

Chapter 1 : - The Seven-Day Total Cleanse: A | theinnatdunvilla.com

Welcome to my 7 Day Chakra Juice Detox Program A fun & Inspiring way to learn to be healthy Mind, Body & Soul The 7 day Chakra Juice Detox program is designed to cleanse, heal & rejuvenate the physical, emotional & spiritual aspects of your being.

Sahaswara The seventh chakra, Sahaswara, is referred to as the thousand-petal lotus chakra. This is the top chakra of the seven and located at the crown of the head. Sahaswara is our source of enlightenment and spiritual connection to all that is. It is a connection to our higher selves, to every being on the planet, and ultimately the divine energy that creates everything in the universe. True opening of Sahaswara means the realization that you are pure awareness. You are pure consciousness, undivided, and all expansive. Like a drop in the ocean, you are a part of that ocean that contains and encompasses every aspect of it. It is nurtured, grows, and emerges in muddy waters. It blooms where there is no clarity. The beauty of the lotus is unique to its environment, which appears monotonous and lacks vibrancy. When you reach the unfurling of the seventh chakra, you emerge through the confines of the physical body, the ego, mind, and intellect. You even push beyond the individual soul that ties you to Samsara, the endless cycle of birth and rebirth. You are freed from the shackles of desire. White light surrounds your body and you appear to stand out in your murky surroundings. Is This an Unattainable Beauty? After reading the description of the seventh chakra, it may seem out of reach. A worthy goal may be to live in a constant state of pure awareness. But how about living with moments of pure awareness? We have all experienced these moments at one time or another. Have you ever felt unconditional love for someone? Have you ever experienced a miracle? Practicing meditation, prayer, and daily silence are disciplines that lead to increased moments of spiritual connection. In fact, these are the only means by which you will experience the essence of Sahaswara. Just as you would go to school for hours a day and study for exams to obtain a degree, meditation, prayer, and silence are your studies to obtain a spiritual degree. You will begin to experience unconditional love on a consistent basis. You will be more compassionate, kind, and forgiving, and you will show more humility. Life will no longer be solely about you and your desires. Your life will become more about serving others because when you serve others, you are serving yourself. Asanas, Sounds, Colors, and Gems While silence is the most powerful and important way to opening the seventh chakra, there are some other practices that support this chakra. Two Pranayama breathing techniques you can do before meditation include Nadi Shodhana , or alternate nostril breathing, and Kapalabhati , or the skull shining breath. Inverted yoga asanas such as headstand Salamba Sirsasana and down dog Adho Mukha Svanasana can help stimulate the seventh chakra, as well as any posture that brings the crown of the head to the floor such as fish pose Matsyasana. The color for the crown chakra is violet or white and the mantra sound is the universal sound of OM. Gems you can wear or have in your environment to help open and align the seventh chakra are amethyst, selenite, and sugilite. Develop a meditation practice that will last you a lifetime.

Chapter 2 : Chakra - Wikipedia

Tend to and explore the energy of the seventh chakra through this unique practice designed by Adriene. Crown - Sahasrara - Violet Consciousness Thought Information Knowing Understanding Transcendence Meditation This unique yoga practice is designed for you to return to again and again.

We saw that having its roots in Sanskrit, an ancient language in Hinduism, Chakras are centers of energy that we find throughout our bodies. At the core of each of us, spin 7 main chakras aligned along the spine starting from the base up to the crown of the head. The Chakras are important for anybody on the Spirit driven path and so we will go deeper into our understanding of each one of these ever-spinning wheels of life energy. Our journey through the 7 chakras continues as we arrive to our chakra 7: This is a reference to the petals of a lotus that represent the seventh chakras. Our journey up the spine is coming to an end as we approach the crown chakra where we connect to the divine, to Source. It is through this chakra that our consciousness expands and reaches level of understanding far greater than that of any other chakra. It is the place of all manifestation, the place of ultimate liberation. We started this journey by taking roots in the solid earth and have ever since grown upwards through the elements of water, fire, air, sound and light. At last, was arrive at our last element " thought. This chakra is related to the pituitary gland as well as the hypothalamus which work hand in hand to regulate the endocrine system. On a physical level, the seventh chakra relates to our brain and more particularly to the cerebral cortex as well as the whole nervous system. When you think about it, this is quite incredible! Our brains are virtually limitless. At the unconscious level, the seventh chakra represents the wisdom of the body, whereas in the conscious mind it is rather the intellect and the belief systems that are represented. From a superconscious point of view, Sahasrara is knowledge of the divine. There was an error submitting your subscription. First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer. Get my FREE ebook! The Crown Chakra Element: The three upper chakras, all share different aspects of the same element: Ether can be seen as space and represents both the space within as without. At the seventh chakra level of awareness, we experience Ether in the form of thoughts which are strongly related to the mind and the awareness that creates the mind. It is within our minds that we experience consciousness in the form of thoughts such as of happiness, sadness, love or hate. Through our minds we are spectators of a theater in which at times, our thoughts can seem so realistic that we start identifying with the character on stage and forget that it is all just a play. As we watch this play unfold, we assimilate experiences into meaning and form our belief system based on which we afterwards construct our reality. Sitting at the top of our heads as a crown, this chakra is our connection to the divine consciousness within as well as without. At this level, we are far from the material world and gain a sense of freedom of space and time. Indeed, within our minds, time and space know no barrier. We can easily think of an event of the past one second and the next second imagine something that will take place in the future. Within our minds we become creators, destroyers, learners, lovers " all without even moving. The crown chakra is said to be the seat of the soul, the gateway to world beyond and within. It is our connection to the divine. We could try to describe it in many many ways, but the truth remains, that words will never be enough as it can only be experienced. The Crown Chakra Colour: On the visible spectrum of light, violet is the colour that present the shortest wavelength as well as the highest vibration. This colour is deeply related to spirituality, the connection to the divine within as without. Our journey through the Chakras comes to an end! As we continued, we expanded beyond survival instincts and desire for pleasure and merging with another. We then reached the Solar Plexus Chakra , where we grow in strength and found our power rising. Home to the element of fire, this chakra ignites the light of consciousness and pushes us away from inertia. Continuing our journey upwards, we then arrive to the fifth chakra " The Throat Chakra. In this energy center located in the throat area, we learn to voice our thoughts and communicate. We learn to express ourselves, connect with others but also to expand our awareness allowing at the same time our world to become larger. We then continue our journey upwards as we reach the sixth chakra, the Third-Eye Chakra. Here we gain a sense of peacefulness and inner knowing " wisdom. At last we arrived to the last chakra, our journey upwards comes to an end.

