

*The Foundations of Trust*

Muladhara (root chakra)

Roots of ruby red  
 Grow from feet to head  
 Bloodstones flow through open bloodstreams  
 Veins - from feet to head  
 Embedded - like the Yggdrasil tree  
 On Gaia's green earth

mul

Elephants pluck with tethered trunk  
 Green leaves - four petals each  
 Veins - Great Saphenous - Gaia  
 Their feet (grounded) track traces  
 Of new places, notches on the spine

ad

At the base, Ganesha's trunk  
 Reaching up up UP - sprouting  
 Sprouting roots of leaves (world)  
 Grounded - ing - in you.

hara

Svadhithana (sacral)

Juices from sweetened oranges

Drip

drip drip

Down from orange trees

open wide

Drink the juice of Vishnu's

Whispers - all around -

*Apple, orange, nectarine*

svad

All creatures sip on sweetness

(take a bite) - flowering

Womb - open -

his

Flowering stomach - flowered

*Apple, orange, nectarine*

Here holds *life*

thana

Earthly miracles - tiny hands

Reaching - teach tiny

Minds, eyes like fire opals

*Apple, orange, nectarine*

Vishnu whispers upon us all

In shades of sensuality.

The idea of the chakras comes from ancient India and is first noted in the text of the *Vedas* (which means ‘knowledge’). They were originally pronounced and spelt as ‘cakra’ and they represent the circle of time which every living being endures. They also represent the wheel of the seasons. In ancient India there was great importance placed on the earth itself; the sun, nature, rainfall, natural forces. These were not only seen as beneficial to humanity, but the seasons were also said to be derived from numerous gods and is how these gods communicated with humanity. Hinduism, which was born between 500 and 300 BCE, is the main source of the chakras concept. Present day teachings are derived primarily from Hinduism, with a branching out to Buddhism.<sup>1</sup>

Yoga and meditation emerged as ways to open these chakras, boosting self-awareness, creativity, and acceptance of the world around us. The sutras, which means a string or thread, are said to be a manual to the oral teachings found in Buddhism on meditation and yoga. The earliest Buddhist teachings were passed down orally in sermons known as Prakrit's. The earliest Buddhist text is dated to the 1<sup>st</sup> century, suggesting there is much we do not know about teachings of mindfulness within Buddhism.<sup>2</sup>

Today, the Wellness Industry is worth over one billion US dollars in America alone. As of 2012, around 37 million Americans had reported participating in some kind of yoga and/or meditation, 20 million in 2012 alone. Today, there are over 1,000 apps on iTunes which provide yogic and meditative practices for consumers.<sup>3</sup>

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<sup>1</sup> Julian, Flanders, 2021. *The Essential Book of Chakras*, 1st edn (London: Arcturus Publishing Limited), p.13

<sup>2</sup> The Spiritual Life, ‘Yoga’ and ‘Meditation’, in *Spirituality*, (2010-2030), <[Buddhist Meditation \(slife.org\)](http://slife.org)>

<sup>3</sup> Joe, Vennare, “What's Next For The Mindfulness Industry?” [online] Fitt Insider. Available at: <<https://insider.fitt.co/meditation-mindfulness-startups/>>

Manipura (solar plexus)

See the sun  
Setting - rising  
Earth erupting - state of gold  
Butterflies floating upward out  
The mouth - flowing  
Flows from  
You

man

You are  
    Blue  
    Pink  
    Orange  
Yellow hues - sunshine  
Searching the self  
Listen to Agni's honeyed voice

i

trails of butterflies in your  
wake

pura

Each chakra is situated along the spine of the human body, they are all individual energies which require their own regulation. Each chakra represents a different function and feeling within the body. For example, the solar plexus chakra (navel) controls the ego, and is associated with self-belief, self-confidence and power. Whereas the cardiac plexus chakra (heart) controls our ability to accept, receive and give love. A closed or blocked heart chakra is said to be detrimental to our social lives. The chakras all have their own colour, sense, element, gems/stones, symbol and deity which impacts its appearance, location and function.

Over 300 million people participate in some form of yoga and/or meditation worldwide in the present day. 74% of practitioners have only been in the profession for under 5 years, showing this rapid increase in mindfulness practicing due to the pandemic.<sup>4</sup>

Since the covid-19 pandemic, sales of yoga equipment have increased by 154%, with a 23% increase in participation of yoga via apps.<sup>5</sup> The theory behind this is that an increased sense of isolation and anxiety increases the participation within yoga and meditation as it is so highly recommended by friends, family and medical professional. Especially given the ease of access we now have to these originally sacred and scarce teachings of ancient India.

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<sup>4</sup> Nicole, Johnson, 2020, “60+ Insane Yoga Statistics”, [online] Book Retreats. Available at <https://bookretreats.com/blog/yoga-statistics/>

<sup>5</sup> Nadya, Okamoto, ‘How the Yoga Industry Has Changed with The Pandemic’, at *aSweatLife*, (June 15<sup>th</sup>, 2021) <https://asweatlife.com/2021/06/yoga-industry-change/>

Anahata (heart)

Sit in Sukhasana

Grass of evergreen in  
 A heart-shaped hole  
 The grass is  
 Soft  
 Strong  
 Seeking my skin  
 Its roots cling to me  
 Enveloped in emerald - cocooned

ana

Shiva's hands - linked with  
 Shakti's fingers  
 Their energies float  
 butterflies

Through summer sunrays in the air.

hata

Giving  
 Taking  
 Giving  
 Taking

Breathe in earth  
 Breathe out love.

