

Chakra Meditation with herbal allies

introduction

chakra- Sanskrit for wheel
originated in India over 2,500 years ago
through meditation yogis identified 7 main energy centers
from base of the spine to crown of the head
100 other energy centers throughout the body
each chakra corresponds with a color, spiritual quality, body system affinities
mental and physical disease arise from energy blockages in the chakras
herbs, diet, meditation/visualization, affirmations help to maintain energy flow

Tap into intuition/ set intentions

Muladhara- root or support chakra- at the base of the spine
red, earth, digestion, elimination, skeleton and adrenals
balance, nourishment, support, security, safety and basic needs

balance: grounded, dependable, relaxed, confident, healthy, has stamina
imbalance: anxiety, flakiness, fear of change, procrastination, constipation, joint pain, arthritis,

Alteratives: Bitter roots like burdock and dandelion
kidney support- dandelion leaf,
Nourishing roots like ashwaghandha and astragalus

Nourishing herbs like nettles, violet, red clover
Warming spices like clove, cinnamon and ginger

Medicinal modalities: food, red fruits and roots, nourishing superfoods- cranberries, strawberries, rosehips, goji, hi bioflavinoids and antioxidants

“I bow to the primal wisdom ‘of Source’”

Svadhishthana- self, residence, sweetness or sacral chakra
orange, water, reproductive organs, upper intestines, skin, bodily fluids
creativity and procreativity, relationships, emotions

balance: creative, passionate, sensual, flexible
imbalance: addiction, infertility, impotence, low sex drive, PMS and other menstrual difficulty, control freak, difficulty expressing emotions

Herbs with pelvic affinity: Damiana, ginger, goldenrod, lady’s mantle
Sensual herbs like vanilla and cacao
softening, joyful herbs like calendula

Medicinal modalities: infused oils, herbal baths, topical applications

“Samba Sada Shiva” Shiva the destroyer and transformer. Samba invokes Shiva and Shakti, divine masculine and feminine, If sada translates to "always" and Shiva to "auspicious," Sadashiva is "the one who is always happy, loving and auspicious."

Manipura- lustrous gem or solar plexus chakra
yellow, fire, liver and metabolism

energy, self esteem and personal power,

balance: confidence, self-respect, manifestation

imbalance: heartburn, egotistical, indecisive, unreliable, unmotivated

Dandelion, angelica, milk thistle, ginger

Uplifting herbs like lemonbalm, chamomile and St J's

"I bow to Ganesha, who is capable of removing all obstacles"

Anahata- not struck or heart chakra

green, air, circulation, immune and endocrine system

emotional and physical heart, love, connection, generous energy

balance: fulfilling relationships, forgiveness, empathy

imbalance: jealousy, hard time saying no, fear of intimacy, passive aggressive

Circulation stimulants: cacao, cayenne, garlic

Emotional heart helpers: rose, hawthorn, cardamom, linden, yarrow, motherwort, lavender

Sweet adaptogens- tulsi, chaga, Reishi with liver support for hormonal clearing

Nervines to support during stress response

Medicinal modalities: slow and supportive ritual, tea, sleep, nourishing meals

Linden: moistening nervine, sweetness

Jai Radha madhav- mantra for the love of Krishna and Radha- soulmates whose love transcended space and time

Vissudha- purity or purification, throat chakra

blue, neck, shoulders, jaw, throat, thyroid, vocal chords, ears

communication, personal truth, listening

balance: honest, communicative, integrity, in touch with one's truth

imbalance: know-it-all, gossip, inarticulate, shy

Herbs to moisten the throat: licorice, marshmallow, violets, sage

Herbs to tune in with: wood betony, calamus, skullcap and blue vervain

Ground ivy to hear what is hard, helpful with tinnitus and moving lymph in the head

Mullein for the lungs

seaweeds and Solomons seal to moisten and loosen

Om Kumara Kushalo Dayayei Namaha- salutations to the divine mother, who brings blessings to children. Kumara means both child and 'challenging mortality'. The divine mother's blessings are truth and wisdom, the gifts and challenges of living and learning from a mortal life. this mantra reminds to be thankful for these blessings

Anja- to perceive or third eye chakra

purple, pituitary and pineal glands, brain, eyes,

Balance: intuitive, clear-minded, open to advice

imbalance: easily manipulated, judgemental, tunnel vision

Mugwort, rosemary, ginkgo
skullcap, passionflower
Blue vervain

Mantra: Wah Yantee “wisdom of infinity” to connect to the universal wisdom of infinity and let go of stress, fear and anxiety. Connect with this wisdom to remember that love is all around us.

Sahasrara- one thousand petaled lotus or crown chakra

White, connection to the divine, all that exists beyond the body

balance: sense of peace, connection and unity, humility

imbalance: purposelessness, materialism, clinging to gurus and ritual, holier than thou attitude

All plants help us connect to something greater than ourselves, when we welcome them into our lives and they share their medicine with us.

mantra: om mamah Shivaya ‘I bow to Shiva the destroyer’. This potent blessing seals your intention and invokes the creative power of Shiva to manifest it into reality

Chakra meditation

Muladhara Red beet root connecting to source

Svadhithana orange calendula to help connect us to sensuality, flexibility and play

Manipura yellow dandelion cheerfully persisting despite obstacles

Ananahata green linden supporting us in a sweet and loving embrace

Visshudda blue violets, humble and soft

Anja purple passionflower to quiet our thinking mind

Sahasrara white thousand petaled lotus or any plant that you have a special relationship with