl the fingers in towards the pads at the top of the palms; extend the thumbs up (*plug in to the universe*).
- 3) Close the eyes and focus at the point between your eyes (*third eye*).
- 4) Do Breath of Fire- Breath of fire is done with rapid, rhythmic continuous equal inhales & exhales, with no pause between them. Through the nose (*the mouth is closed throughout*), powered by the navel & solar plexus.

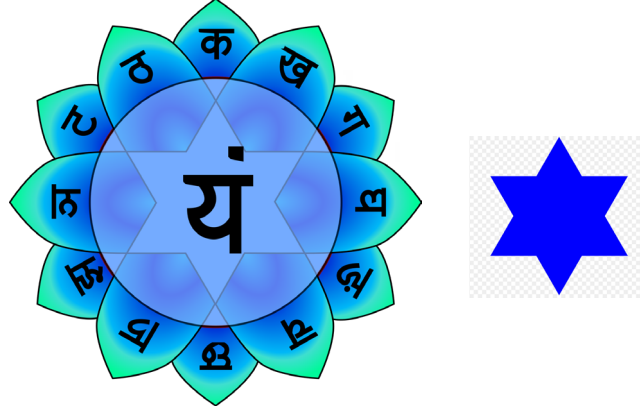
Start with 1 minute and work your way up to 3 Minutes.

To end, Inhale, suspend the breath & bring the arms up until the thumbs touch above your head.

Then exhale, open the hands & slowly sweep your hands & arms down, consciously cleaning your electromagnetic field.



HEART CHAKRA



The fourth chakra is known by the name 'Anahata', It is located near the heart. This center is associated with pure love and devotion. At this point ego boundaries start to melt away. There is a reaching out to embrace, to be at one, with the world. Carl Rogers' approach to psychology advocated Unconditional Love, which is only possible at this level of consciousness. The sense of touch is governed here and its element is air. This chakra is associated with the thymus, which controls the immune system, which produces cells that envelope and incorporate any foreign matter.

Whatever seemed to be non-self becomes a part of self. This chakra is usually heavily guarded. You have to go through a layer of pain, remembering all the times you needed love and it wasn't there for you. On the other side of that layer is the center Atman, the individual Soul, can be experienced.

Sanskrit name: Anahata

Element: Air

Colour: Blue

Location: Heart

Geometric form: Hexagon

Petals of the lotus: Twelve

Pranic sound: Yam

Mental sound: Yang

Vowel sound: Hu

Endocrine gland: Thymus

Physical association: Heart, lungs, circulatory system, arms, hand

Psychological function: Love

Obstacle: Grief

Balance: Unconditional love, compassion, self love, self acceptance, secure, kindness, forgiveness, acceptance of others

Imbalance: Lack of self love, lack of self worth, control, inability to love freely, lack of empathy, grief, heart

and lung problems, breast cancer, and impaired immunity.

Crystals: Kyanite, Zircon, Hemimorphite, Apatite, Aquamarine, Aragonite, Azurite, Lapis Lazuli, Tanzanite.

Herbs: Sage, Rosemary, Borage, Chickory.

Heart Chakra Foods: Blueberries. Concord grapes. Damson plums. Blue tomatoes, kiwi fruit.

HEART CHAKRA AFFIRMATIONS

I am open to love.

All love resides within my heart.

I deeply and completely love and accept myself.

I nurture my inner child.

I live in a state of gratitude and appreciation.

I forgive myself.

I am open to love and kindness.

HO'OPONOPONO' - HAWAIIAN PRAYER OF FORGIVENESS

With our travels, we have experienced the powerful forgiveness process called *"Ho'oponopono"* which can facilitate forgiveness and healing between oneself and of those you need to forgive.

