

## CHAKRA EXERCISES

### First Chakra

- Stomp around the house with your fists punching towards the Earth. Stomp for one minute while saying, "I am here, I am staying, I deserve to be here and I live here in joy!"

### Second Chakra

- Swing your hips in big hula hoop exaggeration. Move in one direction for one minute and then the other direction for another minute.
- The best exercise for healing and balancing the second chakra is called batting. Use a plastic bat (I use a tennis racket), bring the bat over your head with your feet shoulder-width apart and hit a waist-high object (such as a pile of pillows) while performing a pelvic thrust. Perform this exercise until you get tired and then lie down and rest for several minutes.
- A third exercise that seems less intimidating than the previous one is to lie on the floor and have a tantrum just like a two year old. Due this several times a week.

### Third Chakra

- Stretch your arms out to your sides at the shoulder and rock your upper torso side to side for several minutes.
- Make eye contact with yourself in a mirror and repeat, "I am learning to love this person in the mirror, I am learning to be proud of this person in the mirror and I am learning to believe this person is amazing."

### Fourth Chakra

- Tap the fourth chakra (mid sternum) several minutes, several times a day using your right hand.
- Receiving exercise: Visualize the upper back area as an open vortex (in between your shoulder blades). The back of the fourth chakra is the highest receptivity center in the human body. When anyone compliments you or acknowledges you, receive energy into your back (in between the shoulder blades). Visualize the energy, hear or feel it or intend that it is moving into your back. Everything is made out of energy so visualize what will make you feel happy in a large quantity. Some suggestions for visualizing are: a rainbow, a water fall, sunshine, faces of people you love, a flock of birds.

### Fifth Chakra

- Speak out loud in a made-up language (using harsh or guttural sounds) towards a blank wall for 1 minute everyday.

### Sixth Chakra

- Rotate your eyes for one minute in both directions.
- Face a wall and visualize a white tunnel spinning in a clockwise direction. The tunnel is approximately one foot in diameter. In the tunnel visualize a two inch version of yourself standing still in the tunnel. Do this for three minutes every day.

### Seventh Chakra

- Tap the top of your head for 1 minute, and then press the palms of your hands against the edge of your crown for 30 seconds. Also to receive unconditional love from the heavens imagine white warm light moving into your head from the crown chakra. Let the warm glowing light move deep into your body. As you visualize this light, allow yourself to feel unconditional love. You may need to think of someone or something that you unconditionally love first, and then transfer this unconditional love to yourself.

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