

ALIGN
YOUR
ENERGY



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INTRODUCTION | OPENNESS TO EXPERIENCE |

To master your mind or create real change, you must first **open** yourself up to new experiences and new role models. Often when we can't see ourselves in others, and in turn - we end up creating a fixated identity that holds limited room for growth. I once carried these limitations when it came to yoga and meditation years ago. I felt as though I was so **opposite** - not relating to the practices or the people who carry out this lifestyle. By not setting expectations or making false assumptions, I allowed my perspective to shift - which then made the journey naturally flow. This guide isn't here to tell you to become a yogi or be anything that you are not. It serves a purpose to teach you about your energy centers (chakras) and ways you can create more balance and peace in your life. You don't have to be perfect, just know that these methods and practices are here for you when you need them. Through openness to experience, you have the ability to discover and unlock different levels of growth. You don't have to be a chef to cook well - , similarly you don't have to be a yogi to meditate or practice well.

"The hypothesis won't prove to be right if the experiment isn't adequately carried out"

This means, you can't say something didn't work if you didn't follow the exact plan. Going back to the chef analogy, if you were given a recipe and skipped a few steps, you'd result with a different dish - am I right? Maybe less sweet or more dry. The outcome will be different if the steps are different. That's just the prime example of cause and effect. Keep this in mind as you venture into this journey. A calmer and more energized you awaits.

Heba's Note

Health for me has evolved to become more than just working out, managing my thoughts/emotions and eating well. But I didn't always have this perspective. In my earlier years and starting journey, I believed eating well and working out justified 'good health'. Which for the record is true - but that's certainly not all there to it. Mental, physical and spiritual health have so many different elements and methods you can learn and apply to improve the quality of your life. I say this with the up most optimism and joy because how beautiful is it to know that you can always be better. There is always room for growth and feeling more abundant.

Some of you may know this already but when I started Evolve Nation nearly a decade ago, I didn't go with 'Evolve Fitness' - I went with Evolve Nation because the core of my brand/movement is 'to evolve'. Change is constant and there's many channels to growth. It's continuous.

As I grow through one phase and onto the next, I'm constantly connecting with experts and creating resources to further your journey's with Evolve Nation. These programs, ebooks, videos, etc. are your toolboxes. Apply what you learn and try it several times before throwing in the towel. Meditation was a very challenging thing for me to do - it didn't 'fit in' with my personality or lifestyle. I was super energetic and fast paced; always running after one goal to the other.

Continuation...

And though that remains to be the same lifestyle and ambition I hold. I've found a better way of chasing my dreams and transforming myself. It was so challenging changing or developing different characteristics - and it will be for each person. If you're familiar of your subconscious mind, you know that it memorizes your past and keeps you acting in accordance to what it already knows. Breaking outside of these habitual emotions and responses is really the core to **creating a new life** _ one that serves you a a greater purpose and the **freedom** to be the best you that you can possibly be. An evolved you, that you didn't even know existed. So, I did things I didn't necessarily have massive interest in and well you can guess what happened...I became someone I never thought I could be - that is someone who is: more patient and less anxious. With every breathe-work, yoga and/or meditation practice, I taught myself how to sit still and **be ok**. I taught myself how to gauge control over my thoughts and reactions. How to say no to 'what i felt like doing'. How to disconnect from stress and fear. All of these factors nurtured a stronger mindset and calmer state. It's a very powerful thing to do and experience. It's power you can hold too. Trust where you are going in this journey. In every practice, you water your seeds. Keep flourishing from within.

Believe. Achieve. Evolve

YOUR
ENERGY
TRANSFORMATION
JOURNEY BEGINS NOW

Click to play!

WELCOME

Energy Transformation • Priya Kukreti



1.17

2.28



ALIGN

YOURSELF

Your energy centers

Chakras. You've possibly heard them mentioned in yoga class, on a show, or social media - or maybe not. If you have no idea what they are, you are not alone. Similar to mindset, your chakras are complex - there's a lot to learn which means there's a lot of growth in store.

