

MAHA BOODA SUDDI



ROOT CHAKRA - MOOLADHARA CHAKRA

Sanskrit Name	:	Mooladhara chakra
Colour	:	Red
Symbol	:	Lotus flower with four petals
Represents	:	Strong Foundation
Element	:	Earth
Number of Petals	:	4
Message	:	I Exist
Location	:	Base of spine, in the area of perineum
Gland	:	Adrenal gland
Sense	:	Smell
Seed Mantra	:	LAM

Physical Body Parts Governed :

Skeletal System , Legs , Feet , Knees , Hip , Lower Digestive functions , Excretory Functions , Teeth , Anus , Prostate , Adrenals , Kidneys , Sexual Activity.

Emotions Governed

Physical Survival , Primal Instincts , Feelings Of Fight Or Flight ,
Material Possessions , Sense Of Security , Courage .

Balanced Energy :

Centered , grounded , healthy , fully alive , manifestation of
abundance.

Food

Pomegranate , Apple , Strawberries , Raspberries

Affirmations

- I am connected to the mother earth .
- I am strong
- I am stable
- I am protected
- I am safe.
- I am secured.
- I am healthy
- Life loves me and I love being here

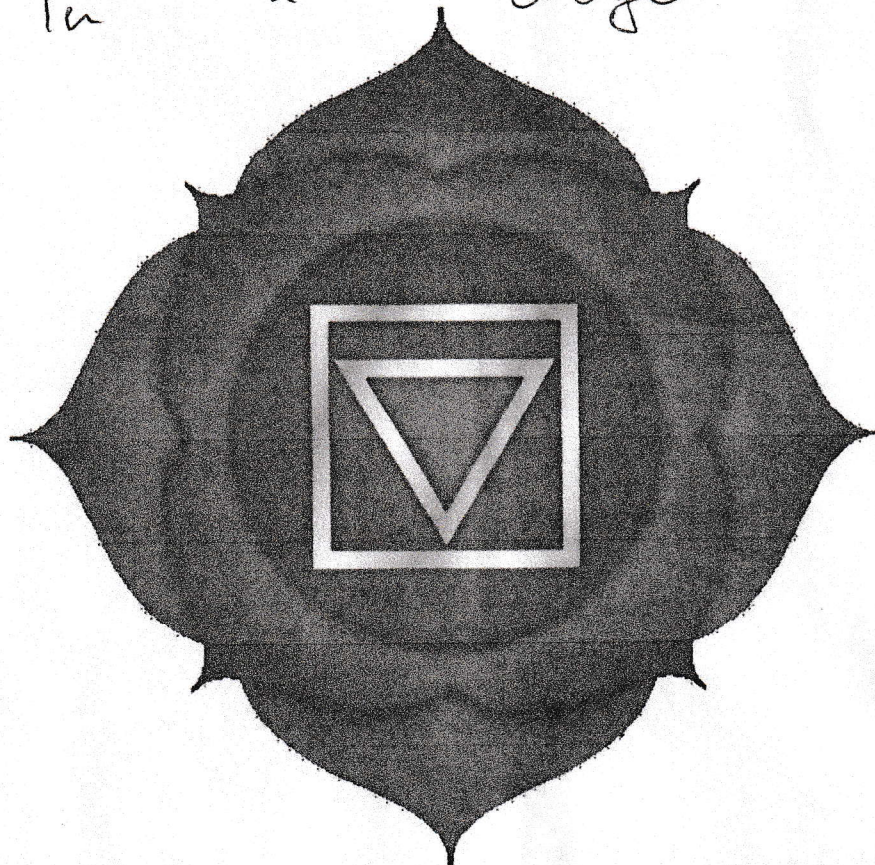
Practices to active Root Chakra

- Visualize red coloured 4petal lotus @ perineum area
,base of spine . Chant mantra LAM loudly . While
chanting visualize the mooladharachakra is beating
and the red coloured 4 petal lotus is expanding. Feel
it.