We have climbed each chakra from the roots and have ever since grown upwards through the elements of water, fire, air, sound, light and ether. We have gained insight into ourselves. As this journey comes to an end, a new one begins. Indeed, it is now time to come back to the roots, to the foundation of our system and apply what we have learned. It is now time for the journey inwards to begin.

Detoxifying and fasting for a day or two is also recommended to balance the Seventh Chakra. Light meals, broth, stews and soups, violet colored fruits and vegetables along with plenty of water must be used to clear the Crown Chakra and enable it to receive the Divine Energy.

Color influences our mood Why are we attracted to certain colors? Colors evoke certain feelings. Some colors are more yin, and others yang. And each chakra in our body swirls at a frequency related to a certain color. Balance is our natural state, so it is very natural, that we would be attracted to one color more than another, if this will bring us balance. Expedition through the Rainbow A journey through our 7 chakras is essentially an expedition through the rainbow. Each of our seven chakras has a corresponding color that follows the colors of the rainbow: The chakra colors can be bright, faded, with very little color present or broken up, with empty space The color of a chakra indicates our current physical, emotional, and spiritual state. When the chakras are balanced, energy flows into and out of each of these 7 centers harmoniously. Darkness disappears where there is light. Using chakra colors together with Chakra Sound , may help balance all areas of our life. There are different techniques in using color for chakra balancing. My preferred technique is to use my imagination - my intent. It will surround me; I will bathe in it; I will imagine breathing it in, towards the chakra itself. Chakra Colors and their meanings: Red is such a vibrant, warm color. For Vitality, courage and self-confidence It is related to the first chakra, the Root Chakra. Add red to your surroundings, when you feel drained of energy. The color red provides power from the earth. It connects us to our physical body. Triggers the adrenal glands. Orange is related to the second Chakra Yellow is a bright color. It will charge you - let you see things with more clarity. It is great in small quantities. Too much could lead to anger. It stimulates the pancreas. Green is the color of renewal and healing. It is midway in the color spectrum, between heaven and earth - the Heart - the fourth Chakra. It is soothing and promotes balance. Stimulates the Thyroid Rational thinking - non-emotional balanced state. Use this color when confronted with emotional upsets or when in need of extra caution and wisdom. Indigo Blue - the cool deep color - deep thoughts at intuitive level - clear as crystal. Cold Yin and night. Violet - the color representing the seventh Chakra, the doorway to bliss, knowledge and conscious co-creating. It strengthens the Pineal gland. Use violet to balance and open the Crown Chakra and enter higher levels of consciousness. Theta healing uses this pathway.

Chapter 4 : What are the 7 Chakras? - and how they effect your health

This revolutionary seven-day juice-fast helps you lose weight and rid your body of toxins -- while also rebalancing the seven energies of the chakra -- with raw juices, yoga exercises, meditations.