This guide will introduce you to the seven main chakras (energy centers) and ways you can unblock or activate them. When they are aligned, you create complete mind and body energetic harmony.

In this journey, you can expect to grow a deeper connection with your body and more control over your energy. So, let's get started.

"The only way of finding the limits of the possible is by going beyond them into the impossible."

CHAKRA 101

The history of chakras

Chakras have only recently become more well-known, with the growth in popularity of yoga and New Age philosophies in general. Many people who teach about chakras usually source India as the main place for the only place where the study of chakras and energy originated but cultures from all around the world have identified that we have these energy centers in our body and ways to vitalize them.

What exactly are chakras?

Consider our body to be a conductor for electricity(energy), Chakras would be the circuits whose role is the pathways for energy to flow. They are the energy centers housed within the physical body. The literal word Chakra comes from the Sanskrit language which means "wheel". Some refer to Chakra system as portals, voids, energy sources and even a load of hullabaloo... but without the limitations of labels needed to understand it in a practical sense, it is what it is; Power.

They are located in the astral body, along the spine, starting at its base(groin area) and running upwards to the crown of the head. The astral body is the energy body residing inside our physical body. Each physical body part has a corresponding astral body part. The astral body cannot be seen or touched. This is also a reason why we cannot see the chakras.

The chakras radiate a specific color and energy, and each one coincides with a gland in the physical body. How remarkable is that! Since each chakra relates to specific spiritual, emotional, psychological, and physical aspects of our being, it is believed that their blockage or malfunction can lead to physical, psychological and emotional disorders. The conscious awareness and balancing of these energy centers, on the other hand, is believed to lead to well-being and good health. And that is one of the purposes of yoga. Through asana practice, yoga seeks to stimulate and balance these chakras or energy centers in the body.

TYPES OF CHAKRAS



THERE IS AN INFINITE NUMBER OF CHAKRAS IN THE HUMAN BODY BUT MOST OFTEN THEY'RE REFERRED TO THE SEVEN MAIN ONES THAT WE'LL EXPLORE IN MORE DETAIL BELOW.

CHAKRAS

CROWN

Spirituality, knowing who you are, letting go, enlightenment, awareness

THIRD EYE

Intellect, brain, open-mindedness, divine reason, bigger picture, trust.

THROAT

Self expression, choice, will, follow your dream, faith, trusting life.

