

Yogic Philosophy

Class #9



Yoga & Mindfulness Teacher Training
a 200-hour program at SCHOOLCRAFT COLLEGE

Historical Context of Chakras

- Chakra means spinning wheel or disc
 - Referring to weapons
 - Wheel of Dharma
 - Any spinning wheel
 - Energy centers in the body
 - Seven centers along the spine and at every major joint.
 - Joint Freeing Yoga is “Chakra Therapy” for Vata Dosha.

Historical Context of Chakras

- Chakra is referred to in the Vedas but not as an energy center.
 - *Chakravartin* - The king who "turns the wheel of his empire" in all directions from a center, representing his influence and power. (David Gordon Tantra in Practice)
- Used as an “energy center” associated with health, healing, spiritual awaking and meditation practices. Mostly believed to have started in mid-evil time associated with Hindu and Tantric Buddhism.
 - Some feel Chakra practice predates the mid evil time period but was codified in writing at that time.
 - Dosha, Guna, Vital Essence, Vayu, Nadis and Storas all predate Chakras going back to Upaveda. Chakra system have been integrated by many Yogic and Ayurvedic healing traditions.

Historical Context of Chakras

- Chakras are considered to be part of the subtle or astral body by some. Even by many Ayurvedic Doctors.
- Considered to be an psycho emotional object of meditation by others (Advaita Vedanta)
- Buddhist use 5 Chakras where the “Hindu” systems use 7. Numbers of primary Chakras vary but 7 is most prominent today.

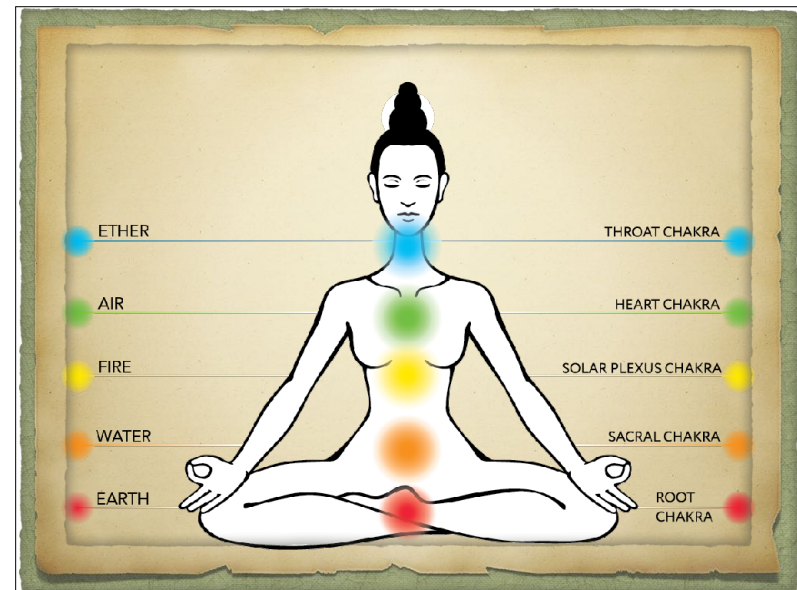
Chakras and Ayurvedic "Bodies"

- Chakras are considered to be part of the subtle body which is one of the three bodies taught in Vedanta:
 - Sthula sarira - Physical dense body physical mortal body that eats, breathes and moves. Blood, muscle, bones etc. Made up by the other two bodies.
 - Sukshma sarira - Subtle body of the mind, vital energies (prana, tejas, ojas), which keep the physical body alive. Works with the causal body for the transmigrating soul to travel.
 - Karana sarira - Causal or karmic body is considered most complex of the bodies. It carries the impressions of experience from past lives. It is considered to be the root of separation from the enteral oneness by most schools of thought.

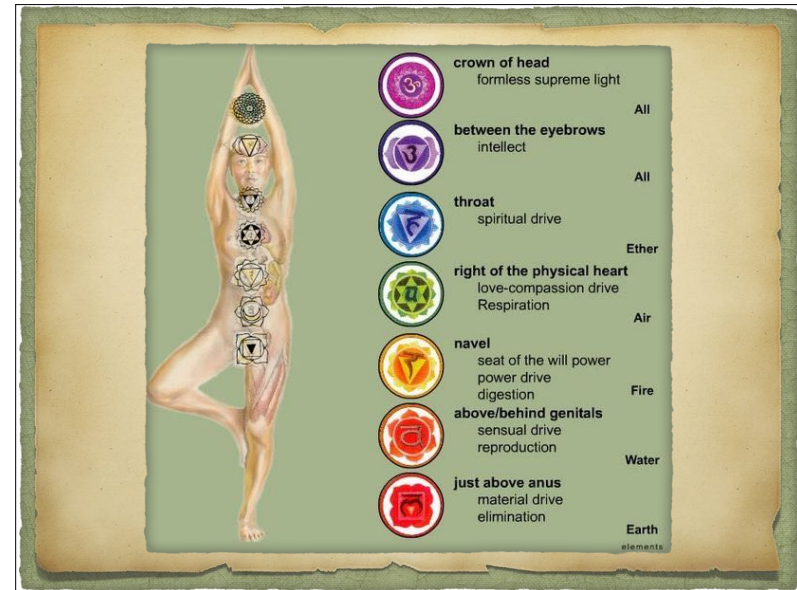
Five Element and Relationship to Chakras

