



Activating Your 9 Chakras: Gentle Yoga & Inspiration for Quantum Wellness

Welcome to a journey through your energy centers!

This handout explores nine of your Chakras, offering gentle poses and exercises designed to activate, balance, and strengthen each Chakra. Using these modalities will help you feel more balanced, vibrant, and connected to both Gaia and Cosmic Consciousness. Remember to listen to your body and move at your own pace.

Soul Star Chakra – *Divine Love & Cosmic Connection* (999 Hz)

- **Location:** Approximately 6-12 inches above the head.
- **Color:** White-Gold, Magenta, or Clear
- **Focus:** Connecting to your Higher Self, Divine Love, and Cosmic Consciousness.
- **Yoga Pose (Seated/Standing): Hands to Sky Meditation**
 - **Seated/Standing:** Gently raise your arms overhead, palms facing each other as if holding a large, invisible ball of light. Soften your shoulders. Imagine a beautiful light radiating from your Soul Star Chakra, entering the crown of your head and extending downward, connecting each Chakra with this powerful energy above you.
- **Exercise: Light Shower Visualization**
 - Find a comfortable position, and close your eyes. Imagine a shower of brilliant, sparkling light descending from above, cleansing and illuminating your entire being, particularly your energy field above your head. Feel a deep connection to Cosmic Consciousness and the Field of Infinite Potential.
- **Benefit:** Deepens spiritual connection, enhances understanding of your life's purpose, and brings a sense of profound peace.



The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself. – Carl Sagan

Crown Chakra (Sahasrara) – *Spirituality & Connection* (963 Hz)

- **Location:** Top of the head.
- **Color:** Violet or White
- **Focus:** The gateway to Cosmic Consciousness, connecting you to Universal Wisdom, Spiritual Understanding, and Higher Consciousness.
- **Yoga Pose (Seated/Standing): Crown Lift**
 - **Seated/Standing:** Sit or stand tall. Place your hands on the top of your head, sensing energy and vibration. Imagine a cosmic cord gently lifting you from the crown of your head towards the ceiling, lengthening your spine. Feel a sense of lightness and openness at the top of your head.
- **Exercise: Silent Meditation & Openness**
 - Sit comfortably with a straight spine. Close your eyes. Imagine a lotus flower blooming at the crown of your head, opening to receive divine wisdom and light. Simply sit in quiet stillness, open to universal energy.
- **Benefit:** Promotes spiritual connection, psychic awareness, inner peace, a sense of unity, mental clarity, and eventual Self-Realization.



We are not human beings having a spiritual experience. We are spiritual beings having a human experience. – Pierre Teilhard de Chardin

Third Eye Chakra (Ajna) – *Intuition & Wisdom* (852 Hz)

- **Location:** Between and slightly above the eyebrows.
- **Color:** Indigo
- **Focus:** Developing Intuition, Inner Wisdom/Discernment, Clarity of Thought, Perception, and Clairvoyance.
- **Yoga Pose (Seated): Forehead Rest**
 - **Seated:** Sit tall. Gently close your eyes. Place the tips of your pointer and middle fingers on your forehead, between your eyebrows. Apply very light pressure. Be aware of a warm, tingling sensation between your eyebrows. Breathe deeply.
- **Exercise: Gentle Gaze & Visualization**
 - Gently close your eyes. Imagine a soft, indigo light glowing in the space between your eyebrows. Breathe into this light, inviting clarity and insight. Notice your thoughts, and journal your experiences. (This is a great exercise to use, with the intention of strengthening a specific psi ability.)
- **Benefit:** Enhances intuition, fosters mental clarity, and supports decision-making.



Like an ability or a muscle, hearing your inner wisdom is strengthened by doing it. – Robbie Gass

Throat Chakra (Vishuddha) – *Communication & Truth* (741 Hz)

- **Location:** Throat.
- **Color:** Blue
- **Focus:** Expressing your truth, clear communication, and authenticity.
- **Yoga Pose (Seated/Standing): Gentle Neck Rolls**
 - **Seated/Standing:** Gently drop your chin towards your chest. Slowly roll your right ear towards your right shoulder. Hold briefly, then return to center. Repeat on the left side. Avoid rolling the head all the way back if it causes discomfort.
- **Exercise: Humming & Vocalization**
 - Take a deep breath and on the exhale, gently hum or make a soft "ah" sound. Feel the vibration in your throat. This helps to clear and activate the throat chakra.
- **Benefit:** Improves communication skills, encourages authentic self-expression, and fosters speaking your truth. Protects your larynx, thyroid, teeth, and vocal cords.