HEART

Love, forgiveness (does you good), compassion

SOLAR PLEXUS

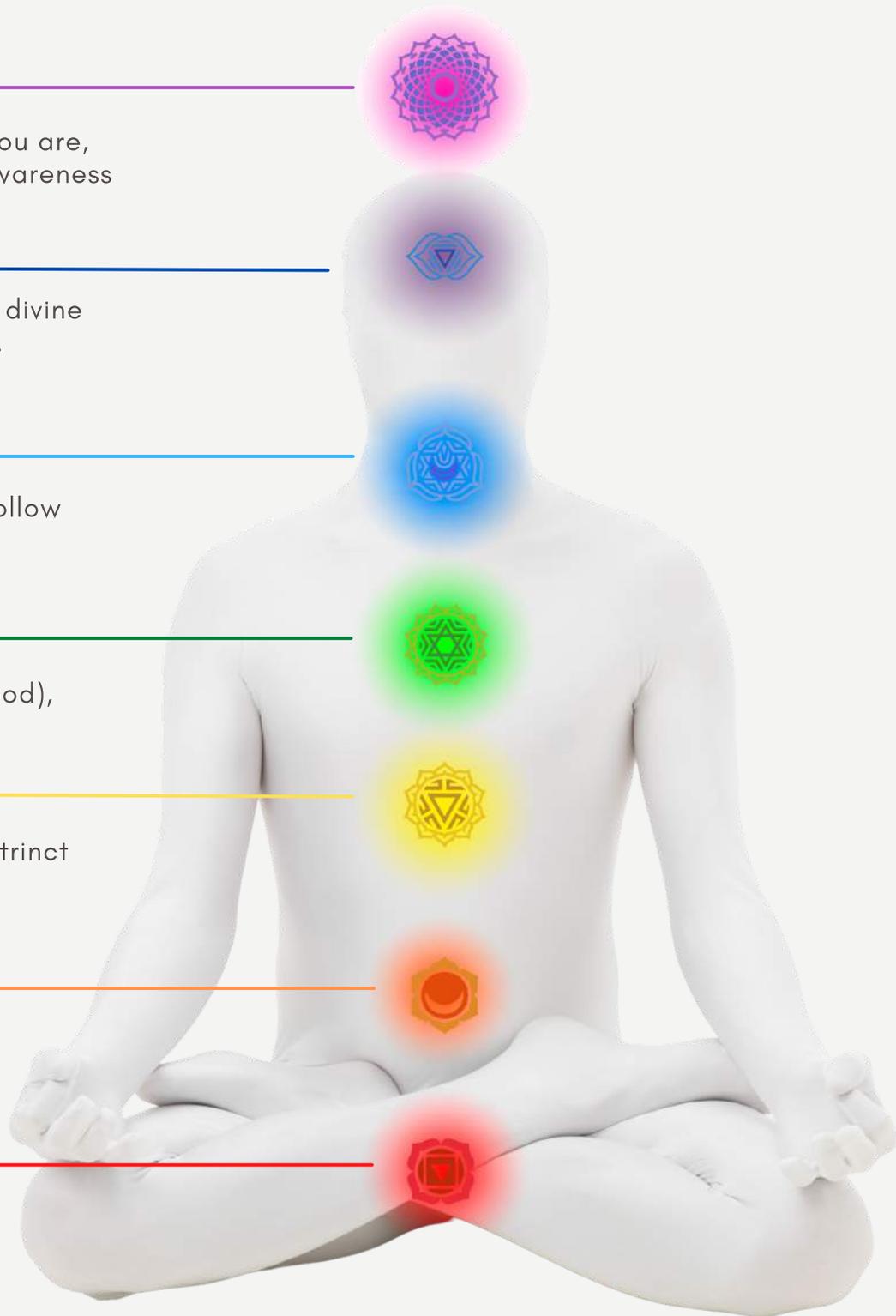
Personality, self-esteem, gut instinct

SACRAL

Creativity and sexuality. Power, control, money, relationships.

ROOT

Family and social belonging. Safety and security.



The 7 chakras start at the base of the spine and move from the groin to the navel to the heart to the throat to the third eye and the crown. When the energy is moved with the breath and yoga poses, you feel more alive and at peace. Each chakra has a specific prana (yoga pose) used to fine-tune its energy. Let's look at each one more closely.

1. MULADHARA CHAKRA – ROOT CHAKRA



COLOR – RED; ELEMENT – EARTH

THE SEED MANTRA (SOUND) IS 'LAM'

Root Chakra

Basic Trust

The root chakra, or Muladhara, is located at the base of your spine. It provides you with a base or foundation for life, and it helps you feel grounded and able to withstand challenges. Your root chakra is responsible for your sense of security and stability. It is characterized by the emotions of survival, stability, ambition, and self-sufficiency. When this chakra is out of balance, a person starts feeling unstable, ungrounded, lack of ambition, lack of purpose, fearful, insecure and frustrated. However, when the root chakra is balanced, these are replaced by more positive emotions, and you feel stable, confident, balanced, energetic, independent, and strong

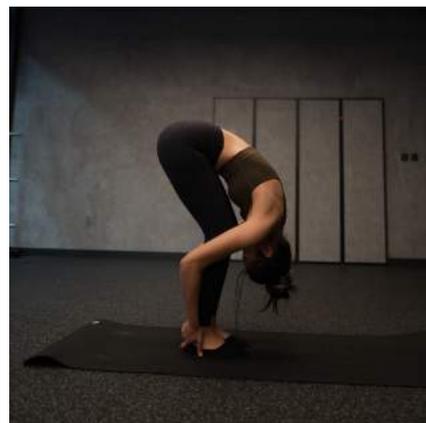
Practicing the following postures helps to balance Muladhara Chakra.

**CLICK THE IMAGES OR TITLE TO
WATCH THE DEMO VIDEO**

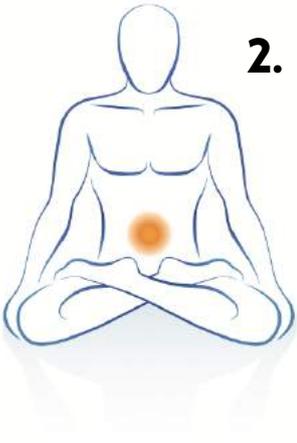
**DOWNWARD FACING
DOG POSE**



FORWARD BEND POSE



2. SVADHISHTHANA CHAKRA – SACRAL CHAKRA



Sacral Chakra
Sexuality, Creativity

COLOR – ORANGE; ELEMENT – WATER
THE SEED MANTRA (SOUND) IS 'VAM'

The sacral chakra, or Svadhisthana, is located just below your belly button. This chakra is responsible for your sexual and creative energy. It's also linked to how you relate to your self worth, emotions as well as the emotions of others.

When the sacral chakra is imbalanced, a person may feel emotionally explosive and irritable, sense a lack of energy and creativity, feel manipulative, or obsessed with sexual thoughts. When balanced, it makes one feel more vibrant, happy, positive, satisfied, compassionate, and intuitive.

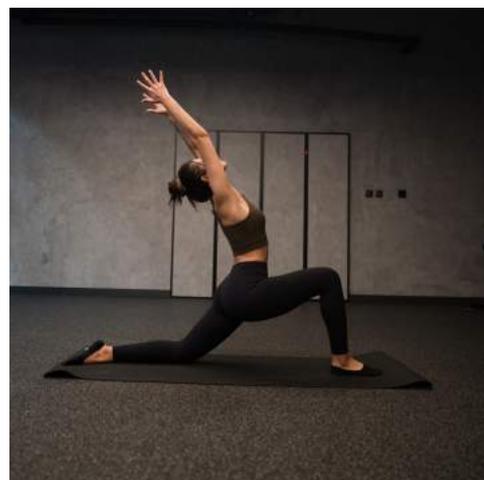
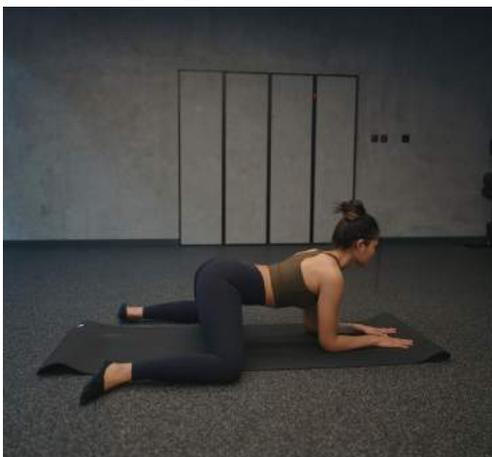
You can work on balancing the Sacral Chakra by practicing balancing poses like the Frog Pose or Low Lunge Pose.

**CLICK THE IMAGES OR TITLE TO
WATCH THE DEMO VIDEO**

FROG POSE



LOW LUNGE POSE



3. MANIPURA CHAKRA – SOLAR PLEXUS CHAKRA



COLOR – YELLOW; ELEMENT – FIRE

THE SEED MANTRA (SOUND) IS 'RAM'

Solar Plexus
Wisdom, Power

The solar plexus chakra, or Manipura, is located in your stomach area. It's responsible for confidence and self-esteem, as well as helping you feel in control of your life. It is characterized by emotions like ego, anger, and aggression.

An imbalance of the solar plexus chakra can manifest physically as digestive problems, liver problems, or diabetes. On an emotional level, one might struggle with depression, lack of self-esteem, anger, and perfectionism. By balancing this chakra, we feel more energetic, confident, productive, and focussed.

