

Opening your first chakra:

Stand with your feet shoulder width apart. Balance your weight on your feet to ensure you are not leaning forward or back. Press your toes into the floor to get a sense of solidness and support for the floor.

Bend your knees slightly and relax your lower back. Allow your pelvis to rotate forward slightly, especially if your pelvis is tipped back and there is a sway or curve in your lower back.

Relax your neck and shoulders muscles and the muscles in your abdomen.

Select a place on the floor about 3 feet in front of you and fix your eyes on that spot but without dropping your chin. Keep your chin level to the ground and your eyes open.

Begin with very small movements and rotate your pelvis to the left in circular movements. Isolate your hips from your shoulders and try not to move your shoulders as your hips continue in a circular pattern.

Relax the area between your legs, especially if you are clenching your anus.

Continue with the small circular movements and reverse direction.

Make the movement small, fluid, and continual.

Now, shift back to the left again and visualize your first chakra opening. The chakra's tip is seated in the center of your abdomen just above the pubic bone and the open end of the chakra points toward the earth. Visualize or imagine fluid energy pouring into the chakra, from the earth upward, and funneling through your first chakra and rotating the same direction as your spin to the left as it enters.

Check back in with your toes, knees, neck, shoulders, back and abdomen. Release any tension that may have arrived.

Release the rotation of your pelvis and notice if you feel any different than when you began.

Opening the Second Chakra:

Come back into the same position when opening the first chakra.

This time make the rotations a bit larger, and still isolate the hips so the shoulders are not making circular movements as well.

Rotate the pelvis to the left and then to the right several times.

Keep your lower back relaxed so the movements can be fluid.

Now bring your pelvis back to center and begin to do some pelvic thrusts forward and back; begin with very small movements. Again, isolate the hips. Try not to move your entire lower body and hips; keep the knees and shoulders in a neutral position while you thrust your pelvis. You are thrusting your pubic bone forward and then back.

As you become comfortable with the movements begin to increase to bigger thrusts.

Take caution to protect your lower back if you have issues in that area. Utilize good self care.

Begin to Visualize or imagine fluid energy pouring into your second chakra which is located above your pubic bone. The tip is connected to the tip of the first chakra and rests in the center of your body. The cone end opens to the front and back of your body. Visualize or imagine energy pouring into the front and the back and traveling up the center of your body. The energy spirals as it enters in a clockwise rotation. Clockwise is

determined by looking at the body. If you had a clock just above your pubic bone then the direction of the second hand on the clock is the same as the rotation of the chakra. The same applies to the back chakra. If you had a clock on the back of your body then the rotation of the second hand would indicate the spin of the chakra. Continue to allow the energy to fill the second chakra and fill your entire body. Release the thrusting movements and return to a neutral position. Check in with your body and see if you feel any different.

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