- Connecting with earth daily. Walk with barefoot for at least 10 minutes . This will help to detoxify the unwanted energies from your body.
- You can write the affirmations 7times each and can chant at anytime.



Out of balance - body
In " - energetic



four seasons - square.
▽ symbolises seed of consciousness
from which it flowers & grows, or
from seed to fully blossoming peak
of human potential.

SACRAL CHAKRA - Swadishtana Chakra

swa - self adishthana - rule or dwelling place

Sanskrit Name : Swadishtana Chakra *place of self*

Colour : Orange

Symbol : Lotus Flower with six petals

Element : Water

Number of petals : 6

Message : I Desire

Locations : *Attached to ovaries in females + testicles in men.*
In lower abdomen, between

All pelvic floor muscles are considered part of root & sacral chakra combined
waist and pubic bone, about 4 fingers below navel
Between coccyx & sacrum
Below 5th lumbar vertebrae

Gland : Gonads

Sense : Taste

Seed Nantra : VAM

*PRANA
TEMPLE*

: 2000

: KAMAKYA KRISHNA TEMPLE

Physical Body Parts Governed:

Reproductive And Sexual Organs, Sacral Vertebra, Stomach, Liver, Gall Bladder, kidney, Pancreas, Adrenal Glands, Upper Intestines, Spleen, Auto Immune System.

Emotions Governed:

Sensuality, Sexual energy, Self Acceptance, Intimacy, Creativity, Gut feelings.

Balanced Energy:

Intuitive, Emotional stability, concern for others.

Food:

Water , juices , Carrot , Orange , Melon , Papaya

Affirmation

- I am a creative being with unlimited potential
- My emotions are balanced.
- I am unique. *I feel compassion and pleasure.*
- My sexuality is vibrant.
- My relationships are safe *and joyful.*
- I am radiant , beautiful , and strong and enjoy a healthy and passionate life.
- I am special. *I stay connected with my feelings.*

Practices to activate Sacral chakra.

- Connect yourself with water element. If you can , see and enjoy the beauty of flowing river. If your health permits cleanse your emotions by enjoying rain , rain dance. You can cleanse yourself by dumping all your negatives and unwanted emotions in deep blue sea.
- Take a glass of water and energize it by chanting VAM (21 times) , water become energized.
- Release your emotions by dancing, singing, writing, shouting , in front of mirror . You can release it in your comfortable way.
- Be creative , you can do / practice your childhood hobbies, your passions, anything that makes you happy.



SOLAR PLEXUS CHAKRA - Manipooraka Chakra

Sanskrit Name	:	Manipooraka Chakra
Colour	:	Yellow
Symbol	:	Lotus flower with 10 petals
Element	:	Fire
Number of Petals	:	10
Message	:	I Control
Location	:	Two inch above navel
Gland	:	Pancreas
Sense	:	Sight
Seed Mantra	:	RAM

Temple

Agodhaga

Physical Body Parts Governed:

Pancreas , Kidney , liver , stomach , small intestine , spleen , adrenals, gallbladder , lumbar vertebra

Emotions Governed:

Mental Acuity , Vitality , Desire , Sense Of Identity , Sense Of Belonging , Will Power , Ego, Self Esteem, Self Confidense.

Balanced Energy:

Outgoing , Cheerful , Self Respect , Spontaneous , Relaxed , Respecting Other Personalities.

Food:

Banana , Pineapple , Corn , Lemon

Affirmation :

- I am confident , powerful, and I can handle anything.
- I am deserving.
- I am worthy.
- I can accomplish anything.
- I have a purpose.
- I manifest with ease and grace.
- I am balanced and emotionally stable.

Practices to activate Manipooraka chakra.

- Connect with fire element by lightening a lamp or candle. See the yellow , Orange , red colours in flame. Concentrate and gaze. Try to see the outer ring expanding and expanding . Like that your manipooraka chakra also expanding.
- Visualise yellow coloured 10 petal lotus @ Abdominal area. Chant mantra RAM loudly. While chanting visualize the manipooraka chakra is beating and the yellow coloured 10petal lotus is expanding.
- You can write affirmations 7 times each and chant at any time.
- Imagine and concentrate on manipooraka chakra. Relax and see the yellow fire. Gaze at it for sometime. Release your suppressed emotions and negative emotions to this yellow fire. see that the yellow fire is absorbing all your negativities.