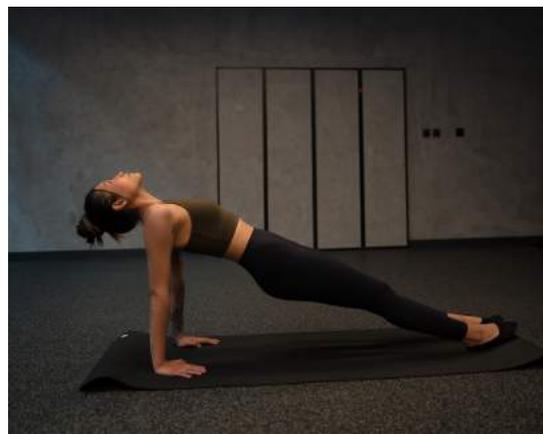
Working on Manipura Chakra can be done in these poses:

**CLICK THE IMAGES OR TITLE TO
WATCH THE DEMO VIDEO**

BALANCING TABLE TOP



REVERSE PLANK POSE



4. ANAHATA CHAKRA – HEART CHAKRA



COLOR – GREEN; ELEMENT – AIR

Heart Chakra

Love, Healing

THE SEED MANTRA (SOUND) IS 'YAM'

As the name implies, the Anahata Chakra is located near your heart, in the center of your chest. It comes as no surprise that the heart chakra is all about our ability to love and show compassion. This chakra is the seat of balance, and it is characterized by emotions of love, attachment, compassion, trust, and passion.

When the heart chakra is imbalanced, a person may deal with emotional issues like anger, lack of trust, anxiety, jealousy, fear, and moodiness. By harmonizing this energy center, a person begins to feel more compassionate, caring, optimistic, friendly, and motivated.

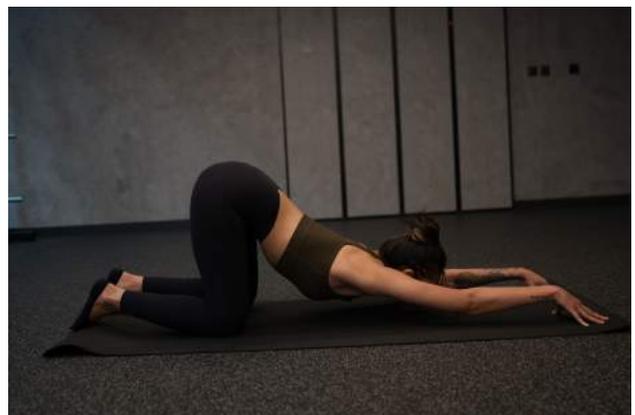
Heart Chakra can be balanced by practicing these pose:

**CLICK THE IMAGES OR TITLE TO
WATCH THE DEMO VIDEO**



FISH POSE

PUPPY POSE



5. VISHUDDHA CHAKRA – THROAT CHAKRA



Throat Chakra
Communication

COLOR – BLUE; ELEMENT – SPACE

THE SEED MANTRA (SOUND) IS 'HAM'

The Visuddha Chakra is located at the base of the throat, coinciding with the thyroid gland. It is associated with inspiration, healthy expression, faith, and the ability to communicate well.

A blockage in the throat chakra may be experienced as timidity, quietness, a feeling of weakness, or the inability to express our thoughts. When this chakra is balanced, it enables creativity, positive self-expression, constructive communication, and a sense of satisfaction.

Throat Chakra is stimulated in poses like Cat-Cow Pose and Camel Pose.

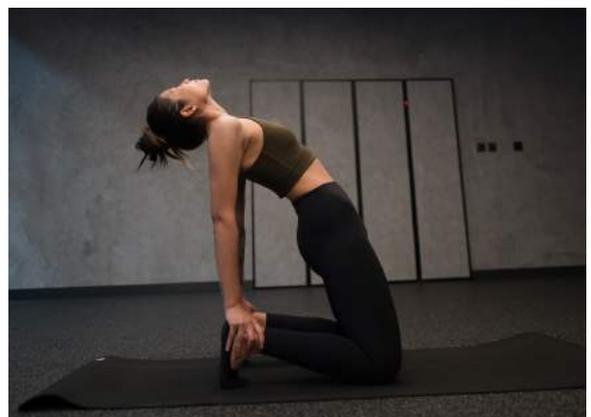
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CAT - COW POSE

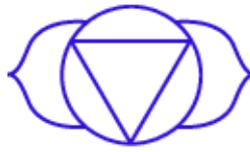


CAMEL POSE





6. AJNA CHAKRA – THIRD EYE CHAKRA



COLOR – INDIGO; ELEMENT – NONE

*Third Eye
Awareness*

THE SEED MANTRA (SOUND) IS 'OM'

The third eye chakra, or Ajna, is located between your eyes. You can thank this chakra for a strong gut instinct. That's because the third eye is responsible for intuition. It's also linked to imagination.

