

*Signals:-

*Here are a few signals that indicate the presence of the higher energies:

*Buzzing, clicking, humming, roaring or ringing sounds, tingling sensations, goose bumps, hair standing on end, floral aromas, feelings of expansion or contraction, heaviness or lightness, numbness or paralysis in any part of your body, electric-like pulses or surges of energy, spinning, vibrations or movement of any kind...

*Suggestions:-

*Let it happen as it wants to...

*not how you judge or think it should be.

*Things will shift and change in their own way.

*If you try to control - this will block the flow;

*and make your process ever so much longer.

*If you try to resist - this will use up life energy;

*and make your process ever so much harder;

(and make you very tired).

*Give yourself space and time to;

*"be" with what is happening;

*alone or with those who are understanding.

*Don't project or blame onto others...

*everything you feel is your stuff - your responsibility...

*but the healing work will help you.

*Chakra meditations that use mudras and sounds to open chakras.

These chakra meditations use mudras, which are special hand positions, to open chakras. The mudras have the power to send more energy to particular chakras.

To enhance the effect, sounds are chanted. These sounds are from Sanskrit letters. When chanted, they cause a resonance in your body that you can feel at the chakra they are meant for.

*For pronunciation, keep in mind that:

the "A" is pronounced as in "ah,"

the "M" is pronounced as "mng" ("ng" like in "king").

Do a meditation for 7 - 10 breaths. Chant the sound several times each breath (for example three times).

Check out these recommendations on working with your chakras.

*Open the Root Chakra.

Let the tips of your thumb and index finger touch.

Concentrate on the Root chakra at the spot in between the genitals and the anus.

Chant the sound LAM.

*Additional techniques to open the Root chakra.

*Open the Sacral Chakra:-

Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.

Concentrate on the Sacral chakra at the sacral bone (on the lower back).

Chant the sound VAM.

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*Open the Navel Chakra:-

Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers.

Concentrate on the Navel chakra located on the spine, a bit above the level of the navel.

Chant the sound RAM.

*Open the Heart Chakra:-

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone (so a bit above the solar plexus).

Concentrate on the Heart chakra at the spine, level with the heart.

Chant the sound YAM.

*Open the Throat Chakra:-

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up.

Concentrate on the Throat chakra at the base of the throat.

Chant the sound HAM.

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*Open the Third Eye Chakra:-

Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and touch at the tops.

Concentrate on the Third Eye chakra slightly above the point between the eyebrows.

Chant the sound OM or AUM.

*Open the Crown Chakra:-

Put your hands before your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right.

Concentrate on the Crown chakra at the top of your head.

Chant the sound NG.

Warning: don't use this meditation for the Crown chakra while you don't have a strong Root chakra (you need a strong foundation first).

*Some recommendations for working with your chakras:-

It's generally considered to be best to open the chakras from the lower chakras up. So you make sure that first the Root chakra is open and then you proceed to the Sacral chakra, then Navel, Heart, Throat, Third Eye and finally Crown chakra.

The Root chakra is the foundation. When the Root chakra is open, you're able to feel secure and welcome. Having opened this chakra, you'll feel you'll have territory.

Only when you feel secure and welcome, are you able to express feelings and sexuality appropriately, the domain of the Sacral chakra. This is generally contact with one person at a time. Feelings get you an idea of what you want and when you are aware of that, you can open the Navel chakra, to assert your wants, to decide upon them. This assertion is something that's done between people, in groups, in social situations. Being able to deal with social situations, you can form affectionate relationships, which is the domain of the Heart chakra. This tames the aggression of the Navel chakra. When relationships are formed, you are able to express yourself, by the Throat chakra. This is also the basis of thinking, which makes insight possible, by opening the Third Eye chakra. When all these chakras are open, you're ready for the Crown chakra, to develop wisdom, self-awareness and awareness of the whole.

What period of time you spend on each chakra, is something you'll have to find out for yourself. Be aware of how you feel and what you do and don't do. Notice if you really do need to open certain chakras and if you can sustain higher ones. It's probably a process of years, if not decades, although you'll be enjoying benefits immediately. It will not always be necessary to rigidly follow the order of the chakras, as long as you're aware of what's happening with you.

The test for the chakras can help you determine which ones you'll need to open. However, don't rely on this alone, but also read about the chakras in other contexts.

It's mostly a matter of being aware what your state is. To develop this awareness, it's a good idea to do meditation. That also helps to balance the chakras, and is particularly helpful when you have over-active chakras. Vipassana and Zen meditation are in particular recommended.

*Techniques to open the Root Chakra:-

Using the body and becoming aware of it.

The Root chakra, being the first chakra, is the most physical one. This means that any activity that makes one more aware of the body, will strengthen this chakra.

This particularly goes for physical activity. One can do sports, martial arts, walking, yoga, Tai Chi, it all helps. But also house-cleaning, manual dishwashing and car-cleaning. It is important not to do things that make one insensitive to pain and not to overdo it. Exhaustion is just not good.