Is there anyone you need to forgive and release unbalanced magnetism with? 'aka' chords
Choose a quiet place and start to breath deeply in and out until you are in a relaxed sate of mind.
Verbally say out loud the person's name you need to forgive and repeat out loud:

I AM SORRY

PLEASE FORGIVE ME

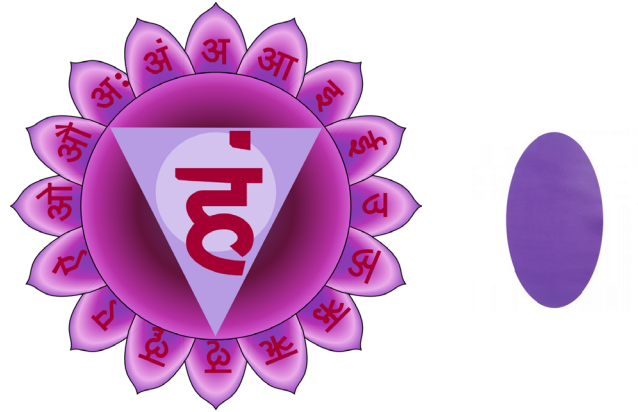
THANK YOU

I LOVE YOU

Repeat this prayer until you feel a shift of energy and perception with the person you are forgiving.



THROAT CHAKRA



The fifth chakra, known as “Vishuddha” is located at the throat, deals with dynamic communication and Self-expression. This is the center for purification, for preventing toxins from circulating through the body. Its gland is the thyroid.

At this point the ego is able to step inside and let the cosmos express itself through the individual. Abram Maslow studied people who were able to achieve at super-human levels.

To live in this consciousness is to know the Bliss Body. Its element is ether, the essential stuff from which the other elements came. It is related to hearing and from this center you can experience clair-audience.

Sanskrit name: Visuddha.

Element: Akasha (ether).

Colour: Violet

Location: Throat

Geometric shape: Oval

Petals of the lotus: Sixteen

Pranic sound: Ham

Mental sound: Hang

Vowel sound: Eee

Rights: To speak

Endocrine gland: Thyroid and Parathyroid gland

Physical association: Throat, ears, mouth, shoulders, and neck

Psychological function: Communication

Challenge: Lies

Balance: Self expression, Articulate, calm, peaceful, authentic, good listener, seeker of truth and knowledge, personal integrity, sense of honour, decisiveness, clear communication, expression of truth and individuality, expression of creative gifts, talents and ideas out into the world, sense of taste, smell and hearing.

Imbalance: Lies, dishonesty, gossip, fear, doubt, judgment, negative thinking, poor self expression, blocks in communication, poor learning ability, thyroid imbalance (hyper- hypothyroidism) , stiff neck, throat infection, tension in shoulders, headaches, problems with swallowing, shouting, excessive talking, withdrawal of communication, low energy, fatigue, laryngitis, tonsillitis, laryngeal and esophageal cancer, and TMJ pain.

Creative Outlet: Singing, chanting, playing a musical instrument, toning, performing, acting, teaching.

Crystals: Sodalite, larimar, turquoise, Blue lace agate, blue opal, amazonite, kyanite, lapis lazuli, celestial quartz, crysocola, blue topaz, aqua marine.

Essential Oils: Basil, Bergamot, Chamomile, Cypress, Frankincence, Jasmine, Peppermint, Sage, Spearmint, Geranium, tea tree, rosemary.

Herbs: Lemongrass, rosemary, thyme, sage, marshmallow, lavender.

Foods: acai berries, seaweed, kelp, sea-plants, soups, liquids, herbal teas, water, tart fruit such as lemon, lime, grapefruit.

THROAT CHAKRA AFFIRMATIONS

I speak my truth with love, grace and ease

I am a confident communicator

I speak, listen and express myself from my higher mind.

My voice is heard at all times

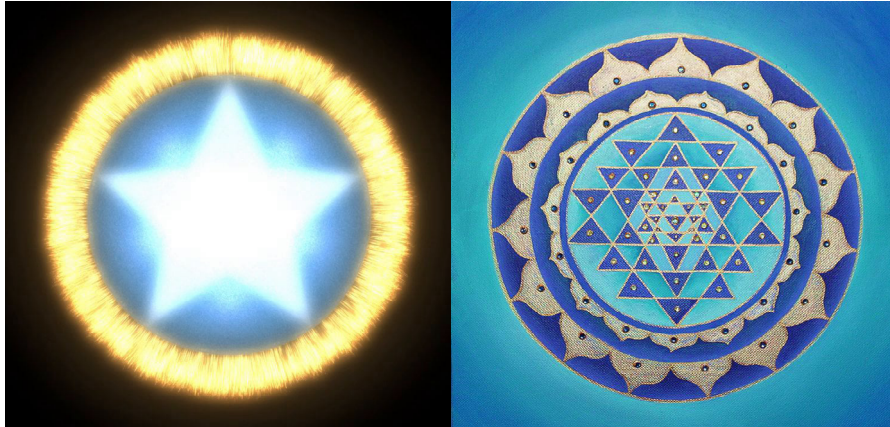
I live an authentic life that is aligned with my highest values

I express my gratitude towards life.