It is often used as a focal point during asana practice to develop more concentration and awareness. Its attributes are intelligence, intuition, insight, and self-knowledge.

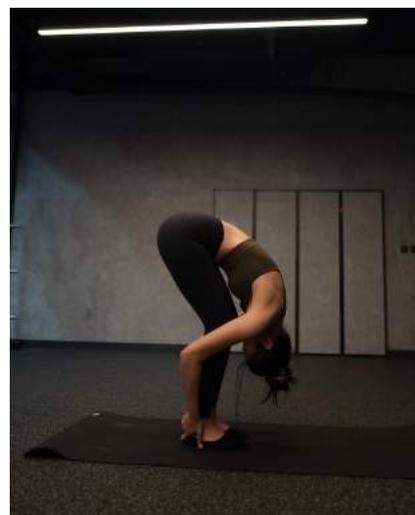
When imbalanced, it may make you feel non-assertive and afraid of success, or on the contrary, it can make you more egoistical. An imbalance can manifest as physical problems like headaches, blurry vision, and eye strain. When this chakra is active and balanced, a person feels more vibrant and confident, both spiritually and emotionally. In the absence of the fear of death, one becomes his own master and remains free of all attachment to material things.

Ajna Chakra is stimulated when practicing these poses:

TREE POSE



FORWARD BEND POSE





7. SAHASRARA CHAKRA – CROWN CHAKRA



Crown Chakra
Spirituality

COLOR – VIOLET/WHITE; ELEMENT – NONE

THE SEED MANTRA (SOUND) IS 'AUM'

The crown chakra, or Sahasrara, is located at the top of your head. Your Sahasrara represents your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose.

When it gets imbalanced, one might suffer from a constant sense of frustration, melancholy and destructive feelings.

Balancing Sahasrara Chakra can be done by practicing Savasana

Although it looks easy, Savasana (Corpse Pose) has been called the most difficult of the asanas. The reason is that the art of relaxation is harder than it looks. Highly recommend ending the night with this pose for a minimum of 5 minutes.

CORPSE POSE

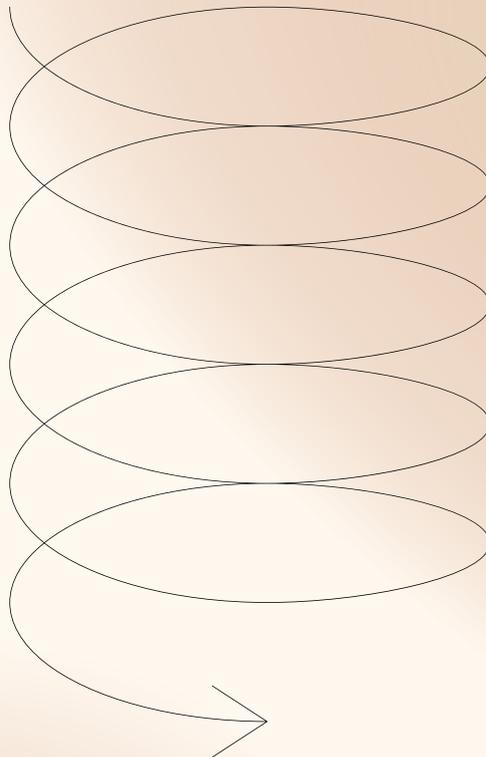


BENEFITS OF SAVASANA

- Calms central nervous system, aiding the digestive and immune systems.
- Calms the mind and reduces stress.
- Reduces headache, fatigue and anxiety.
- Helps lower blood pressure.
- Promotes spiritual awakening and awareness of higher consciousness.

