



Video Transcript

Learn To Balance Your Chakras

Hello, everyone. Welcome to the Gaia goddess platform. My name is Susan Halley, and I am going to be talking about one of my favorite subjects, the chakras.

And so today we're going to discuss the seven chakras in our body. These are our energy centers, or points in our body where energy flows through.

Well, what is a chakra? Chakra, according to Sanskrit, is the wheel of light.

And what exactly is a chakra? Well, the word chakra is Sanskrit and the term wheel or circle allows us to connect with and find the energy centers in the body.

And this goes back to ancient Vedic healing.

And it's an ancient wisdom. They are thought to be spinning discs that spin in a circle, in a clockwise circle. And when they're opened and aligned,

it to, you know, our energy, and they're kind of like bundles of nerves,

and they connect with major organ systems in our body and areas of energy in our body that affect us emotionally and physically, even mentally,

right? So we want our chakras to be balanced and well -organized.

So today, the seven chakra system is the most well -known, explored, and research system throughout science. It's been studied from the beginning of time.

The seven chakras is a system that helps us align through the main channels of our body. And so today we're going to explore those seven channels, which is best known to help in healing, one's mental health, one's physical health,

one's spiritual and emotional well -being. When the chakras go offline,

then everything goes offline in our body. So again, we want to keep our chakras moving, flowing, and healthy to be able to live with a balance of well -being and health.

And so each chakra is associated with a beautifully clear, vibrant color, and it has an amazing mantra beja sound with it,

as well as many different organs and organ tissues and body parts. So it has a relationship with each one of these associated chakras or wheels of light. Energy centers. So we're going to begin today by opening and aligning our chakras so that we are healthy and we feel balanced in our body. The first chakra is the root chakra, and this represents our foundation and the feeling of being grounded, right? It's located at the base of the spine or the tailbone, and in this area, the emotional issues around this first chakra would be survival issues or financial independence, right? It's our survival, it's our food, it's our water. And the color is red, right? We call it in Sanskrit, the muladhara, and the affirmation is, I feel grounding and I feel supported with unconditional love, and I am safe. The second chakra is by our navel, and it's the sacral chakra, and it's our connection and our ability to accept others and new experiences. As I said, it's located at the abdomen or the navel area, two inches, maybe a little bit below the navel, and also it could be mirrored in the front or the back of the body. The emotional issues around that chakra is a sense of a lust.

all my feelings and desires and easily discern the appropriate way to act on them. Next is our solar plexus, our third chakra, right? And our ability to be and feel confident and in control of our lives. The location is at the abdomen, solar plexus right around the stomach area. And the emotional issue around this third chakra is about self-worth, self-esteem, self-confidence, personal power, willpower, right? And this is the color yellow, like the sun, sunshine. And the Sanskrit word is Manipura. Here's the affirmation for that third chakra. I honor my truth and I honor my body.

I am powerful beyond measure. Beautiful. The fourth chakra is the heart chakra. And this is our ability to love, to give and receive. Here it is at the center of our chest, right above the heart. And some of the emotional issues around this would be love, joy, inner peace, trust, even sadness. And the color is green. And the Sanskrit word is anahata. And the affirmation, I am deeply loved. I am completely lovable. I am love.

We're on the fifth chakra, the throat chakra. And this is our ability to communicate. And the location is all in this area. And some emotional issues around this would be communication, self-expression, feelings of the truth, right? And the color is blue. And the Sanskrit word is Veshudra, or Vashudi. The affirmation is, I hear my truth and from that place I speak. Abrakadabra. The third chakra,

I'm sorry, the sixth chakra is the third eye. And it's our ability to focus on and see the big picture. It's located between our eyebrows, right on our forehead. It's also called the brow chakra.

Some of the emotional issues that may be in this sixth chakra is clarity, imagination, our wisdom, and our ability to think and make decisions. The color is indigo, And the Sanskrit word is Ajna, Ajna chakra.

Affirmation, I see with clarity through the eyes of God or the creator.
Seventh chakra, the crown, is the highest chakra, and it represents our ability to be fully connected spiritually, fully connected to source, higher being, and the locations at the top of our head, and some emotional issues that are around this seventh chakra is inner and outer beauty, our connection to spirituality, our purity and bliss. And the color is violet.
The Sanskrit word is Saha strata. The affirmation is,
I trust in a higher power, and I know I am one with all that is.
All that exists. Okay, so now that we know all the seven chakras and the wheels of light, we're going to apply this to a very short and effective meditation.
So I'm going to invite everyone to find a comfortable seat, whether that's on the floor or on a chair. You may want to sit on the couch and just find a very comfortable position. And we're going to go through all of the seven chakras, starting with the first chakra, the root chakra. So I want to invite everybody now to close your eyes and I will guide you through the seven chakras to balance and harmonize and to integrate all of these wheels of light.
Okay, close your eyes and you can place your hands at the first, the root chakra, the first chakra and visualize the color red
And visualize that wheel of light spinning in a clockwise position, right, in a clockwise spin.
And the sound, the beja, is lam.
We'll repeat that in your mind seven times and I will say the sound out loud.
LAM, laam, laam, la.
Second chakra by the navel. The color is orange, so visualizes brilliant, bright orange.
The sound is vam.
Vam, vam, vam, vam.
Moving up to the third chakra, solar plexes, the color is yellow like the sun.
And we are going to say the sound R -A -M -R -A -M. Ram, ram, rom, ram. wrong,
getting that chakra healthy and a clockwise spin, using your imagination to visualize this beautiful yellow like the sun.
Next is the heart. Colors green.
The sound is yum.
Yum, yum, yum, yum, yum.
Allow your body to feel the vibration of the beja sound. You can say it out loud or you could say it to yourself.
Nice. And then we'll bring it up to the throat chakra, the fifth chakra. The color is blue.
And the sound, hum.
Hum, hum.
Allow yourself to feel the vibration, see the color, sound,

Visualizing the throat, expansion, communication, opening.

Sixth chakra, third eye. The sound is om.

begin together with one long, beautiful oh.

Visualize that blue color,

opening up the third eye, sixth chakra,

sound of own.

Moving on to the seventh chakra, the crown of the head, top of the head.

It's all sounds, all colors. So just close your eyes here and just notice and

visualize all the chakras, starting from the root chakra, moving the energy,

the wheels of light up, the Shishuna, or the spine.

Taking this time to align,

reinforce, revitalize, and rejuvenate.

And when you're ready, you can open your eyes.

So yes, this is a very effective, fast way that we can balance or energetic wheels

of light, our vitality, by just closing our eyes for a few minutes and tapping into

each chakra and noticing what's going on there. Are they spinning slow?

Is it spinning backwards? Is it spinning too fast, right? We are our own teachers

and our own healers. And so when we tap into each chakra, we're able to kind of

see like what's going on in this area. And we know that they have relationships,

right, with each of the physical body parts, the organ system, the endocrine system,

the tissues, the bones in the body. So each chakra has a relationship with each

other as well. So when we balance the first one and the second one, the third one,

the fourth one all the way up to the crown of the head, we're allowing the whole

entire body to be in balance and aligned. So thank you everyone for taking the time

here today to balance your chakras, and I look forward to seeing you again.