The aura is said to be made up of numerous different energetic fields – some cultures believe there are up to twelve fields within the subtle body alone. In traditional Hindu teachings there are six main fields within the subtle body, or auric field, itself. These are the emotional body, physical body, astral body, mental body, celestial body, etheric body and causal body. All of these fields must be adhered to within mindfulness to reach enlightenment – to become above the cycle of life and pass into the next.

Viveka = discrimination

“viveka ultimately refers to the ability to differentiate between the real and unreal, eternal and temporary, self and non-self, material pleasure and bliss. Thus, viveka is a spiritual practice of realizing the Truth.”<sup>6</sup>

In this sense, discrimination is not a negative act, it simply means to have the clarity to make our own life choices that will affect ourselves and others around us. This is crucial for building up good karma to reach enlightenment (in the Buddhist tradition).

Chakras exist in the subtle body – made of different energy fields which surround every living being – this makes up the aura. The halo often depicted around Jesus’ head is believed by some to be this aura or subtle body. This makes sense as Jesus was viewed as a being unlike any other. In this sense, he would be fully enlightened; he has reached a state of full awareness and is above human suffering.

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<sup>6</sup> Satyanarayana, Dasa, ‘Viveka - Proper Discrimination’, (March 1<sup>st</sup>, 2020) <<https://www.jiva.org/viveka-proper-discrimination/>>



Vishuddha (throat)

Sapphires dancing through  
 The ether - bloodstones  
 Hear them rupture into rungs (neck)  
 Tra-che-aaa

vis

Petals of blue topaz float  
 Like tinted voices - listen -  
 Through - top to toe  
     Head  
     Throat  
     Body  
     Soul(s)

hudd

Ganga swims, passing lily pads  
 In the water of the  
 River - River Ganges -  
 One body to  
 Another - voices heard,  
 Inhaled - inhaling

ha

Speak renewed.

81% of big businesses and 49% of small businesses in the USA offer wellness programs.<sup>7</sup> However, these wellness programs have more of an emphasis on fitness itself, rather than the teachings of yoga and meditation. They focus on reducing health issues of employees primarily to reduce staff absenteeism. They are largely catered toward the majority, and do not consider disabilities or personal circumstances of each employee which may impact their ability to partake in these wellness programs.

Yoga has been proven to benefit those with physical and mental disabilities -  
“The yoga program & education together appear to be effective in reducing depression and anxiety, which can affect perception of pain.”<sup>8</sup>

The key when practicing yoga is to focus on *prana*, which means life-force energy. Whilst practicing yoga and meditation one can feel this prana flowing through their body, as they build their awareness of the present self, and the present world around them. This prana creates the aura, the flow of prana through the human body will impact the colour of the aura around the body.

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<sup>7</sup> Rohma, Abbas, ‘The Problem with Employee Wellness Programs’, *Workable*,  
<<https://resources.workable.com/stories-and-insights/employee-wellness-programs> >

<sup>8</sup> Goran, Kuvacic, ‘Effectiveness of yoga and educational intervention on disability, anxiety, depression, and pain in people with CLBP: A randomized controlled trial’, in *Complementary Therapies in Clinical Practice*, Vol. 31, (Elsevier Ltd: May 2018), pp.262-267, <<https://www.sciencedirect.com/science/article/abs/pii/S1744388117305054> >

Ajna (third-eye)

All seeing - eyes of indigo  
In-di-go, beacon of light  
Amidst the deepest  
Ocean, or river  
Shining the soul out  
    out  
        out

Seat of the soul  
Shiva + Shakti share - sharing  
All seeing - trust *it*  
Your intuition, balancing  
Between brows of thick dark mass  
Anahata & Ajna join

ajna

The chakras are centered around deities, predominantly Shakti (mother of the universe), and Shiva (the energy of all existence). These deities are dependent on each other – they form a crucial link between the earth and the divine (the body and the soul) - their love creates the universe.

“There is no Shiva without Shakti. No Shakti without Shiva.”<sup>9</sup>

In the same breath, there is no yoga without the breath, there is no meditation without awareness and presence.

Shakti and Shiva are said to be the “bridge between the earthly and the divine”.<sup>10</sup> In other words, the connection between mind and body, earth and heaven.

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<sup>9</sup> Julian, Flanders, 2021. *The Essential Book of Chakras*, 1st edn (London: Arcturus Publishing Limited), p.16

<sup>10</sup> Ibid. P.16

Sahasrara (crown)

Queen atop her violet throne  
 Plucking thoughts from  
 Passing clouds, re-placing  
 Old with new, fear with fire,  
 Bloodstones with celestite

sa

Butterflies float - fly freely  
 Celestial dancers of the body and  
 Soul - wings of topaz that  
 Know no bounds

has

Nested in Yggdrasil trees,  
 Their buds sprout in bronchioles  
 Of your body - my body  
*Apples, oranges, nectarines* - fresh juice  
 Grass of evergreen (soft) lines  
 Our insides

ra

Queen  
 Queen of all  
 Sitting in Sukhasana - yellow rays of  
 Sunshine  
 Spill from every pore.

ra

All of this and nothing more.