I am comfortable in silence.



THIRD EYE CHAKRA



The Sixth chakra also known as the third eye, the “Ajna” chakra is associated with the pineal Gland. Activation of the pineal and pituitary brings on the “Tantric Marriage” This is the center of intuition and inspiration =, beyond the material world. Concerned only with Cosmic Consciousness. Ajna is the connecting link between ego and the universe as it is directly connected to the lowest and highest chakras. **When consciousness reaches this level, you connect with the Universal Mind and, seeing things as they really are, without an ego filter, you behold the divine in all creation.** Clairvoyance happens automatically, bringing clarity and insight into your perceptions about people. Once Ajna is open, no one can ever lie to you. You have tapped into the Collective Consciousness which Carl Jung studied.

Sanskrit name: Ajna

Element: All elements combined, light

Location: Brow

Colour: Light or electric blue

Shape: Sri Yantra

Pranic sound: Om

Mental sound: Ang

Vowel sound: Mmmm

Rights: To see

Physical association: Eyes, base of skull, brow

Psychological function: Intuition, imagination

Challenge: Illusion.

Balance: Vision (*physical and intuitive*) insight, clairvoyance, living ones purpose and passion, Intuition, knowingness, perception, clear seeing, detachment, receptivity, openness, clarity, visualisation, imagination, coordination.

Imbalance: Migraines, headaches, dizziness, seizures, insomnia, sinus problems, ear aches, confusion, delusion, memory loss, strokes, Alzheimer's, brain tumors, blindness, deafness, spinal dysfunction, addiction, anxiety, depression, hormone imbalance, lack of common sense, lack of intuition, difficulty learning

Creative Outlet: Sound healing, colour therapy, affirmations, creative visualisation, prayer

Crystals: Fluorite, amethyst, clear quartz, azurite, angelite, lapis lazuli, sodalite, blue aventurine, Aqua Aura, Celestine, Lapis Lazuli. .

Essential Oils: Angelic root, clary sage, cypress, palos santos, frankincense, juniper, marjoram, rosemary, sandalwood, vetiver.

Herbs: Lavender, gotu kola, skullcap, nettle, ginger, turmeric, sage, passionflower, lemon balm, ginkgo biloba.

Third Eye Chakra Foods: Plums, blackberries, figs, eggplant, purple cabbage, red onions, omega 3's, red grapes, pineapple juice, artichokes, dates, horseradish, parsnip, dark olives, purple sweet potatoes.

THIRD EYE CHAKRA AFFIRMATIONS

I am in touch with my inner knowing.

I listen to my deepest wisdom.

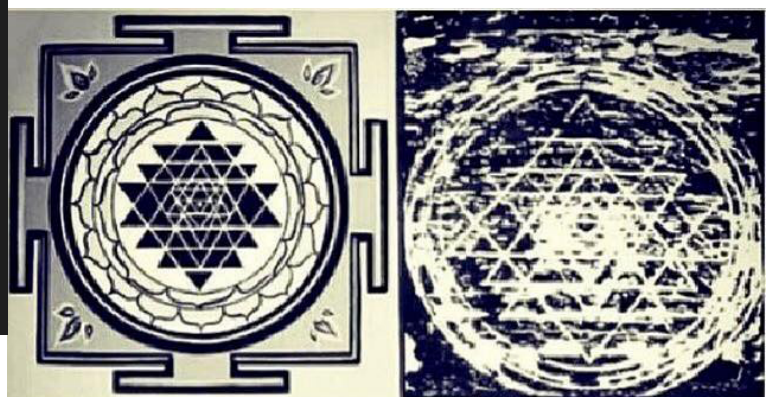
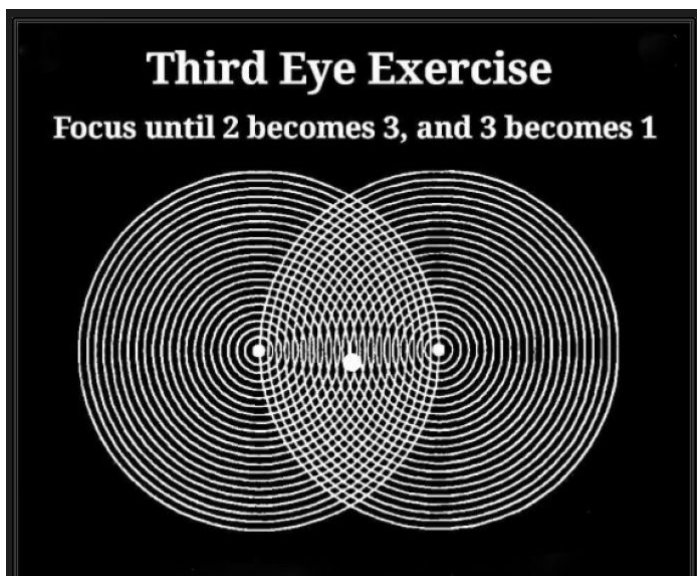
I seek to understand and to learn from my life experiences.