The art of gratitude

A daily practice to balance your Crown Chakra.



FIND SOMETHING IN EVERY DAY THAT YOU CAN GENUINELY BE GRATEFUL FOR. TRUST THAT LIFE IS GOOD, EVEN AS YOU ARE SEARCHING EVERY MOMENT TO REALIZE IT. LOOK WITH AN INTENTIONAL EYE, A PURPOSEFUL VIEW.

CHAKRAS AND HEALTH



Chakras are associated with the organs and glands of the particular region where they are located. As such, they have a strong bearing on our health, our mind state, and our relation with others. Based on various factors such as our lifestyle, environment and surroundings, past experiences, etc, the chakras can either be balanced or imbalanced.

If a chakra is imbalanced, it goes into either a hypoactive or a hyperactive mode. A hypoactive or blocked chakra's functioning is either insufficient or reduced. Likewise, a hyperactive chakra means there is too much energy flowing into that particular region, and as such, there is an imbalance in the overall flow of energy throughout the body.

Since chakras are interrelated, when one of them is imbalanced, it causes a disturbance in the functionality of the other chakras as well. This makes people feel disconnected, anxious, fearful, and it also manifests as health problems in one or more areas of the body.

To function at their best, your chakras need to be balanced. And for this, you need to know what the chakras actually do and what are some of the things you can do to take care of them.



The function and importance of the chakras

These swirling wheels of energy correspond to massive nerve centers in the body. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being. Since everything is moving, it's essential that our seven main chakras stay open, aligned, and fluid. Keeping a chakra open is a bit more of a challenge, but not so difficult when you have awareness.

Energy speaks louder than words.

"Be the energy you want to attract"

What does it mean if a chakra is blocked or unbalanced?

Think of chakras as out of balance versus blocked. There can be a depletion of energy flow or too much energetic activity in a chakra – each will manifest into different outcomes. In general, the location of the chakra that's out of balance may affect the parts of your body in close proximity to that chakra. This includes your organs, bones, joints, and tissues near that area.

Psychologically, imbalances in the chakras may cause an emotional imbalance. This may lead to increased anger, sadness, fear, or indecisiveness. It's important to pay attention to both the psychological and physiological sensations because they can support each other in finding the root cause of the experience.

For example, the root chakra is about security, survival, and the foundation of our life. If it's underactive, it can show up as depression and insecurity. If there's too much energy, it can show up as fearlessness without precaution or hoarding because you need more to feel secure.

Things That Cause Chakra Imbalance

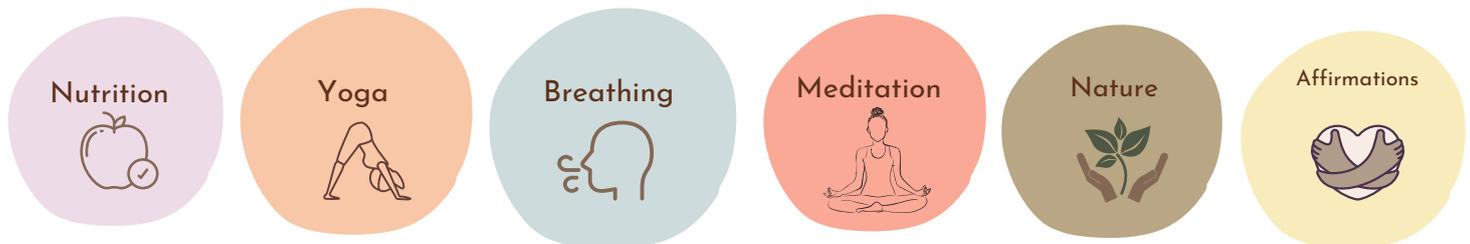
- Experiencing too much stress – physically or mentally.
- Personal habits such as poor physical alignment or posture, eating unhealthy food, or self-destructive behavior

Since mind, body, soul, and spirit are intimately connected, awareness of an imbalance in one area through chakra meditation will help bring the others back into balance.

