



## Chakra Meditation with Mudra and Mantra

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Dr. Indu Arora a registered yoga teacher from Yoga Alliance is a highly accomplished international speaker, Ayurvedic Consultant, with more than 30,000 hours of teaching experience. A true Yogini by Karma, she has a Doctorate in Alternate Medicine (MD), a Medicinal Herbalism degree (BMHS), diploma in Naturopathy (ND), Magnetic Therapy. Awarded with Yoga Shiromani and Yoga Bhaskar, she has and also pursuing her PhD. in Metaphysical Sciences from University of Metaphysical Sciences, CA . She has been recently awarded with two titles "Kiran" Achievement (Ray of Light) and "Hind Rattan", (Gem of India) by the National Women Excellence Awards and International Congress of NRI's respectively. Dr. Arora prefers to apply a holistic approach to heal her clients through a combination of Yoga, Diverse Meditation techniques, Bach Flower remedies, Acupressure, Reflexology, Magnet Therapy, Naturopathy, etc. She has authored many books and Yoga DVDs. She is also a board member of the World Movement of Yoga, an International Advisor to World Yoga Council and a regular columnist for acclaimed Yoga & Wellness magazines "Tathaastu" and "Yoga Chicago".

### Introduction:

Within our bodies there are focal points of energy that we use, whether consciously or unconsciously, to affect reality and allow us to fully experience and realize events that unfold before us. These focal points are called Chakras. Chakras are located in important parts of your body such as your head or heart. Any organs within the area of these Chakras are used to control; and are, therefore, directly affected by the properties of that Chakra.

### Understanding the Seven Chakras:

1. **Root Chakra:** This is the physical layer.

**Mudra for Root Chakra:** Let the tips of your thumb and index finger touch. Concentrate on the Root chakra at the spot in between the genitals and the anus. Chant the sound LAM.



2. **Sacral Chakra:** This is the emotional layer.

**Mudra for Sacral Chakra:** Put your hands in your lap, palms up, on top of each other. Keep the left hand underneath and its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently. Concentrate on the Sacral chakra at the sacral bone (on the lower back). Chant the sound VAM.



3. **Manipura Chakra / Navel/ Solar Plexus:** This is the mental or intellectual layer.

**Mudra for Solar Plexus:** Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers. Concentrate on the Navel chakra located on the spine, a bit above the level of the navel. Chant the sound RAM.





The **Solar Plexus Chakra** is located just above the navel and below the chest. This Chakra is a focus point for our force of will and our sense of transformation. Concentration and control of our personal energies originate from this point. One's sense of power and authority, as well as self-control and discipline of the ego converge here. This Chakra can be used to sense the very use of one's internal energies to affect what is outside the body.

4. **Anahata Chakra/Heart/ Cardiac Plexus:** This is the astral layer.

**Mudra for Heart chakra:** Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus). Concentrate on the Heart chakra at the spine, level with the heart. Chant the sound YAM.



The **Heart Chakra** is located at the center of the chest and is the focus for love and understanding. Feelings that stem from this love such as forgiveness, compassion, balance and harmony radiate from this point. This Chakra also nurtures the rarified feeling of unconditional or divine love, love that goes beyond the physical.

5. **Vishuddhi Chakra/ Throat or Pharyngeal Plexus:** This is the etheric layer

**Mudra for the Throat Chakra:** Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up. Concentrate on the Throat chakra at the base of the throat. Chant the sound HAM.



The **Throat Chakra** is located in the throat area between one's chin and the top of the sternum. This Chakra is linked to one's powers of communication. Through this Chakra, one can realize truth and knowledge; honesty, kindness and wisdom and how these elements can be conveyed through thoughtful speech.

6. **Ajna Chakra/ Cavernous Plexus/Third Eye:** The "Third Eye" is the celestial layer.

**Mudra for Third Eye Chakra:** Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards self and touch at the tops of each other. Concentrate on the Third Eye chakra slightly above the point between the eyebrows. Chant the sound OM or AUM.



The **Brow Chakra** is located in the forehead, right above our eyes. This is also known as the region of the "Third Eye" in Buddhist and other belief systems.

This Chakra is related to our perception beyond the physical realm. Intuition, insight, imagination and clairvoyance can all be associated with this Chakra. One can also focus their realization of their own soul, divine wisdom and peace of mind in this point.

7. **Sahasrara Chakra/ Crown Chakra:** This is the ketheric layer

**Mudra for Crown Chakra:** Put your hands before your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right. Concentrate on the Crown chakra at the top of your head. Chant the sound NG.

**Warning:** don't use this meditation for the Crown chakra while you don't have a strong Root chakra (you need a strong foundation first).





The **Crown Chakra** is located at the very top of the head. As one might guess, this Chakra is associated directly with dealings of the mind and spirit. This Chakra is deeply tied to the exploration of one's consciousness and place in space and time. Oneness with the universe, your spirit and will, inspiration, divine wisdom... all the things that deal with the Higher Self are rooted in this Chakra.

