

LifeForce Yoga Chakra Clearing Meditation

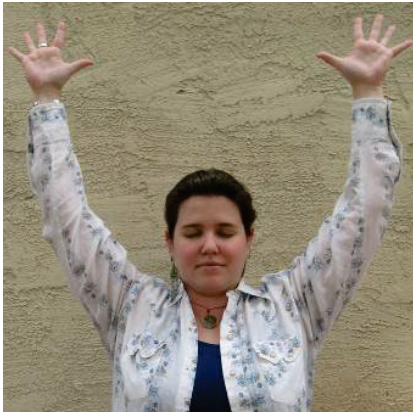
1. Practice 1 – 3 rounds of Bellows Breath (*Bhastrika*) to clear the space
2. Practice 3 rounds of Bee Breath (*Brahmari*) on exhale only to calm the sympathetic nervous system, using the Shanmukhi mudra or a modification to create sensory withdrawal.
3. In the energizing version, practice the mudras with the Bija mantras from the back of the throat, emphasizing the consonant. One long consonant on one long breath, closing the consonant with “mmm.”
4. Lift arms over head, creating an open channel. Practice 3x, using one long breath to chant through all the tones.
5. After rolling the tones together 3x as described in 4, inhale arms over head, interlacing fingers with index extended. sustain the breath. Exhale with “Ng” sound, as you float your arms down, palms open on your knees.
6. Upon completion, sit observing the effects. You may sit for as long as you wish in meditation, observing the breath or using your own meditation technique.

(Listen and practice with LifeForce Yoga Chakra Clearing Meditation CD)

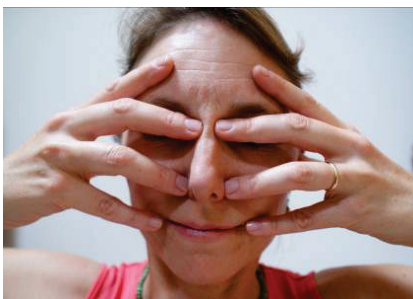
Bellows Breath (*Bhastrika*):



Exhale, fists in position in front of shoulders.









Inhale, arms reach up hands open wide.



Shanmuki mudra with Bee Breath (*Brahmari*)

LifeForce Yoga Chakra Clearing Meditation ~ Energizing

Chakra	Mantra	Mudra	
Chakra One <i>Muladhara</i> (Base of spine)	Lam Red	Hasta Mudra 1 Link the two little fingers together close to the base of the spine and pull.	
Chakra Two <i>Svadhithana</i> (Low abdomen)	Vam Orange	Hasta Mudra 2 Link the two ring fingers in front of the low abdomen and pull.	
Chakra Three <i>Manipura</i> (Solar plexus)	Ram Yellow	Hasta Mudra 3 Link the two middle fingers in front of the solar plexus and pull.	
Chakra Four <i>Anahata</i> (Heart)	Yam Green	Dove (Kaputa) Mudra Palms together as in prayer. Keep the base of the palms and the tips of the fingers together but cup the palms.	
Chakra Five <i>Vissudha</i> (Throat)	Ham Blue	Lotus (Padma) Mudra Bring the hands together as in prayer, hovering in front of the throat. Keep the base of the palms, the little fingers and the thumbs together. Open all the other fingers wide like petals.	
Chakra Six <i>Ajna</i> (Third Eye)	Om Violet	Kali Mudra Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.	
Chakra Seven <i>Sahasrara</i> (Crown of head)	Nnng White	Kali Mudra Clasp your hands together hovering above your crown with hands cupped, and extend your index finger vertically. Elbows out to the sides.	