



# **MODULE FOUR**

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## **Colour Breathing To Cleanse Chakra Energy Centre**





## 4.1 Chakra Center (Picture E)

Be aware of the seven major chakra energy centers, because the seven major chakras have been documented for thousands of years and are the basis for many forms of yoga, meditation and healing techniques.

When we become aware of our energy centers, we cannot help but become more aware of ourselves and the energy we hold within us.

The raising of the chakra energy occurs naturally and spontaneously, when we relax deeply and pay attention to all our chakras.

Chakra means 'wheel' in Sanskrit. It draws energy from the universal energy field and distributes it into the energy pathways throughout our body.

The purpose of this practice is to firstly, heighten our awareness of colour and secondly, to encourage a balance of all the seven main chakra colours for our well-being.

## 4.2 Instructions

### Step 1: Sitting /or Lying Down

Sit or Lie down somewhere quiet in a comfortable position, keep your shoulders relaxed and eyes closed, consciously relaxing your body from the top of your head to the tips of your toes and start to bring your attention to your breathing.



## Step 2: Breathing In

When you are ready, keep your eyes closed and your mouth/lips sealed. Take a long deep breath in through the nose and visualize that you are drawing or absorbing the purest energy from the ground and hold it. (Refer to picture, D)

**Tip 1:** It doesn't matter if you sit on your chair, on the ground or lie down in position; preferably sitting in nature as nature has the strongest energy.

Also, visualize a color that calms you, relaxes you or makes you happy. (Refer to picture C).

**Tip 2:** Breathe in with the color you tune in to. If in any doubt, you can choose a rainbow of all colours or just use the color White.

## Step 3: Count silently with visualization

While you are holding your breath with that colour, count silently with this special mantra "Om". And while you are saying your mantra "Om", visualize the sound going through the GREAT HOLE simultaneously like a volcano explosion with that colour. (Picture A and B).

It goes Like..1 ..Om... 2 ...Om... 3... Om... 4... continue for as long as you can until you cannot count any more

**Tip 1:** Counting helps you to focus and sets you up to measure your progress. (When I first started this breathing exercise, I could only go up to to a count of 7 or 8, but as I now practice more regularly, I can count up to 25 on an average).



**Tip 2:** Whenever other thoughts, images, sounds or sensations come to your mind, simply notice them, let them go and then gently bring your attention back to your breathing.

**Step 4: Release Your Breath with BREATH OF FIRE for 5-10 seconds**

When you feel like you cannot hold your breath any longer, then release your breath with Breath of Fire (breathe in and out rapidly with your diaphragm muscle).

**Step 5: Take a break and repeat**

Gently bring your breathing back to its normal rhythm and then repeat the first 6 steps 7 times (each time, you can either choose one colour to focus on or you can choose 7 different colours according to the 7 different chakra colours; refer to Picture E).

**Step 6: Come back to your awareness and reflect**

Gently bring yourself back and become aware of the space around you and its sounds. And reflect on all the questions below:

- Were you fully present during the whole session or were your thoughts drifting away?
- Did your counting become loud or quiet, slow or fast during the session in your mind?
- Did you feel any tension, pain or discomfort when you did your mantra? Which part of the head felt this discomfort, your forehead, the top of your head or the back of your head?
- What else did you feel during the session?
- What colour did you tune into?
- Take note of how it feels when you fill your head with this wonderful coloured light.
- Continue to notice the colour and the sensations that it brings.



## Notes:



## Questions:

