



## **Your Physical “ailments” are keys to Blocked Chakras – Where are yours?**

# Chakra Exercises: Your Way To Healing

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## Chakra Healing

Your chakras are 7 vortexes of energy that are focal points of your life force flowing through you. These exercises will open each of your chakras, bringing greater abundance, happiness, physical and mental wellbeing, love, and building self-confidence.

### **Exercising the Chakras**

As with all parts of our physical bodies, our subtler spiritual bodies require regular exercise in order to keep them fit and healthy, and to allow closer and more significant harmonization with the rest of us. Our chakras in particular, those powerful centers of never-ending energy, require regular nurturing and attention in order to keep them pulsing and pumping energy throughout our physical forms. It is this energy which gives us the force and the will to move forwards in our lives, and blockages or leakages of this energy can have disastrous effects not only on our overall health, but on our spiritual and mental progression also. Take a little time each day to exercise each of the seven chakras, and your body will reward you with revitalization, motivation and blissful harmony.

Wearing the related gemstones of each chakra will amplify your healing once you know which Chakra needs attention, is blocked or weakened or you would like to concentrate more on. Each of the colors is also associated with this healing. What is your favorite color? Maybe your body is trying to tell you something.



### The First Chakra

In order to exercise the [root chakra](#), located at the base of your spine, try lying face down on the ground, with each of your arms underneath your body. Allow your hands to maintain contact with the fronts of your thighs, and whilst keeping your knees straight and your legs extended, raise one leg off the floor by several inches. Hold your leg in this raised position for as long as you comfortably can, before repeating with your other leg. Once you have gotten used to this action, attempt the same procedure, except with raising both legs at once. **Gemstones related to this chakra: Bloodstone, Garnet, Ruby**



### The Second Chakra

The Sacral Chakra's energy is based on your ability to give and receive pleasure comfortably and healthily. As such, it is a relatively enjoyable chakra to nurture, and great progress can be made in the exercising of this chakra through simple and

healthy indulgences, such as a long bath, or a massage. Spend a little time making sure you are completely comfortable – adding candles or incenses to your daily routine can be a truly luxurious way to nurture and exercise the second chakra. **Gemstones related to this chakra: Ruby, Carnelian, Citrine**

## Find out what chakras of yours need to be opened?

Take [Free Chakra Test](#) to find out!

TAKE THE FREE TEST ▶



### The Third Chakra

Exercising for the [solar plexus chakra](#) can be a little hard work, but with practice certain exercises become easier and more comfortable over time. Try lying on your stomach, in a relaxed state with your hands to your sides. Taking a couple of deep breaths, bend your knees whilst arching your spine, so your hands can reach and grab your ankles. Transfer the pressure to your hands, so they can take on the work of keeping the arch in place while you relax your body as much as possible in this tightened position. Again, breathe deeply and allow the rising and falling of your solar plexus rock you forwards and backwards slowly and fluidly. By holding this for approximately a minute or two, you can energize and exercise your third chakra. .Gemstones related to this chakra: **Solar Plexus chakra: Citrine, Calcite, Topaz**



### The Fourth Chakra

The [heart chakra](#) is to be exercised in primarily mental ways – by letting go of grudges or ill feeling towards others, striving to forgive and love more wholeheartedly. However, there are some good yogic exercises which can improve

your ability to do so quickly and effectively. The position of the fish is perfect for expanding and opening the heart chakra, and is relatively easy to fit into a daily routine. Begin by lying on your back, before coming to a half-way seated position, with your upper body supported by your elbows as your hands remain on your hips. Extend your head back, and arch your spine, with your head attempting to reach the floor behind you. Breathe deeply, and hold for as long as possible, before breathing once more, releasing and repeating. **Gemstones related to healing this chakra: Rose Quartz, Kunzite, Rhodochrosite**



### The Fifth Chakra

The [throat chakra](#) has many exercises attached to it, some as simple as making an effort to sing or shout to yourself when you are alone (the shower is the ideal place for this!). However, yogic positions such as the fish and the plough can bring about positive changes and development to this particular chakra. Shoulder stands, and bringing your legs up around your eyes whilst lying on the floor are ideal ways to open and expand the throat chakra. **Gemstones to find your voice: Kyanite, Blue Topaz, Azurite**



### The Sixth and Seventh Chakras

The Third Eye and [Crown Chakra](#) can both be opened, exercised and expanded through the act of mindful and sincere meditation. Any practice which encourages you to regulate your breathing and quieting the mind nurtures these chakras, as through silencing the noise we all live with inside our heads allows us to maintain a relationship with the divine spirit we all share, and which allows us to find our path and walk it in our own way. Chanting, reading meditative and spiritual wisdoms, and praying or conversing with the universe all greatly nurture and develop these all important chakra located in the middle of forehead sometimes

called “The Third Eye”. **Gemstones related to enhancing this Intuitive chakra: Amethyst, Moonstone, Sugilite**



To stimulate the [crown chakra](#), the seventh of your energy centers and perhaps the most important in regards to spiritual and personal progress, one must find a way to focus the attention of the entire body onto the top of the head. Most yogis would agree that the most effective way of doing this is by adopting a muladhara head stand position – literally, standing on your head, with your back straight and with your elbows and forearms supporting your weight.

However, the vast majority of those without practice or yogic training may struggle to undertake this relatively advanced position. Therefore, the crown chakra can be stimulated and opened by undertaking a simple yoga mudra; from a sitting position or cross legged position, lower your head to the floor either by leaning forwards slowly and purposefully, exhaling as you do so, or by leaning backwards and letting your head carefully reach the floor. This allows your lower body energy, and the energy of the earth rush towards your crown, giving it the power it requires to ‘kick start’ and open.

As with the crown chakra, each yogic chakra position has some relevance and emphasis on the area of the body the chakra is located in. Therefore for [sacral chakra](#) exercise and cleansing, yoga positions which require flexing and releasing of the groin and buttock region are ideal. Heart and [solar plexus chakra](#) yoga positions concentrate on the core of the body, with pressure and weight being taken and held by this region, and so on.

It is vitally important to remember that all yoga positions are beneficial to the chakras, as they allow us a greater understanding and sense awareness of our bodies, bringing our minds, spirits and physical forms into harmony with each other. Should you find any position too uncomfortable, or are seeing no obvious improvements, simply experiment with others, or mix and match your routine to best suit yourself.

There are many ways to energize your Chi Energy [view here](#), or mix and match your routine to best suit yourself. Either through exercises, foods or Yoga, you decide.

### [Healing Techniques](#)

Benjamin Norris