Energy Fitness A daily chakra cleanse meditation keeps all of your chakras open, strong and healthy. This is the easiest and most effective way to keep your chakras fit and working properly. Ideally, you would do a chakra cleanse meditation every day but if you are new to meditation and new to working with the chakras you may find this too much. Simply then commit to doing it 2 -3 times a week or whenever you can. You may find though that you feel so good and balanced after the chakra cleanse meditation that you will want to do it every day! When you do the chakra cleanse meditation you can sit, stand or lie down. Just remember though that if you lie down you may fall asleep and you need to be awake to successfully balance each one of your chakras. Many people love to do the meditation first thing in the morning, so that they start the day balanced and vibrating on a high level. Chakra cleansing requires your full attention and for you to be in a relaxed and safe environment. If you would like a professionally recorded version of the chakra cleanse meditation, you can purchase it in my store here. Take a deep breath in Feel the sensation of relaxation beginning at the bottom of your feet. You can feel that your feet are beginning to feel warm and loose. Allow the relaxation to spread over your feet, and up to your ankles. Feel the sensation of relaxation now rising above your ankles, moving up your lower legs Allow the sensation of relaxation to continue to spread throughout your body, rising now to your hips and pelvic area Now, to your stomach and lower back Let your upper arms relax Feel your body relaxing further as the area of your collar bones lengthens and relaxes Feel the relaxation continue to spread to your chin Feel your eyelids, heavy and relaxed Feel your eyebrows relaxing Your forehead feels soft and relaxed Let the sensation of relaxation spread further to the top of your head Your entire body now is relaxed and calm. Feel the relaxation flowing throughout your body, from your head to your feet. You can relax even further as you let your spine relax completely. Starting where the top of your spine meets your head, feel the sensation of relaxation Feel the relaxation spread down your spine Notice all of the muscles of your back relaxing completely You now feel relaxation flowing throughout your entire body. Take a deep breath in, breathing in relaxation And release the breath. Breathe out any remaining tension. Continue to breathe gently and slowly as you mentally scan your body, looking for any remaining tension. If you notice any tension, focus on that area. Now, direct the relaxation to flow into that area, and allow it to carry the tension away. Imagine that the air you are breathing can cleanse your body and remove tension. Imagine that each breath is cleansing and relaxing every area of your body, every bone, every muscle, every organ, every cell. Picture the tension in your body leaving with each out breath. Now simply relax, enjoying the feeling of relaxation for a few moments. Continue with the Chakra Meditation below This meditation not only balances and cleanses your chakras, it also teaches you how to channel White Light for yourself. This is where your first chakra is located. The colour of this chakra is red. You begin to cleanse your first chakra by holding your focus on your lower abdomen and pelvis area. As you breathe in and out, smoothly and softly, hold your point of focus on the first chakra. As I begin to count from one to ten, you will continue to hold your focus on the area of your lower abdomen and pelvis. Now, visualize the colour red, red like a red rose, or a strawberry or a raspberry. Imagine the colour red beginning to flow into your first chakra. With every in- breath, visualize the colour red flowing into and filling up your first chakra, and with every out breath allow yourself to let go. Breathe in, and as you do, you see red flowing in and filling up your first chakra, and as you breathe out, allow yourself to let go. Allow your first chakra now, in its own time, to take in as much of the colour red as it needs. Continue to breathe softly and slowly as your first chakra does thisâ€¦. Draw your awareness now to just below your navel. This is where your second chakra is located. The colour of this chakra is orange. You begin to cleanse your second chakra by holding your focus on the area just below your navel. As you breathe in and out, smoothly and softly, hold your point of focus on the second chakra. As I begin to count from one to ten, you will continue to hold your focus on the area just below your navel. Now, visualize the colour orange, orange like the setting sun or perhaps of an orange. Imagine the colour orange beginning to flow into your second

chakra. With every in- breath, visualize the colour orange flowing into and filling up your second chakra, and with every out breath allow yourself to let go. Breathe in, and as you do, you see orange flowing in and filling up your second chakra, and as you breathe out, allow yourself to let go. Allow your second chakra now, in its own time, to take in as much of the colour orange as it needs. Continue to breathe softly and slowly as your second chakra does this. Draw your awareness now to your stomach and solar plexus area. This is where your third chakra is located. The colour of this chakra is yellow. You begin to cleanse your third chakra by holding your focus on your stomach area. As you breathe in and out, smoothly and softly, hold your point of focus on the third chakra. As I begin to count from one to ten, you will continue to hold your focus on the area of your stomach and solar plexus. Now, visualize the colour yellow, yellow like the sun or a sunflower. Imagine the colour yellow beginning to flow into your third chakra. With every in- breath, visualize the colour yellow flowing into and filling up your third chakra, and with every out breath allow yourself to let go. Breathe in, and as you do, you see yellow flowing in and filling up your third chakra, and as you breathe out, allow yourself to let go. Allow your third chakra now, in its own time, to take in as much of the colour yellow as it needs. Continue to breathe softly and slowly as your third chakra does this. Draw your awareness now to your heart region. This is where your fourth chakra is located. The colour of this chakra is green. You begin to cleanse your fourth chakra by holding your focus on the area of your heart. As you breathe in and out, smoothly and softly, hold your point of focus on the fourth chakra. As I begin to count from one to ten, you will continue to hold your focus on the area of your heart region. Imagine the colour green beginning to flow into your fourth chakra. With every in- breath, visualize the colour green flowing into and filling up your fourth chakra, and with every out breath allow yourself to let go. Breathe in, and as you do, you see green flowing in and filling up your fourth chakra, and as you breathe out, allow yourself to let go. Allow your fourth chakra now, in its own time, to take in as much of the colour green as it needs. Continue to breathe softly and slowly as your fourth chakra does this. Draw your awareness now to your throat. This is where your fifth chakra is located. The colour of this chakra is blue. You begin to cleanse your fifth chakra by holding your focus on the area of your throat. As you breathe in and out, smoothly and softly, hold your point of focus on the fifth chakra. As I begin to count from one to ten, you will continue to hold your focus on your throat. Now, visualize the colour blue, blue like the sky, or the ocean. Imagine the colour blue beginning to flow into your fifth chakra. With every in- breath, visualize the colour blue flowing into and filling up your fifth chakra, and with every out breath allow yourself to let go. Breathe in, and as you do, you see blue flowing in and filling up your fifth chakra, and as you breathe out, allow yourself to let go.