Five Elements

1. Earth (Prithvi or Bhumi)
2. Water (Jala)
3. Fire (Agni)
4. Air (Vāyu)
5. Ether (Ākāsh)



Psycho Emotional States, Biological Functions & Chakras



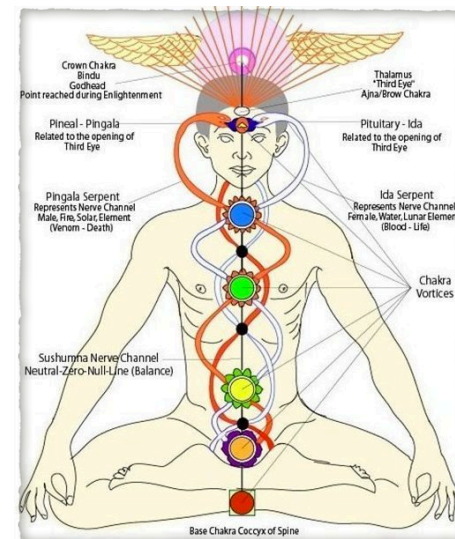
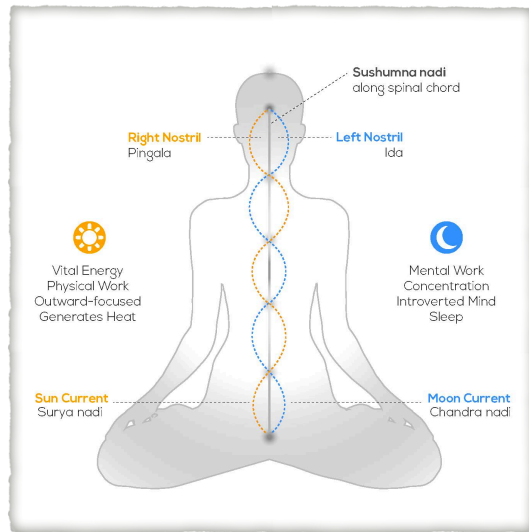
Seed Mantras for the Chakras



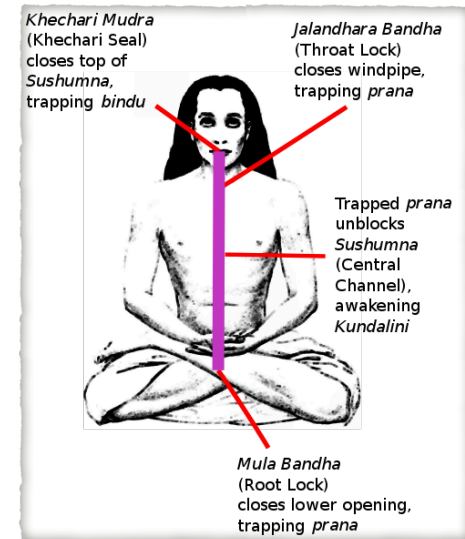
Chakra Bija Mantras

- **1st Chakra** - Muladhara - Seed Mantra • **LAM** • Location: Pelvic floor/Anus
- **2nd Chakra** - Svadhisthana - Seed Mantra • **VAM** • Location: Sacrum/ Pubic bone
- **3rd Chakra** - Manipura - Seed Mantra • **RAM** • Location: Navel to 2 inches below /Behind navel
- **4th Chakra** - Anahata - Seed Mantra • **YAM** • Location: Center of sternum
- **5th Chakra** - Vishuddhi - Seed Mantra • **HAM** • Location: Sternal notch to center of the neck
- **6th Chakra** - Ajna- Seed Mantra • **OM** • Location: Between eyebrows
- **7th Chakra** - Sahasrara - Seed Mantra • **OM** • Location: Fontanel aka soft part of the skull on babies.

Primary Nadis Ida, Pingala and Sushumna



Bandhas and Khechari



Philosophy 9

- Yoga and Ayurveda Chapters 10 and 11
- Chant Seed Mantras
- Use Bandhas in your meditation practice