Zen meditation is an activity that seems to be the contrary of physical, but actually is. This can make one very aware of the body.

*Grounding:-

The Root chakra is particularly about connecting to the ground. Expressions like "Be on firm ground" and "Getting on your feet again" convey a good connection and an open Root chakra. "To lose ground" and "Getting swept off your feet" convey a closed (or almost closed) Root chakra. When your Root chakra is closed too far, you may actually feel that your feet don't seem to really touch the ground.

This is an exercise to strengthen this connection to the ground.

*Stand up straight and relaxed.

*Put your feet shoulder width apart.

*Slightly bend your knees.

*Put your pelvis somewhat forward.

*Keep your body balanced, so that your weight is evenly distributed over the soles of your feet.

*Sink your weight downward.

Keep in this position for several minutes.

*Contracting bottom muscles:-

By contracting the muscles that are between the anus and the genitals, the Root Chakra is stimulated. At each inhalation, contract these muscles inward, at each exhalation, relax. Do this for a few minutes.

This can be done while sitting, standing or walking.

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■Chakra meditation for the Root chakra:-

***What mudras are and how to use them.**

Mudras are positions of the body that have some kind of influence on the energies of the body, or your mood. Mostly the hands and fingers are held in some position, but the whole body may be part of the mudra as well.

The most well-known mudras are probably the ones performed while [meditating](#). One sits in lotus position (or with crossed legs) and either puts one's hands on the knees, the tips of the thumb and index finger joining, or in the lap, the fingers of the right hand resting on the left palm. But also the christian crossing of the fingers for prayer is a mudra, as is the "Namaste" indian greeting gesture (that is also used while praying), where the hands are held in front of the chest, the palms touching.

The crossing of the hands puts one's attention within, while opening the heart. The indian greeting gesture puts one into a mood of respect.

Some mudras are performed spontaneously by many people, like the [Hakini mudra](#), where the tips of all fingers from the right hand touch the corresponding fingertips from the left.

Mudras have been in use in the East for thousands of years, particularly in Buddhism. Buddha statues often have the hands in certain hand positions. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment.

However they're also used for physical ailments.

***Using Mudras:-**

To use a mudra, keep it for at least a couple of minutes. It is usually more effective to do them a while longer, like 15 minutes or so. You might spread that time over the day, but you could also make it part of meditation.

Hold the finger-positions with both hands, at the same time. This will have a more powerful effect than doing a mudra with just one hand.

Some mudras are simple enough so that you can even do them with your hands in your pockets, like the [set of four mudras](#). You can do these anywhere when you feel you need them, without attracting attention.

***Mudras, their hand position, a photo and use**

*List with pictures of the available mudras:-



[Acceptance](#)



[Ahamkara](#)



[Apan](#)



[Back Pain](#)



[Bhudy](#)



[Gyan](#)



[Hakini](#)



[Pran](#)



[Prithvi](#)



[Shuni](#)

*Mudras for emotional well-being:-

Acceptance

[Acceptance](#) mudra

Grounding

[Gyan](#) mudra

Calmness

[4](#) mudra

Intuition

[Bhudy](#) mudra

[Gyan](#) mudra

Patience

Concentration

[4](#) mudra

[Shuni](#) mudra

[Gyan](#) mudra

Self-confidence

[Hakini](#) mudra

[Ahamkara](#) mudra

[Apan](#) mudra

Energy

[4](#) mudra

Stability

[Apan](#) mudra

[4](#) mudra

[Pran](#) mudra

[Prithvi](#) mudra

[Prithvi](#) mudra

Timidity

[Ahamkara](#) mudra

Fear

Ahamkara mudra

*Set of four mudras for balancing energy that are used in a sequence.



Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously.

This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down.

The overall effect is that you get calmer, more relaxed and concentrated.

The separate mudras (hand positions) have the following effects:

*Thumb touches tip of index finger:

Opens the Root chakra, and moves more energy to the legs and lower body. Makes one calmer and more concentrated.

*Thumb touches tip of middle finger:-

Fosters patience.

*Thumb touches tip of ring finger:-

Energy, stability and self-confidence.

*Thumb touches tip of pinky finger:-

Intuition and feeling.

Meditation is a basic practice for self-realization. Basically, you sit straight and concentrate on a particular point in your body (usually the belly). When you notice that you have drifted away from this point of concentration, you gently return to it.

***What it does for you?**

*This practice in a gradual way helps in lots of aspects of your life. It makes you more aware of the current moment, the here and now, giving you a sense of having more time to deal with situations. It develops concentration and awareness of the self and body. It balances energy and the [chakras](#). It makes you calmer and more relaxed. It also helps reduce mental chatter, and grounds you in your body. This all helps making you more open to yourself and the world, to be your natural self.

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