Chapter 5 : The Color VIOLET

Deep blue juice: the sixth chakra --Day 7. Violet juice: the seventh chakra -- Modified cleanses -- Recipes -- The seven-day kitchen -- Juices, smoothies, and recipes for the days following your cleanse.

When open and balanced, energy moves freely through them and spiritual and physical healing can occur. However, when the chakras become blocked, it can cause mental and physical disease. A blockage in the crown chakra can lead to spiritual malaise and other problems. Understanding the Crown Chakra The crown chakra, known as Sahasrara in Sanskrit, is the seventh major chakra. It is located on the crown of the head and is associated with spirituality. The Sahasrara chakra is violet or white, and is represented by a lotus flower with a thousand petals. This chakra is what allows people to move beyond individual materialistic needs to connect with the universal whole. Opening the crown chakra brings spiritual insight, mindfulness and the ability to live with quiet self-confidence in all aspects of life. Symptoms of Sahasrara Imbalance A deficiency in the crown chakra tends to cause subtle, systemic problems. Depression and mental fog Migraines and other chronic headaches Greed and materialism An excess of energy in the crown chakra can also cause problems including: Sensitivity to light and sound Neurological or endocrine disorders Boredom and frustration A sense of elitism or unearned accomplishment An unbalanced crown chakra can also play a role in learning disabilities, comas, sleep disorders and mental illness. This simple 7-minute energy technique is an excellent way to experience the power of Energy. Watch out for amazing synchronicities right after you do this. Healing the Crown Chakra The most powerful way to heal the crown chakra is through meditation. This is because of the ties between the crown chakra and spirituality. Regular meditation practice of all sorts is beneficial. For a meditation focused on Sahasrara, envision white light pouring into the top of your head, filling your body and connecting you with the world around you. If you only have a few moments to meditate, try imagining a violet lotus flower over your crown for a simple chakra meditation. Need help balancing all of your chakras? The 7 Chakra Balancing Meditation is a relaxing meditation that will help you to activate and balance all 7 chakras. This meditation can be performed everyday or whenever you need a tune-up. Unlike other chakras, the crown chakra does not have any healing food specific to it. This is because of its role in spiritual nourishment. Nurturing the body with wholesome, healthy foods while focusing on spiritual things can help heal this chakra. Silence is best for crown chakra activation, because it does not distract from spiritual practice. The sound of Om and deep, tonal sounds can also be healing music for Sahasrara because of their universal nature. Most yoga asanas are useful for crown chakra balancing because of the meditative aspect. Slow practice that allows time for plenty of focus on the breath is ideal. This is not the time to push boundaries and strive to achieve difficult poses, but rather to work on mindfulness and meditation. Using chakra stones such as Selenite, Clear Quartz, Amethyst and Diamond can also be an effective way to heal the crown chakra. Aromatherapy for the crown chakra encompasses a wide range of scents. Flowery essential oils like jasmine, rose and lavender can soothe an overactive crown chakra, while more pungent essential oils like sandalwood, frankincense and myrrh can help stimulate an underactive or blocked Sahasrara. Reading or doing puzzles outside on a sunny day is an easy way to help heal the crown chakra. Do you want to have more success and joy in your life? The best way to do this is by learning more about your name through numerology. It is a 4, year-old science that can help you learn the meaning of your name, because your name was no accident! All it takes is your name and date of birth, [click here to get your free personalized numerology reading.](#)

Chapter 6 : Seventh, Crown Chakra - Sahasrara Stock Vector - Illustration of hinduism, ajna:

I hope you enjoy this video while checking out all the chakras Day 7: The Seventh Chakra-The Crown Chakra The Crown chakra is located at the crown of the head, it's color is violet (gold is also associated with this chakra).