I am wise, intuitive, and connected to my inner guide.

I forgive the past and I am grateful for the lessons learnt

I trust in my higher visions

I am connected with the wisdom of the universe.



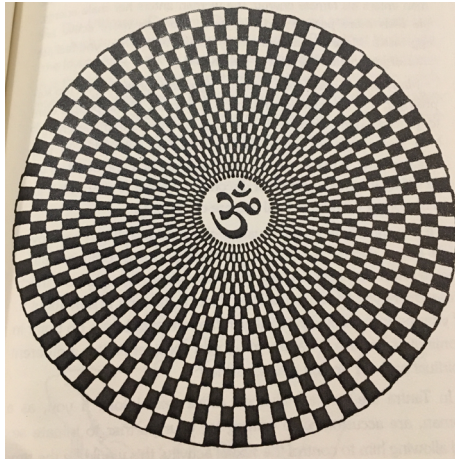
Sri Yantra (OM) Mandala

OM sound on a Tonoscope

Science proving the Rishi's Right.

A comparison of the similarities between the Sri Yantra Mandala and a Tonoscope picture of the sound OM. The Sri Yantra mandala is thousands of years old

CROWN CHAKRA



The seventh chakra is called the “Sahasrara”. This is the center of Nirvanic consciousness, our connection with the infinite, the void. This crown chakra is called the Thousand-Petaled Lotus. It’s physical counterpart is the brain with millions of dormant neurons waiting to blossom. As you gain mastery over the Breath, more “knowingness” becomes available. As dormant potential begin to express itself, the brain feels like it’s on fire.

Sanskrit name: Sahasrara - thousand petal.

Colour: All Colours, the void

Shape: All shapes

Petals of the lotus: One thousand.

Seed sound: All sounds - thus the one sound ;)

Rights: To know

Endocrine gland: Pituitary gland, pineal gland.

Physical association: Central nervous system, cerebral cortex.

Psychological function: Awareness, understanding.

Balance: Intuition, wisdom, union, illumination, certainty, connection to divinity, oneness, healthy detachment, openness, synchronicity, service to others, selflessness , compassion

Imbalance: Narcissism, escapism, living in a fantasy world, ungrounded, over-attachment, lack of purpose in life, lack of self discovery, irresponsible, chronic exhaustion, dyslexia, co-ordination difficulties, clumsiness, poor balance, difficulty learning, psychological and cognitive problems

Creative Outlet: Meditation, sound colour, positive affirmations, yoga, pranayama- breathwork, meditating in nature, ocean walks.

Crystals: Amethyst, Celeste, selenite, blue sapphire, clear quartz, apophyllite quartz, spirit quartz, moldavite.

Essential Oils: Cedarwood, Frankincense, Jasmine, Lavendar, Myrrh, Neroli, Rose, Rosewood, Sandalwood, Vetiver, Lotus Flower.

Herbs: Gotu Kola, Tulsi, Lotus, Lavender, Ginkgo bilboa, Lions mane, White Peony, rhodiola.

CROWN CHAKRA AFFIRMATIONS

I am one with the Divine.

I honour my spirit.

I live in the present moment.

