



## Chakras- An Ancient Concept

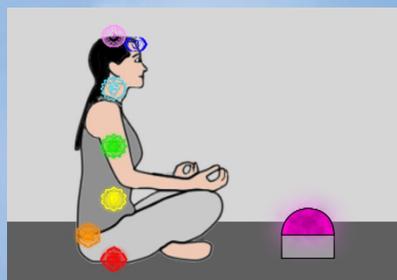
Chakras originate in Ancient Hindu texts or the Vedas. The Vedas are the oldest written tradition in India (2,000 – 600 B.C.). By 600 A.D. chakras became an integral part of yoga practices.

The word Chakra is pronounced “shock-rah” and is derived from the Sanskrit word for “wheel” or “turning”. There are 7 main chakras located outside of the body and along the head and spine. Each chakra corresponds to a color in the visible light spectrum and an endocrine system in the body.

Chakras serve as integration forces that drive the mind, body and spirit connection. Chakras collect and assimilate life energies within and around us. Life energy may sound like a complicated term but it is comprised of many forms. Some life energy is as simple as sunlight, sound, color and some is as complicated as emotions and

brain chemistry.

Ancient chakra information, especially regarding their connection to specific body organs, was documented long before any written record of human physiology. So it seems that chakras, how they are positioned in the body and their functionality in health was more than a lucky guess by our ancient ancestors. Historical records of chakras predate records by medical science adding to the mystique of chakras.



## Integrate Color Into Daily Life Activities to Promote Balance and Good Health:

1. Chakra Light - Sit quietly with the chakra light equipped with each of the 7 rainbow colors. Set the chakra light to the desired color. Take notes of how each color feels. A record may reveal patterns. Set the chakra light to the desired color and establish ambiance in your room or work space.
2. Clothing – Store clothing by color and select clothes based on the color of choice. For example, blue promotes a sense of loyalty and red exudes sex appeal. \*
3. Solar Elixir – The Solar Elixir Collection glass set infuses natural sunshine into fresh water. Sip the sun infused water throughout the day. Avoid leaded glass.
4. Food/drink – Eat foods and drink liquids with the color of choice. For example, radishes, blueberries, peppers, etc.
5. Visualization – Meditate and visualize each color. Record how each color feels. The chakra light enhances this exercise.
6. Color Breathing- Visualize color, inhale the color and focus on the desired benefit.
7. Color Bathing- Bathe in products that create color in water (do not use food coloring, use only approved color bath products)
8. Gems/Crystals- Place near a bedside table crystals, minerals and gems that resonate with the color of choice. Place crystals in your energy work space and anywhere they are seen often. \*

\* The chakra wisdom portfolio includes detailed information for each of the seven chakra colors.

For more information visit:  
[www.chakracolorproducts.com](http://www.chakracolorproducts.com)  
or email:  
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## What is Your Yoga Style?

My yoga class introduces basic and advanced Hatha yoga concepts along with ideas of Eastern philosophy. Within the first few classes my students learn meditation while mastering gracious body movements. My yoga classes include an active form of meditation.

## What are the Most Important Reasons to Embrace Yoga?

Build strength and confidence (emotional and physical)

Increase range of motion and soothe aches and pains

Physical and cardiovascular exercise

Reduce the overall stress level

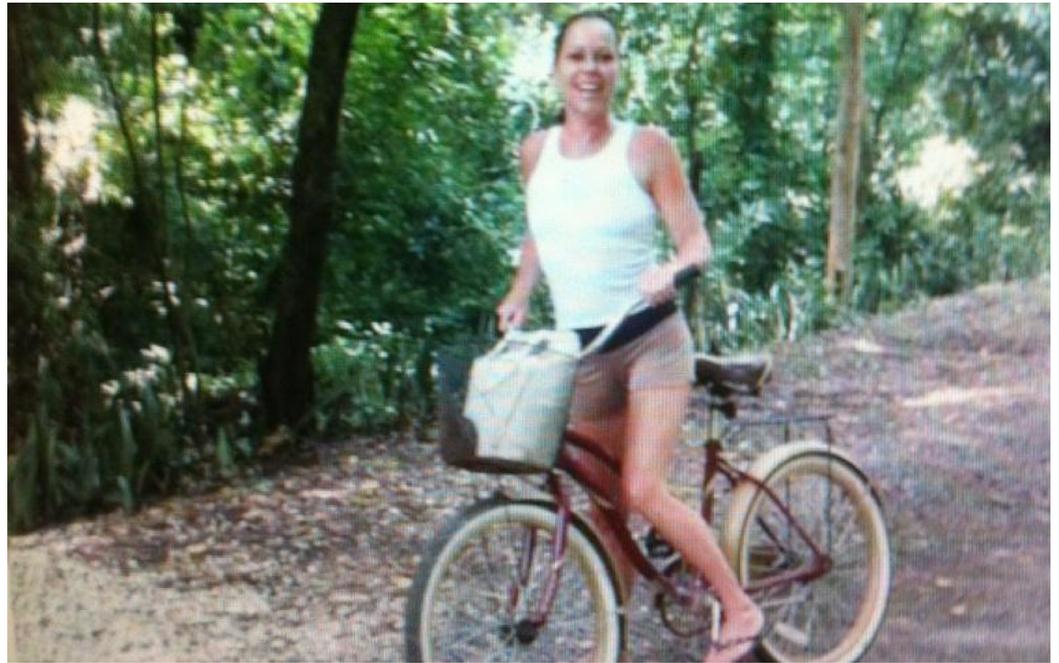
Promote relaxation and peace of mind

Build stamina and strengthen muscles

Achieve camaraderie with like minded people in a supportive environment

## What Philosophy is Most Important ?

My clients gain exposure to traditional Eastern philosophy and practice the ancient art of movement, flexibility and con-



## FEATURED HOLISTIC & ALTERNATIVE PRACTITIONER CYNTHIA K. PETERS Certified Yoga Instructor

centration. My practice encourages meditation, visualization, chakra exercises and various other methods based on Eastern belief systems.



## Curriculum Vitae

Cynthia K. Peters of Cyndi's Nature Yoga attended the Nosara Yoga Institute, Costa Rica in 2011 and plans to return in July of 2012 for additional training. She has been a dedicated yoga student for nearly 10 years. Currently, she teaches group and private Hatha yoga classes in Palm Desert,

California and Incline Village, Nevada. She follows her heart in the pursuit of higher awareness and conveys this ideal to her students. Cynthia is an artist, inspirational writer and loves animals, travel and adventure.

Cynthia can be contacted at [cyn-dilou747@yahoo.com](mailto:cyn-dilou747@yahoo.com)

## What Type of Chakra Exercises Do You Teach?

My chakra exercises include basic chakra knowledge and application of ancient techniques to tap natural healing abilities. For example, one version calls for visualization of each chakra, one by one, spinning in a clockwise motion. This heightens awareness of chakra energy to reveal strengths and weaknesses. My gentle chakra spinning exercise helps my clients build strength and

confidence. It's important to respect the continual flow of energy through sensitivity to the fine balance of energy within yourself and the universe.

## How is "Chanting" Used in Your Practice?

I teach group chanting. The collective group effort raises the vibration level in the environment. Group chanting is a unique healing experience with a pleasant lingering effect.

For more information visit:  
[www.chakracolorproducts.com](http://www.chakracolorproducts.com)  
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