The light frequencies are perceived and recognized as color through the eyes and brain. When white light hits a prism it is seen as the seven rainbow colors. The human body has seven main chakras, or energy vortexes that vibrate harmoniously with these seven color frequencies. If there are any energy blockages in the chakras, applying the correct light frequency can be very beneficial in clearing and restoring the area to proper functioning frequency. Branches of alternative medicine and ancient cultures have long recognized the power of color therapy to influence the body and the psyche. Chakras Sanskrit for "Wheel" are spinning energy vortexes originating along the astral spine located in the center of the physical body. They are linked together by energy channels and are responsible for among other things the proper functioning of the organs in their vicinity. Placing a Tachyon on a specific Chakra will stimulate the subtle energies in that area and promote healing and balance in the related body systems. See chart below 7th chakra - Sahasrara - Crown chakra 7th Sahasrara crown Highest Center associated with merging of human with the divine, spiritual Unity and final Liberation from the karmic wheel and earth plane. Governs the Cerebral Cortex, central nervous system, and pineal gland. Indigo 5th Vishuddha throat Center of communication, speech, effect of the spoken word on truth, expansion of consciousness. Governs thyroid, throat and mouth. Element is Air Colors: Governs the adrenals, stomach, liver, muscles, nervous system, digestive system and Pancreas. Yellow 2nd Svadhistana sacral Center of sexual desire, cravings, family life, harmony, tolerance. Governs reproductive organs and bladder. Orange 1st Muladhara root Center of the will to survive and function in the material world. Proper balance brings courage, stability, physical health, and stamina. Red How to align your chakras over a period of 7 nights as you go to sleep visualize the associated color with the specific chakra pouring into that specific chakra. Do one chakra each night till all 7 of them have been completed.. The energy of this Flame is the first and final synthesis, the source of all the other energies. The Blue Flame is in the core of the very strength and energy. The first Ray is represented in the power of intent, cause, direction, centralization and unity, and its keynote is will - Divine Will. The basic qualities of the Blue Flame are manifested through the energies of power, strength, faith and protection. The Blue Flame Invocations should be performed on Sunday, since this is the day when the irradiation of this Ray is especially dominant. Archangel Michael is the leader of all Archangels and Angels. With His blue flaming sword, Archangel Michael can free you from your bad karma, negative energy and restraints that bind you to other people, situations and memories from the past. He can give you strength, power and protection from the devastating thoughts, feeling and deed of others. Each day, Archangel Michael resides in the Astral kingdom of the lower regions for about 22 hours, where He disperses hatred, envy and fear. In this task He is being aided by a legion of Angels of the blue flaming sword. If somebody is sending you negative thoughts or thoughts that confront you own will, your strength is going to weaken and this can undermine your success in life. Kindly ask Archangel Michael to stand between you and the sender of those negative thoughts, and to protect you. That is the way to turn the negative into positive. Archangel Michael will make you braver and more resolute, so that you can resolve you problems more easily. He will strengthen the will of God in you, as well as the power of faith. Both of these qualities will feed your inner strength, and your motivation is going to become noble and selfless. Encompass yourself with the sky-blue light - the color of Archangel Michael and the ancient color of the Blue Flame. Let the Blue Ray heal you, increase your self-respect, strength and energy, and let it protect you from all the negative things that come to you. Pray to Archangel Michael to be released from the emotional and other chains that bind you to other people or circumstances from the past. Pray so that you can be filled with love, and realize within yourself the power of Light. Feel this light in your heart and contribute to building a "bridge to freedom" on this path of Angels. In this endeavour you will get the help of Archangel Michael. Kindly ask Him for help while having faith in yourself, because "to him who knocks it will be opened". Ask him to send His ascended Angels of protection to embrace you and your loved ones, and all the constructive people of Earth. Ask Him to