If all my talents and powers were to be taken from me by some inscrutable Providence, and I had my choice of keeping but one, I would unhesitatingly ask to be allowed to keep the Power of Speaking, for through it, I would quickly recover all the rest. –Daniel Webster

Heart Chakra (Anahata) – *Love & Compassion* (639 Hz)

- **Location:** Center of the chest.
- **Color:** Green
- **Focus:** Gateway (astral bridge) between the lower and upper chakras; fosters opening to love, compassion, forgiveness, and connection. Harmonizes cardiovascular system, heals circulatory issues, and impacts shoulders, arms, hands, rib cage, lungs, and upper back.
- **Yoga Pose (Seated/Standing): Gentle Heart Opener**
 - **Seated:** Sit tall. Interlace your fingers behind your back (if comfortable). Other options: simply place your hands on the back of your chair, or stretch your arms out to your sides, or place palms gently on your Heart Chakra area. Gently draw your shoulder blades together, lifting your chest slightly. Gaze forward or slightly upward.
 - **Standing:** Stand tall. Bring your hands to prayer position at your chest. On an inhale, gently open your arms wide to the sides, drawing shoulder blades back and opening the chest. Exhale, bring hands back to prayer.
- **Exercise: Loving-Kindness Breath**
 - Place one hand on your heart. Inhale, imagining green light filling your heart with love. Exhale, sending that love outward to yourself and others.
- **Benefit:** Fosters empathy, compassion, and the ability to give and receive love freely.



Where there is love, there is life. – Mahatma Gandhi

Solar Plexus Chakra (Manipura) – *Personal Power & Confidence* (528 Hz)

- **Location:** Upper abdomen, between the navel and the rib cage.
- **Color:** Yellow
- **Focus:** Building self-esteem, personal power, and assertiveness. Protects stomach, liver, spleen, gallbladder, digestive tract, back.
- **Yoga Pose (Seated/Standing): Seated Twist (Gentle)**
 - **Seated:** Sit tall. Gently twist your torso to the right, placing your right hand on the back of the chair or your hip, and your left hand on your right knee. Gaze gently over your right shoulder. Hold for a few breaths, then repeat on the left side.
 - **Standing (if comfortable):** Stand with feet hip-width apart. Place hands on your hips. Gently twist your torso to the right, keeping hips relatively stable. Repeat on the left.
- **Exercise: Sun Breath & Power Affirmation**
 - Place hands on your solar plexus. Inhale, imagining a bright yellow sun expanding in your core, filling you with warmth and confidence. Exhale, releasing any self-doubt.
 - **Affirmation:** Silently repeat, “I am powerful. I am confident. I am capable.”
- **Benefit:** Strengthens vitality, stamina, self-confidence, willpower, and personal authority.



In the chakra system, the solar plexus is the seat of personal power. Power is not about exerting our will over others, it is about being in complete truth with yourself. —

Madisyn Taylor

Sacral Chakra (Svadhithana) – *Creativity & Emotion* (417 Hz)

- **Location:** Lower abdomen, just below the navel.
- **Color:** Orange
- **Focus:** Embracing creativity, joy, pleasure, emotions, and healthy relationships. Protects stomach, upper intestines, liver, spleen, kidneys, pancreas, sexual/reproductive organs, adrenal glands, prostate, middle spine, and autoimmune system of body.
- **Yoga Pose (Seated): Seated Hip Circles**
 - While seated, gently begin to make small, slow circles with your hips. Allow your torso to move naturally with the circles. You can circle in one direction for a few breaths, then switch.
- **Exercise: Creative Flow Breath**
 - Place one hand on your lower abdomen. Breathe deeply, imagining a gentle orange light expanding and contracting with your breath in this area. Visualize your creativity flowing freely.
- **Benefit:** Enhances emotional fluidity, creativity, and the ability to experience joy and awe.



