Chakra Exercises

1. **Circulation of Light** (Microcosmic Orbital Breathing Technique, or Shoshuten)
    a. Emphasizes circulation through ALL Chakra Centers for Balance and Integration
2. **Chakra Breathing Technique**
    a. Cleanses and Purifies each Chakra Center

Both Use Yogic Breathing

For each of these exercises, you will divide the breath into four parts:

1. Inbreath
2. Hold
3. Outbreath
4. Hold

It does not matter how long you breathe or hold your breath, only that you consciously perform the breathing in four parts. Typically, you would be holding your breath longer than the actual breathing but be comfortable in these exercises.

1. Circulation of Light (Microcosmic Orbital Breathing Technique or Shoshuten)

Close your eyes and begin Yogic Breathing gently, quietly.
Concentrate on your breath and the movement of the energy:

As you breathe in, feel energy rising

- Men, up the back of your spine, over the top of your head, down the front of your body to the perineum, then back up in a circular fashion.
- Women, up the front of your body, over the top of your head, down the back of your spine, to your perineum, them back up in the circular fashion
- *Note: try both ways and use the cycle that feels natural to you.*

With the inbreath, feel the energy rising to the top of your head.

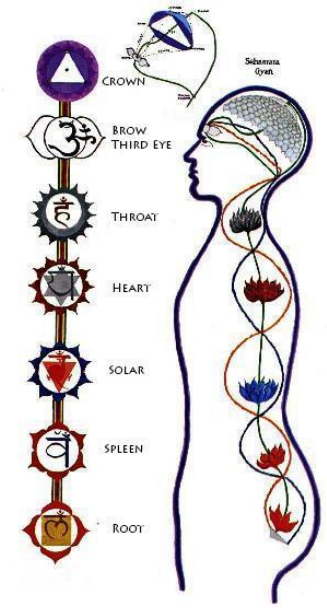
At the crown of your head, HOLD for a moment.

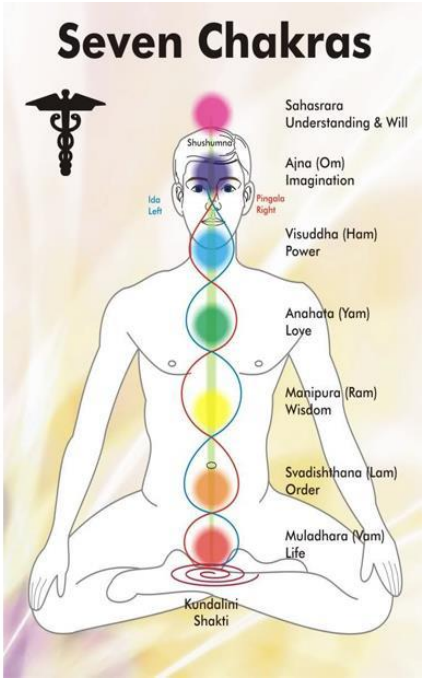
With the outbreath, feel the energy gently descending on its own to the perineum.

At the perineum, HOLD for a moment.

Repeat the four-part breathing in this exercise for SEVEN breath cycles. As you get used to this exercise, you can increase the number of breaths, as is comfortable.

If you begin to feel lightheaded, STOP, open your eyes, and breath normally.





Chakra Exercises

2. Chakra Breathing Technique

You can do this exercise for one specific chakra or for all seven, as you wish.
You have to 'multi-task' in this exercise and do three things simultaneously:

- Yogic Breathing Technique
- Focus on one Chakra at a time
- Hold the intent during the Inbreath and Outbreath

Close your eyes and breathe in Yogic Breathing for a few moments>

Focus on the chakra you have chosen. *(Let's choose the Second Chakra, as an example)*

1. As you breathe in and concentrate on your second chakra, your conscious will is "God's Energy into My Second Chakra".
2. HOLD
3. As you breathe out and concentrate on your second chakra, your conscious will is "Breathe Out to the Universe".
4. HOLD

Repeat for 5 breaths.

You can do this exercise for one chakra, or you can start at the root chakra (1) for five breaths, move up to the second (five breaths), third chakra, and so on. You will have taken 35 breaths by the time you finish the crown chakra.

Afterwards, rest and breathe normally and quietly for a few moments.

What's Really Happening in this Exercise?

When you are breathing in and willing "God's Energy into My Second Chakra", you are really holding the 'non-personal' energy of the CREATOR into your chakra, releasing individuation and separation.

When you are breathing out and willing "Breathe Out to the Universe", you are really saying "I am a part of all things, in the ONENESS". There is no separation, only ONEness.

This is a very powerful exercise for clearing and cleansing the chakras.

Once in the morning and evening is a great regimen.