be released from all the thoughts that are not compatible with the untainted Divine plan for you. The representatives from the world of crystals for the Blue Ray Blue Flame are: These crystals are connected to the Vishuddha chakra. This is a Ray of consciousness. The yellow golden flame brings the impulse for binding light and love, as well as for unifying matter and spirit. This is a Ray of wisdom, sensitivity and intuition. The energy of the yellow flame qualifies and teaches, enabling the processes of thorough synthesis, love, wisdom, enlightenment and peace. Yellow Flame Invocations should be performed on Monday when this ray is especially dominant, and on Monday it reaches maximal intensity. Archangel Jophiel, the Angel of enlightenment is the most prominent representative of the Yellow Ray, and of the yellow golden Flame. Archangel Jophiel can bring you wisdom out of the Source of all things, He can bestow you with love and peace. Archangel Jophiel can help you overcome fear, ignorance, and false pride. He can lead you toward health, goodness, and other truly spiritual insights and enlightenments. Female part of His Divine nature is Constancy. Ask Archangel Jophiel to help you find power, to counsel you how to defeat negative thoughts and feelings, to give you inner clarity and wisdom. Imagine yourself as being surrounded by yellow golden light while holding in your hands the crystals that correspond to the yellow Ray, for instance, citrine. Then ask the Archangel of the Second Ray to help you attain calm, love, wisdom, and enlightenment, and ask Him to guide you on the path of reaching your own source of inner wisdom. Kindly ask Archangel Jophiel to teach you the lesson of how the push of you own feelings gives life to the thought forms, and brings them to earthly fulfillment; to teach you the lesson of providing the thought forms with energy. Ask Him to fill you heart with His sense of strength, so that you can become a master over life and its circumstances that you have to face in the light of love and wisdom. The representatives from the world of crystals for the Yellow Ray Yellow Golden Flame are transparent, white, yellow and violet crystals. They can be connected to the Sahasrara chakra , for example, such crystals are: Pink Ray - Pink Flame and Archangel Chamuel From the third Ray of the pink Flame we see the manifestation of the activities, intents, and wisdom of the first two rays: Here we see the qualities of creativity and adjustability. Through the pink Flame the needs are expressed, plans formulated, and material is selected. This is a Ray of Divine love, tolerance, adoration, and gentleness. Pink Flame Invocations should be performed on Tuesday when this Flame is especially active, and when its manifestation reaches the highest intensity. The most prominent representative of the Pink Ray is Archangel Chamuel. Archangel Chamuel is an Angel of adoration and glorification. He is able to increase and multiply all positive things, if you only ask Him to. Archangel Chamuel will show you the way of compassion, love and forgiveness. He amplifies the flame of love in your heart, by providing for Divine love and comfort. If you want to get rid of all the negative emotions, call up Archangel Chamuel. He will teach you how to transmute such feelings into something positive. He will show you how to imagine an adequate positive emotion of extreme meaning and value, and then, how to find the golden midpoint between the two opposite emotions - this narrow edge one is advised to balance upon in order to be able walk the path of unconditional love. Archangel Chamuel will awaken in you high respect, so that you can devote your being to God. He will bestow you with positive emotions of love and adoration, and fill your heart with love and joy. Love knows no limitations; it accepts all people just as they are. True love does not judge or moralize. True love is powerful, it overcomes insult, anger, and separation, it is stronger than the ego. With you inner eye see the pink light that surrounds you. Let love flow out of your heart to your loved ones, to the ones that you do not love, to people you do not know, to all the people on planet Earth, all animals, plants, crystals, to all Divine creation. By spreading your life you create a bridge upon which Angels can descend and bring hope and joy to the world. Your reward is going to be a blessed life, filled with love. The female counterpart of Archangel Chamuel is Charity. The representatives from the world of crystals for the Pink Ray Pink Flame are green tourmaline, jade, rose quartz and fluorite. These crystals are connected to the anahata chakra. White Ray - White Flame and Archangel Gabriel The fourth Ray of white light white flame , stands in the middle of the seven rays, and as such it symbolizes a central point, i. The white Ray stimulates the creativity, art, and beauty. The white flame is especially sensitive to sounds and colors. Here we can learn discrimination, velocity and search for perfection. The intuitive strength is especially emphasized, as it calls for love, life and understanding. The white ray exhibits the greatest power of purification, which is being manifested through the ability of

ascending all spiritual faculties of the individual. On Wednesday we should perform the White Flame Invocation since the outpouring of this ray is at its maximum. Archangel Gabriel is the most prominent representative from the Angelic kingdom for the white flame, and His task is to channel and distribute the energy of the white Ray. Archangel Gabriel is an Angel of annunciation and edification. He sustains the perfection of the untainted Divine plan for every individual, for every incarnated Angel, and for the whole planet Earth.

Chapter 7 : Chakra Foods for Healing & Health - Blog - Deborah King

Seventh Chakra - Crown The crown is found at the top of your head, and its color is violet. It is the Chakra of Divine purpose and your personal place of connection to God.

Finally, he saw himself surrounded by fire, sitting before a man who appeared to be Fire Lord Ozai. After clearing his thoughts, the images disappeared and Aang breathed a sigh of relief as he came out of meditation. Guru Pathik congratulated him and announced that the first chakra had been opened. Survival Base of the spine Water Chakra When asked what he blamed himself for, Aang reminisced of the day he fled the Southern Air Temple upon finding out that he was the Avatar. Pathik told Aang to accept that these things happened and urged him to prevent them from clouding his judgment and poison his energy; he stated that Aang must forgive himself if he wanted to be a positive influence on the world. Aang did so and successfully opened the second chakra. He told Pathik that he would never firebend again. Pathik responded that in order to obtain balance, he must accept all the aspects of his life. Aang was the Avatar and therefore he was a firebender. Aang accepted his duty and successfully opened the third chakra. They faded away and became smoke. Love, according to Pathik, was a form of energy that swirled all around people. With his tears, Aang also let his pain flow away. Love Heart Sound Chakra When Pathik explained that the fifth chakra was blocked by the lies we tell ourselves, Aang remembered the instance when he concealed his true identity from Sokka and Katara, stating that he did not tell them that he was the Avatar at first, because he never wanted to be. Pathik said that Aang could not lie about his own nature and that he needed to accept his destiny as the Avatar. With a sigh and a vision, Aang accepted this idea and successfully opened the Sound Chakra. Truth Throat Light Chakra Guru Pathik began by explaining that the greatest illusion of the world was the one of separation; things thought to be separate and different were in fact one and the same. Aang instantly connected this concept with the four nations and Pathik told him that every individual was part of one collective people, yet lived as if divided. Aang realized that Pathik was saying that everyone was connected, thus making divisions meaningless. Pathik continued to explain that even the separation of the four elements was an illusion, as they are four parts of the same whole. Insight Forehead Thought Chakra Aang was asked to meditate on what attached him to the earth, only images of Katara came mind. Pathik stated that Aang needed to let go and forget his attachments. Taken aback, Aang questioned how he could let go of Katara when he loved her and wondered why he would choose cosmic energy over Katara, stating that the attachment was perfectly acceptable "three chakras ago". Reluctantly, Aang tried to let go of Katara and his earthly attachments. However, as Aang was meditating and about to clear the final chakra, he had a disturbing vision of Katara being held captive. Aang immediately ceased his meditation and was thus disengaged from his potential entrance to the Avatar State. Pathik warned Aang that if he quit his training before unlocking this chakra, he would ultimately be unable to enter the Avatar State at all. Aang ignored the warning and left to rescue Katara. When he was later forced on the defensive while under attack in Ba Sing Se, he attempted to unlock the chakra again. In order to save Katara, he was successful in letting her go and opened up the last barrier that separated him from the vast pool of cosmic energy of the Avatar Spirit. However, the chakra was locked once more when Azula shot him down with a lightning attack. Pure cosmic energy Crown of the head Connections In real life, the concept of chakras originated in ancient India and forms a part of many philosophical, spiritual, and religious systems. The chakra points, specifically where they are located, to what they refer, and by what they are blocked, are somewhat the same according to chakra charts. Trivia In Hinduism, the second chakra is located in or near the sexual and reproductive organs, as it is related to pleasure. However, Avatar Yangchen explained to Aang that the reason why the Avatar is a mortal being each time is that the Avatar must experience human life and emotions in order to understand how precious it is, so he or she will do anything to protect it, meaning that it would be never possible for an Avatar to truly detach him or herself from the world. However, it is still possible to love someone without attachment and open the Thought Chakra, as evidenced by the fact that both Avatar Kuruk and Avatar Roku demonstrated mastery over the Avatar State while being in love with Ummy and Ta Min , respectively.