**CHAKRA TABLE:**

Chakra / Plexus	Location	Seed Syllable / Mantra	Prana / Air	Kosha / Sheath	Organ of Action	Organ or sense	Element / Color
Muladhara/ Coccygeal Plexus	Base of the spine	Lam	Apana Vaayu	Anna Maya/ Food Sheath	Elimination	smell	Earth/ Red
Swadisthana/ Sacral Plexus	Below Navel	Vam	Vyana Vaayu	Anna Maya/ Food Sheath	Procreation	taste	Water/ Orange
Manipura/ Solar Plexus	Above Navel	Ram	Samana Vaayu	Pranamaya/ Emotional Sheath	Movement	seeing	Fire/ Yellow
Anahata/ Cardiac Plexus	Heart	Yam	Prana Vaayu	Manomaya/ Mind Sheath	Grasping/ Holding	feeling	Air/ Green
Vishuddhi/ Pharyngeal Plexus	Throat	Ham	Udana Vaayu	Vijnanamaya / Intellectual Sheath	Speaking	hearing speech	ether (akasha)/ Blue
Ajna/ Cavernous Plexus	Third Eye	Aum		Vijnanamaya / Intellectual Sheath	Mind	Mind	Indigo
Sahasrara/ Cavernous Plexus	Crown	Silence		Anandamaya / Bliss Sheath	Consciousness	Consciousness	Violet

**General Procedure for Chakra Meditation**

**Chakra Meditation** - Sequentially move through the chakras in the following sequence.

1. **Muladhara Chakra Meditation:** Bring your attention to the perineum, the flat space between the anus and the genital area. Take several seconds to allow your attention to find the space, and to get settled into it. Allow the mantra **Lam** to arise repeatedly in your mind field, silently. Allow it to repeat at its own natural speed. You may find that it comes 5-10 times and wants to pause, or you might find it wants to come continuously. If it pauses, allow it to return in its own time. The mantra may move quickly or slowly. In any case, keep your attention on that space; this is very important. Allow your mind to naturally be aware of earth, solidity, or form. Allow to come through your mind field the awareness of the karmendriya (Organ of Action) of elimination (which operates throughout the body), and the jnanendriya (Sense Organ) of smell.
2. **Swadisthana Chakra Meditation:** When you move your attention upwards towards the second chakra, be mindful of the transition, of the motion of attention and the nature of the shift of energetic, emotional, and mental experience. Allow your attention to naturally find the location of the second chakra. It is important to note that the actual chakra is in the back, along the subtle spine called sushumna, although we usually experience it in the front. Allow the attention to rest where it naturally falls, probably in the front, but be mindful from time to time that the chakra is actually in the back. Allow the mantra **Vam** to arise and repeat



itself, at its own speed, naturally coming and going. Allow the awareness of water to arise, and come to see how this has to do with allow forms of flow or fluidity, whether relating to energy, physical, emotional, or mental. Explore the awareness of the karmendriya of procreation and the jnanendriya of tasting. Again, colors or sounds may or may not come and go.

3. **Manipura Chakra Meditation:** Be aware of the transition as you move to the third chakra, at the navel center, which is also actually along the sushumna channel. Allow the mantra **Ram** to arise and repeat itself, at its natural speed. Keep attention in the space, whatever size at which it is experienced. Be aware of the element of fire, and the many ways in which it operates throughout the gross and subtle body from this center. Be aware of the karmendriya of motion, and how motion itself happens in so many physical, energetic, and mental ways. Be aware of the jnanendriya of seeing, which you will easily see as related to fire and motion.
4. **Anahata Chakra Meditation:** Observe the transition as you move your attention to the fourth chakra, the space between the breasts. Allow attention to become well seated there, and then remember the vibration of the mantra **Yam**, allowing it to repeat at its own speed, while being mindful of the feeling it generates. Be aware of the element of air, and notice how that feels with the mantra. Notice how the element of air relates to the karmendriya of holding or grasping, whether physically, energetically, mentally, or emotionally. Observe how these relate to the jnanendriya of touching, and how that touching is very subtle in addition to being a physical phenomenon.
5. **Vishuddhi Chakra Meditation:** Bring your attention to the space at the throat, the fifth chakra, which is the point of emergence of space (which allows air, fire, water, and earth to then emerge). In that space, be aware of the nature of space itself, allowing the mantra **Ham** to arise and repeat itself, reverberating many times through the seemingly empty space in the inner world. Awareness of the karmendriya of speech (actually, communication of any subtle form) is allowed to be there, experiencing how that vibrates through space. The jnanendriya of hearing is allowed to come, also seeing how it naturally aligns with space, speech, and the vibration of mantra. Notice the fine, subtle feelings, which come with the experience.
6. **Ajna Chakra Meditation:** Gently, with full awareness, transition awareness to the seat of mind at the space between the eyebrows, Ajna chakra. Allow the mantra **OM** to arise and repeat itself, over and over, as slow waves of mantra, or as vibrations repeating so fast that the many OMs merge into a continuous vibration. Be aware of how mind has no elements, but is the source out of which space, air, fire, water, and earth emerge. Be aware of how this space, this mind, itself, does no actions, but is the driving force of all of the karmendriyas of speech, holding, moving, procreating, and eliminating. Be aware of how this chakra, this mind, has no senses itself, but is the recipient of all of the information coming from hearing, touching, seeing, tasting, and smelling, whether the source of this input is the sensations from the external world, coming through the physical instruments, or coming from the inner world of memories or subtle experience, presenting on the mental screen through the subtle senses.
7. **Sahasrara Chakra Meditation:** Allow attention to move to the crown chakra, which has no element (bhutas), no cognitive sense (jnanendriyas), no active means of expression (karmendriyas), as it is the doorway to pure consciousness itself. Experience how this is the source out of which mind emerges, after which emerge the five elements, the five cognitive senses, and the five means of expression. The “mantra” (in its subtler, silent form) is that silence (not mere quiet) out of which the rest have emerged. It is experienced as the **silence after a single OM**, merging into objectless, sense-less awareness. Allow attention to rest in that pure stillness, the emptiness that is not empty, which contains, and is, the pure potential for manifestation, which has not manifested.

**OM Shanti! Shanti! Shanti!**