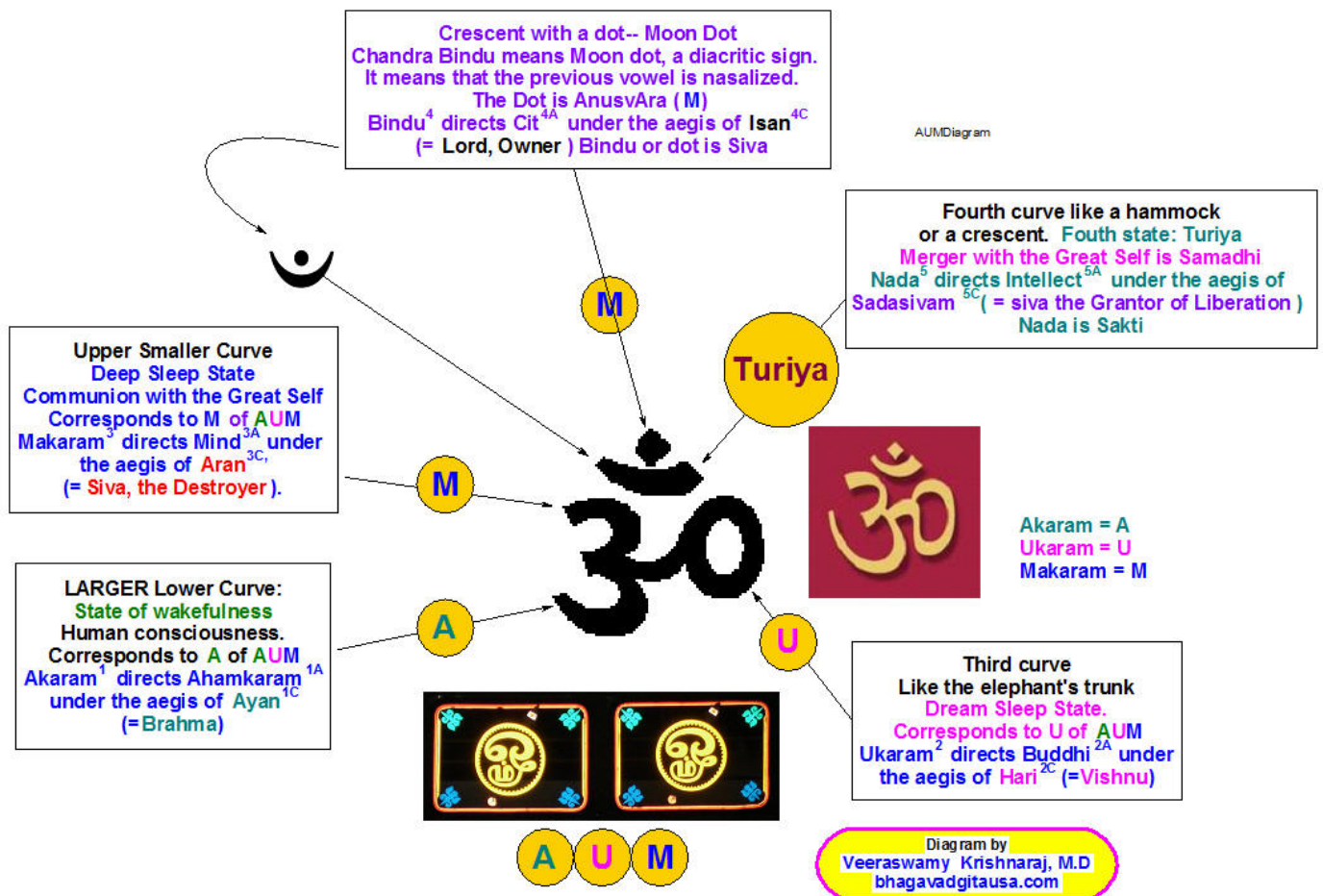
I am grateful for all the miracles in my life.

All happens in perfect Divine timing and synchronicity

I am connected to the wisdom of the universe.

My life moves with effortless grace and flow.

Anatomy and physiology of AUM



THANK YOU BELOVED HEART

*May your journey into remembering, be blessed
with the light of a thousand suns.*

May you remember the divinity that you are.

All our love and blessings

ASHERAH & GABRIEL



SCHOOL OF MODERN MYSTICS