



# Yogic Chakras

In all matter, the seven centres of life are present in a dormant state - these we term as Yogic Chakras.

The yogic chakras are centres of energy situated in the subtle body. They are seven in number. However, the energy contained in these chakras is not awake fully.

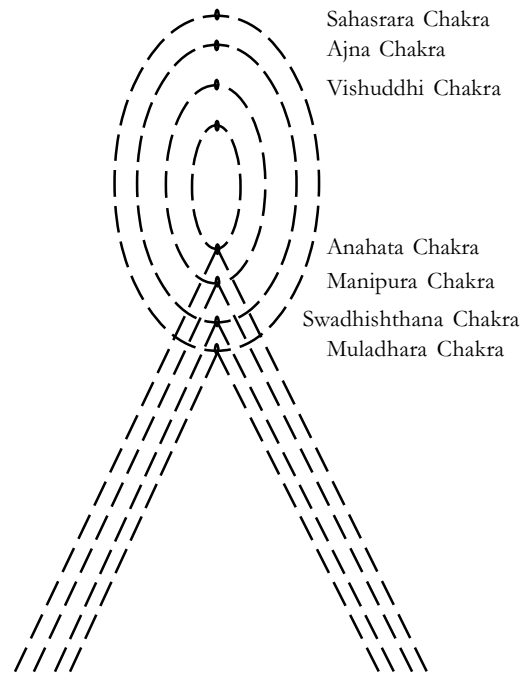
In plants, the first centre of life is awakened - its name is Muladhara chakra.

In animals, the second centre of life too is awake - it is known as Swadhishtana chakra.

In human beings, the third centre of life becomes awake - it is called Manipura chakra.

All the seven centres of life can be awakened in the human being, but not in plants or animals.

The Hathayogic practices - asanas, pranayama, mudra and bandh awaken the energy of the Yogic chakras.



## Purification of Yogic Chakras

The hathayogic practices purify the chakras at the physical, vital and psychological levels.

### *At the Physical level*

When the energy generated by the physical being through food is not expended fully, the energy that remains unexpended or unexpressed, is known as impure physical energy. This makes the yogic chakras passive and prone to inertia. Through the yogic practices, this impure physical energy is released and the physical being attains a greater beauty and health.

### *At the Vital (life-force, emotional) level*

When the energy of anger, fear, desire etc. is not expressed fully and accumulates suppressed in-

side the being, it is known as the impure vital energy which makes the yogic chakras passive. The yogic practices help to release this energy.

### *At the Psychological (mental) level*

At the mental level when you resolve to do something - for e.g., 'I will go for a jog at 6.00 in the morning' - the energy for the fulfilment of that resolve starts accumulating in the mind. And when in the morning you say, 'I will not go for a jog today, but will start from tomorrow', then the energy that has collected in the mind needs an outlet - and it is this which creates impurity in our mental environment. Yogic practices help release this impure mental energy.

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