HEART CHAKRA - Anahata Chakra

UNSTRUCK, UNBEATEN

Sanskrit Name	:	Anahata Chakra
Colour	:	Green (colour of peace & happiness)
Symbol	:	Lotus flower with 12 petals
Element	:	Air
Number of Petals	:	12
Message	:	I Love
Locations	:	In the centre of hearth , near heart
Gland	:	Thymus
Sense	:	Touch
Seed Mantra	:	YAM

Prana

Temple

6000

Modhura

Sri Krishna

Physical Body Parts Governed:

Thoracic Vertebra , Breasts , Oesophagus , Shoulders , Arms , Hands , Rib Cage , Circulatory System , Diaphragm , Lungs , Thymus , Heart.

Emotions Governed:

Love And Compassion , Healing , Relationships , Hope , Trust , Forgiveness, Friendly , Humanitarian.

Balanced Energy:

Outgoing , Humanitarian , Empathetic , Joyful, Contentment , Feel Oneness With Everyone And Nature.

Food :

Spinach , Green vegetables , Amla

Love - in balance.
Pride - out of balance

Affirmations

- I am open to receiving and giving love.
- I am kind to myself and others
- I love myself and others
- I forgive myself and others
- I am grateful for all my blessings.
- I respect myself and others.

Practices to activate Anahata chakra.

- Connect to Air element. Sit comfortably . Visualize and inhale all positive energy and love from nature (through nose) . Feel and exhale all negative emotions (hatred , disgust , anger) . Continue until you feel relaxed.
- Visualise Green coloured 12 petal lotus@ center of chest. Chant mantra YAM loudly. While chanting visualize the Heart chakra is beating and the Green coloured 12 petal lotus is expanding.
- You can write affirmations 7 times each and chant at any time.
- Start appreciating others. Try to find positives in others actions and behavior.
- Think and analyze when is the last time you said I LOVE YOU to your dear ones. Feel , Hug and say **I LOVE YOU** and **I AM LUCKY TO HAVE YOU** . Feel the difference in others response. Give and express love to receive love.

- Start forgiving others. Before you sleep try to forgive others. Take a persons case, convince your mind that *"he/ she has done to me because of his situation and was not done purposefully. I fully realize that and I forgive him/ her completely. May universe bless him/ her."* I forgive myself completely because my situations made me to do so, intentionally or unintentionally. I recognize this and will change and pray for my blissful and prosperous life.
- Start saying **THANK YOU** ie Gratitude . Daily when you wake up say 10 gratitude. Before you sleep say **THANKYOU** for all you received that day.



The Heart Chakra at its deepest core is always unhurt, untouched by the drama of this world, forever abiding in eternal love and peace.

THROAT CHAKRA - Vishuddhi Chakra

Visha = impurity, poison *Shuddhi = purify*

Sanskrit Name	:	Vishuddhi chakra
Colour	:	Blue
Symbol	:	Lotus flower with 16 petals
Element	:	Space
Number of Petals	:	16
Message	:	I Express
Location	:	At the base of Throat.
Gland	:	Thyroid
Sense	:	Sound
Seed Mantra	:	HAM

Purna - 2000

*USAINT. - centre of
arts, music,
dance.*

Physical Body Parts Governed:

Thyroid Gland, Throat, Ears, Parathyroid Gland, Trachea, Neck, Shoulder, Oesophagus, Vocal Cords, Cervical Vertebrae, Mounth, Teeth, Gums.

Emotions Governed:

Self Expression, Creativity, Communication, Self Knowledge, Faith, Trustfulness, Honesty, Career Connected, Telepathic, Truth.

Balanced Energy:

Contented, Centered, Good Speaker, Effortless Expression, Artistic, Sense of Timing.

Food: Pears, Peaches, Apricots

*Balanced = happy
out of " - sad. always*

Affirmation

- I speak my truth with love and kindness.
- My voice is strong and clear.
- I express myself
- I have the words I need
- I express myself truthfully and clearly.

Practices to activate Throat chakra.

- Connect with nature , space element. Gaze on Akasha tatwa for sometime. Enjoy the space. sit comfortable and feel the space element inside you. by Practice you can hear your inner voice.
- Visualize Blue coloured 16 petal lotus@ centre of Throat. Chant mantra HAM loudly . While chanting visualize the Throat chakra is beating and the Blue coloured 16 petal lotus is expanding.
- You can write affirmations 7 times each and chant at any time.
- Relax and analyze your skills (both artistic and non artistic)
Meditate on your skills. Start practicing it.



THIRD EYE CHAKRA - Ajna Chakra

Sanskrit Name	:	Ajna Chakra
Colour	:	Indigo
Symbol	:	Lotus flower with two petals
Number of petals	:	2
Element	:	Manas/ Mind
Message	:	IAM the WITNESS
Location	:	In forehead , between eye brows
Gland	:	Pineal & Pituitary
Sense	:	Sixth Sense / Higher Mind
Seed Mantra	:	SAM

Prana

2000

*Higher sense
Siddhi - self sense
Desham - Anger*

Physical Body Parts Governed:

Pineal gland , pituitary , brain , nose , ears , eyes , Neuro system.

Emotions Governed:

Intuition , Insight , Imagination , ESP , Psychic Powers , Higher Knowledge , Commanding Power.

Balanced Energy:

Sharp Intuitions , Clairvoyance , Fearless , Charismatic , Can Transcend Past Present And Future States.

Food:

Rasins , Grapes , Figs , Avocado , Purple coloured fruits and vegetables.

Affirmation

- I am open , intuitive , and self - assured
- I am creating a clear vision for my life
- My imagination is precise and powerful
- I trust my intuition , my decisions and my abilities

- I hear and trust my inner voice.
- I create reality
- My life moves effortlessly towards my purpose.
- I release and forgive the past.
- I think the very best of myself in all situations , at all times.

Practices to activate Ajna chakra.

- Visualize Indigo coloured 2 petal lotus@ centre of eye brow .
Chant mantra SAM loudly . While chanting visualize the
Ajna chakra is beating and the Indigo coloured 2 petal lotus is
expanding.
- You can write affirmations 7times each and chant at any time.
- Meditate on yourself.

CROWN CHAKRA - Sahasrara chakra

Sanskrit Name	:	Sahasrara Chakra
Colour	:	Violet
Symbol	:	Lotus flower with 1000 petals
Number of petals	:	1000
Element	:	Mahat Tatwa
Message	:	IAM that IAM
Location	:	Top of the head
Gland	:	Pituitary , Pineal
Sense	:	Beyond sensory
Seed Mantra	:	OHM

Physical Body Parts Governed:

Pituitary And Pineal Gland , Brain , Hormone System , Nervous System , All Brain And Head Related Parts.

Emotions Governed:

Peace , Understanding And Knowledge , Enlightenment, Conscious Awareness, Divinity.

Balanced Enerhy :

Spirituality , Blissful, Subconscious And Conscious Mind Awareness.

Food:

Violet coloured items, walnut , Sweet potato , Violet cabbage , Satvic food

Affirmation

- I surrender to the wisdom of pure consciousness

- I am complete , I am Love , I am divine
- I am my spiritual truth.
- I am grateful for all good things and people in my life.
- I honor the divine with me.
- I trust my intuition.
- I am open to divine wisdom
- I am divinely guided and inspired.
- I am enlightened.
- I am connected to my soul purpose and my higher self.

Practices to activate Sahasrara Chakra.

- Visualize violet coloured 1000 petal lotus @ top of head.
Chant mantra OHM loudly . While chanting visualize the Sahasrara chakra is beating and the Violet coloured 1000 petal lotus is expanding.
- You can write affirmations 7 times each and chant at any time.
- Meditate and Imagine you are receiving universal energy through crown chakra.