Chapter 8 : LIGHT - 7 - Crown (30 min.) - LIGHT - 7 Day Chakra Ride - Find What Feels Good - Yoga with

The Crown Chakra is associated with the color violet or white. Which of these two colors you wish to associate with your crown chakra is your personal preference. My preference is to liken the energy and color of this chakra to the violet flame of transmutation which is a blend of both violet and white.

They are located in the astral body along the spine, starting at the base of the spine and running upwards to the crown of the head. The Chakras coincide with a gland in the physical body and each radiate a specific color and energy. Since each chakra relates to specific spiritual, emotional, psychological and physical aspects of our being, it is said that the blockage or malfunction of the chakras can lead to physical, psychological and emotional disorders. The conscious awareness and the balancing of these energy centers on the other hand is believed to lead to well-being and good health. That is one of the purposes of asana practice: Muladhara Chakra – Root Chakra Muladhara Chakra is located at the base of the spine between the anus and the genitals. It radiates the color red and represents the element earth. It is characterized by the emotions of survival, stability, ambition and self sufficiency. When this chakra is out of balance, a person might feel unstable, ungrounded, lack of ambition, lack of purpose, fearful, insecure and frustrated. However when Muladhara Chakra is balanced a person might feel stable, confident, balanced, energetic, independent and strong. Practicing the following postures helps to balance Muladhara Chakra: Swadhishtana Chakra – Sacral Chakra The second chakra, Swadhishtana Chakra, is located at the lower abdomen, about four fingers below the navel. It radiates the color orange and represents the element water. The attributes of Sacral Chakra are the basic needs for sexuality, desires, creativity and self-worth. When imbalanced, a person might feel emotionally explosive and irritable, lacking of energy and creativity, manipulative or obsessed with sexual thoughts. When Swadhishtana Chakra is balanced, a person might feel positive, vital, satisfied, compassionate, and intuitive. You can work on balancing Swadhishtana Chakra by practicing balancing poses like Crow Kaakasana or standing poses like Triangle Pose Trikonasana. Manipura Chakra – Solar Plexus Chakra Manipura Chakra or Solar Plexus Chakra is located above the navel at the solar plexus between the navel and the bottom of the rib cage. It represents the element fire and thus radiates yellow color. This chakra is characterized by energy and emotions like ego, anger and aggression. An imbalance of Manipura Chakra can manifest itself physically by digestive problems, liver problems or diabetes. On an emotional level one might struggle with depression, lack of self-esteem, anger and perfectionism. By bringing the chakra into balance one might feel energetic, confident, productive and focussed. Its color is green and the element is air. This fourth Chakra is the seat of balance within the body, characterized by emotions of love, attachment, compassion, trust and passion. When Anahata Chakra is out of balance a person might deal with emotional issues like anger, lack of trust, anxiety, jealousy, fear and moodiness. By harmonizing this chakra, you might feel compassionate, optimistic, friendly, motivated, understanding and caring. Vishuddha Chakra – Throat Chakra The fifth Chakra, Throat Chakra, is located at the base of the throat, coinciding with the thyroid gland. Its color is bright blue and the element is space. Vishuddha Chakra represents inspiration, expression, faith and the ability of communication. Imbalance of the Throat Chakra may lead to timidity, quietness, a feeling of weakness or the inability to express your thoughts. Balance of the Throat Chakra can manifest itself by creativity, positive self expression, constructive communication and satisfaction. It is free of element but does have a color: Third Eye Chakra is often used as a focus point during asana practice to bring more concentration and awareness. It is said that meditation on Ajna Chakra destroys the karma of past lives and gives liberation and intuitional knowledge. Its attributes are intelligence, intuition, understanding, insight and self knowledge. When this chakra is out of balance, one might feel non-assertive, afraid of success, or on the contrary, be egoistical. Imbalance of Ajna Chakra can manifest itself on a physical level by headaches, blurry vision and eye strain. When Ajna Chakra is balanced, one is his own master without fear of death and free of attachment to material things. Ajna Chakra is stimulated when practicing Headstand Sirsasana. Sahasrara Chakra is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom and brings the gift of cosmic consciousness. When out of balance, one might suffer from a constant