*If the spirit of wonder stays alive in us, we will always have new questions,
§ expand our creativity in response.” —Jay Woodman*

Root Chakra (Muladhara) – *Stability & Grounding* (396 Hz)

- **Location:** Base of the spine, tailbone.
- **Color:** Red
- **Focus:** Feeling safe, secure, and grounded in your body and life. Strengthens bones, teeth, and nails.
- **Yoga Pose (Seated): Grounded Mountain Pose**
 - Sit tall in a chair with legs crossed – or with feet flat on the floor, hip-width apart. Feel your hip bones rooted into the chair and your feet connected to the ground. Hands can rest gently on your thighs. Close your eyes or soften your gaze.
- **Exercise: Root Breath & Affirmation**
 - Inhale deeply, imagining you are drawing energy up from the earth through your feet and into your root chakra. Exhale slowly, releasing any tension or worry down into the earth. Take a walk outside barefoot (if safety allows).
 - **Affirmation:** Silently repeat, “I am safe. I am grounded. I am secure.”
- **Benefit:** Cultivates a sense of stability, security, vitality, trust in self and presence.



The earth has music for those who listen. – George Santayana

9. Earth Star Chakra – *Deep Grounding & Earth Connection* (68.05 Hz)

- **Location:** Approximately 12-18 inches below the feet.
- **Color:** Brown, Black, or Dark Red
- **Focus:** Deeply grounding to the Earth, connecting to ancestral wisdom, and feeling supported by the planet.
- **Yoga Pose (Seated/Standing): Tree Roots**
 - **Seated:** Imagine strong roots growing from the soles of your feet deep into the earth. Feel stable and supported.
 - **Standing (if comfortable and with support if needed):** Stand with feet hip-width apart. Shift your weight slightly onto your left foot, imagining roots growing from that foot. You can lift your right heel slightly or bring the sole of your right foot to your left ankle (not on the knee). Focus on your grounding through the left foot. Repeat on the other side. Use a chair for support if needed.
- **Exercise: Earth Breath & Gratitude**
 - Inhale deeply, imagining you are drawing nourishing energy up from the Earth through your feet and into your body. Exhale, sending gratitude and any excess energy back down into the Earth.
 - **Affirmation:** Silently repeat, "I am deeply connected to the Earth. I am supported and nourished."
- **Benefit:** Provides profound grounding, releases stagnant energy, and fosters a sense of belonging and ancestral connection.



Look deep into nature, and then you will understand everything better. – Albert Einstein

Remember: These are gentle suggestions. Always consult with your healthcare provider before starting any new exercise program. The most important thing is to be present, listen to your body, and enjoy the journey of connecting with your inner wisdom and energy.

A Note About HZ Frequencies:

Hz Frequency: A specific Hz frequency is believed to directly influence the energy flow and balance within the Chakra, allowing practitioners to target specific areas of emotional and physical wellbeing by using sound frequencies to stimulate or harmonize the chakra energies. Because there are varying opinions on the actual Hz Frequency for each Chakra, we have chosen to use the Solfeggio system for our Hz Frequency identification.*

**Solfeggio is a system of organizing musical pitches where each pitch is paired with a syllable. Because solfeggio emphasizes the relationships between the notes, rather than the pitches themselves, solfeggio forms a relationship between musical intervals and your mind/body*

999 Hz: Awakens the perfect state of Beingness (Soul Chakra)

963 Hz: Transformation and Enlightenment (Crown Chakra)

852 Hz: Transforms cells into a higher energy system (Third Eye Chakra)

741 Hz: Removes toxins and purifies (Throat Chakra)

639 Hz: Frequency of love, connections, and relationships (Heart Chakra)

528 Hz: DNA repair miracle frequency (Solar Plexus Chakra)

417 Hz: Wipes out negative energy (Sacral Chakra)

396 Hz: Releases guilt and fear; Provides grounding (Root Chakra)

68.05 Hz: Promotes grounding, balance, and connection to Gaia (Earth Star Chakra)