



Module 3: Exercise 1

TUNING CHAKRAS: ON THE BODY

Tune each Chakra 3-5 times to clear and cleanse the energy. Pay attention to where you feel the energy moving in your body. Record your findings on your Journal Page. In the morning, beginning at Root to Crown bring the energy up. In the evening, beginning at Crown to Root bring the energy down.

YIN - FRONT SIDE OF BODY

ROOT: At Perineum. This point is SUPER SENSITIVE!

SACRAL: 2 cun below the belly button and above the pubic bone

SOLAR PLEXUS: 2 cun above the belly button and below the bottom ribs

HEART: in between the breasts on the sternum

THROAT: in the hollow of the neck where the clavicle bones meet

THIRD EYE in between the eyebrows above the bridge of the nose

CROWN: follow from the hairline to where the tops of the ears meet in the center of the head

YANG - BACKSIDE OF BODY

Repeat at each Chakra to find the locations on the back of the body.

YIN & YANG TOGETHER

Repeat at each Chakra with one tuning fork on the front of the body and one tuning fork on the back of the body at the same time.

EXTRA: Chant the Bija Mantra tone for each Chakra while tuning!