sense of frustration, no spark of joy and destructive feelings. Balancing Sahasrara Chakra can be done by practicing Headstand Sirsasana. Follow one of our intensive yoga teacher training courses in India or the Netherlands and discover more about chakras and the effect of asanas or yoga poses on the chakras.

Chapter 9 : Chakra Colors - Rainbow of Life

The Crown Chakra for beginners. A little while ago, I did an introduction to the 7 chakra theinnatdunvilla.com saw that having its roots in Sanskrit, an ancient language in Hinduism, Chakras are centers of energy that we find throughout our bodies.

Chakra Cleansing May 23, by DeborahBeaver Chakra is a powerful word in Hinduism and Buddhism as well as tantric, yoga and other systems of belief. It refers to dynamic energy points, which are located in key areas throughout our body, near branching networks of arteries, veins and nerves. Where does the name chakra originate? It is Sanskrit the primary sacred language spoken in Hinduism. Chakras send and receive energy, which is then converted into psychic, emotional and physical energy. Just like most things in life, balance is the key to keeping everything flowing smoothly. When the energy flow in one or more chakras is blocked, your chances of developing something physical or mental increase. Chakra cleansing is about more than just opening the chakras. For example, if too little energy is flowing through the Root Chakra, which represents our foundation and is located at the base of the spine, we could feel helpless when it comes to the basic needs for survival. Conversely, if we have too much flowing through the third chakra, which governs our self-esteem, we might come off as an ego-maniac. Root Chakra This is like the command center for the body and is located at the base of the spine. When this chakra is open and clear, energy pours through it freely, giving us feelings of security and confidence. A blockage, however, will lead to feelings of being worried or anxious. Sacral Chakra This second chakra is in the reproductive area of the body and is linked to creativity and birth. And by birth, it can literally mean new life but also a rebirth of something creative or a new endeavor in life. Solar Plexus Chakra This third chakra is responsible for our will, self-esteem and empowerment. When the energy is free flowing, we manifest every desire with a mere intention. Heart Chakra This fourth chakra relates to our ability for compassion and love. Throat Chakra This energy epicenter and fifth chakra is located in the throat and drives self-expression and communication. Brow Chakra, or Third Eye Located right between our eyes, this sixth chakra guides insight and intuition. Crown Chakra At the crown of the head is the aptly named seventh chakra and it connects us to higher consciousness and awareness. A person who is enlightened has mastered the hidden workings of the mind, which keep us prisoners to cravings, needs and suffering. Each pent up or unreleased emotion we feel inside our bodies like anger, resentment, guilt or fear, is like a brick in the wall that blocks a chakra. Often times, blockages can exist for years, and be traced back to unmet childhood needs. A child who was never held as a baby can have unfulfilled nurturing needs that inhibit energy flow. If it gets too extreme, the chakra can completely close. When the energy is blocked, there is imbalance in the body leading to mental or physical ailments. In newborns, chakras display pure, vibrant color from red in the first chakra to violet in the seventh. As we age, our chakras lose their luster. Trauma and disappointment leave behind a toxic dust that dulls the shine of our chakras. That dust keeps the chakra from vibrating at its pure frequency. There are a few different ways to go about bringing balance back into these vital energy centers. One way to cleanse the seven chakras can be done as part of our morning routine, but you need to be totally relaxed to do this. With your left hand at the base of your spine, and the right hand three to four inches above the skin, feel for your first chakra. It might take a few time practicing before you actually find it. Now take three deep cleansing breaths in through your nose and out your mouth. Breathe slowly starting at this first chakra and moving up through each other one. Rinse your hands in between each chakra. This exercise is said to increase the speed at which the chakras move, allowing each energy vortex to spin at its optimum capacity. Forgiveness and Awakening The other component to successful chakra cleansing is to heal the underlying emotional cause of the problem. This is achieved by extending forgiveness " to a family member, a friend or perhaps even yourself. After the chakra cleansing, movement and stretches will also help facilitate the movement of energy. Heat will also relax the muscles, allowing the negative energy to flow out and restoring a normal movement of positive life flow. Heat can come from a sauna, a whirlpool or steam. Chakra cleansing will clear blockages and restore normal energy flow, promoting spiritual and physical health, vitality and wellness.