Ways to balance or awaken the chakras

Every chakra rotates at a specific frequency and speed. This frequency and speed can change due to various factors like nutrition, lifestyle, thought patterns, etc. An imbalance starts creating problems with the distribution of the pranas. Imagine what will happen if a 50 watt light bulb starts getting a 500 watt or 10-watt electricity supply! When we speak about balancing or awakening the chakras, we mean bringing it back to its regular speed.

You can adopt the following habits to balance the chakras:



1. **Nutrition:** One of the main reasons for an imbalance in the chakras is an imbalance of the five elements in the body. A balanced diet helps to bring balance in the elements of the body.
2. **Yoga:** Asanas aka yoga postures help to stimulate the chakras, and improve their functioning. They also clear the way for the chakras to heal themselves.
3. **Breathing:** breathing practices to encourage the flow of energy
4. **Meditation:** Meditation helps to clear the mind, and removes negativity and manipulation in a person. There's so many forms of meditation (standing, sitting, walking, etc.) Explore them and practice the one you enjoy best.
5. **Affirmations/Mantras:** Chanting mantras or repeating simple self affirmations can keep positive thoughts/emotions flowing.
6. **Nature:** Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing - double win. As it is winter, you can always close your eyes and use imaginary vision to experience your favorite seasons. Your body does not know the actual difference, this is something epigenetics has proven.

THE TAKEAWAY

The chakra system offers a map that helps us see the correlation between anatomy, mindset, emotions, and energy. It illuminates the mind and body connection, in an accessible and practical way. The roadmap reminds us of what our holistic beings need in order to be healthy and happy. The chakra anatomy reminds us of our infinite potential—we can be grounded yet flexible, passionate yet disciplined, and expressive yet compassionate.

THIS MONTH YOU WILL HAVE 3 FLOWS TO PRACTICE: ROOT, SACRAL, SOLAR PLEXUS

When you're starting, it's best to start from the ground up. and work your way up. Therefore, you will start with the Root Flow.

The Sacral Flow will unlock during Week 2 [Feb 11th]. You can practice both of these or stick to the Root Flow until you feel you're ready to advance.

The Solar Plexus Flow will unlock during Week 2 as well [Feb 11th]. You can alternate each day with a different flow or dedicate each week to mastering one flow. It's your preference and really dependent on each person's level of flexibility, openness, and level of readiness.

Recommended: start with the root flow

Frequency: Minimum 3 times a week during the morning hours is the best.

If you're just a beginner you'll have to work on each flow individually.

If you're advanced or familiar, you can do all 3 flows in one session.

Recommended Frequency For The Poses

Spend 20 minutes each day practicing the asanas (yoga poses).

Beginners: Hold each asana for 5 rounds of breath

Int/Advanced: Hold each asana for 5-9 rounds of breath



[Click here to access a sound track
for your daily practice](#)

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

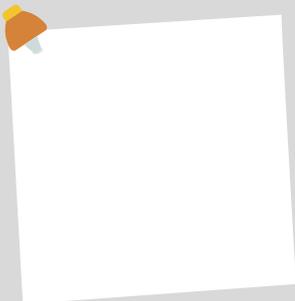
Use this calendar to keep track of your daily practices. You can also add your workout of the day to this calendar too if it helps you keep everything organized under one tab.

Keep note of when you did a guided flow, how many rounds you completed and how long it took you.

You can also use this calendar to plan out your chakra practices for each pose. The goal is to practice daily, even if it's only one pose.

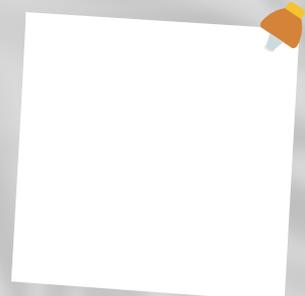
QUOTE OF THE MONTH

MY INTENTION



Take a deep breathe and remember who you are...

MY WORD





3 Self Care Tips To Balance Root Chakra

1. *Call yourself back to the present*
2. *Dance or go for a walk*
3. *Take a shower*

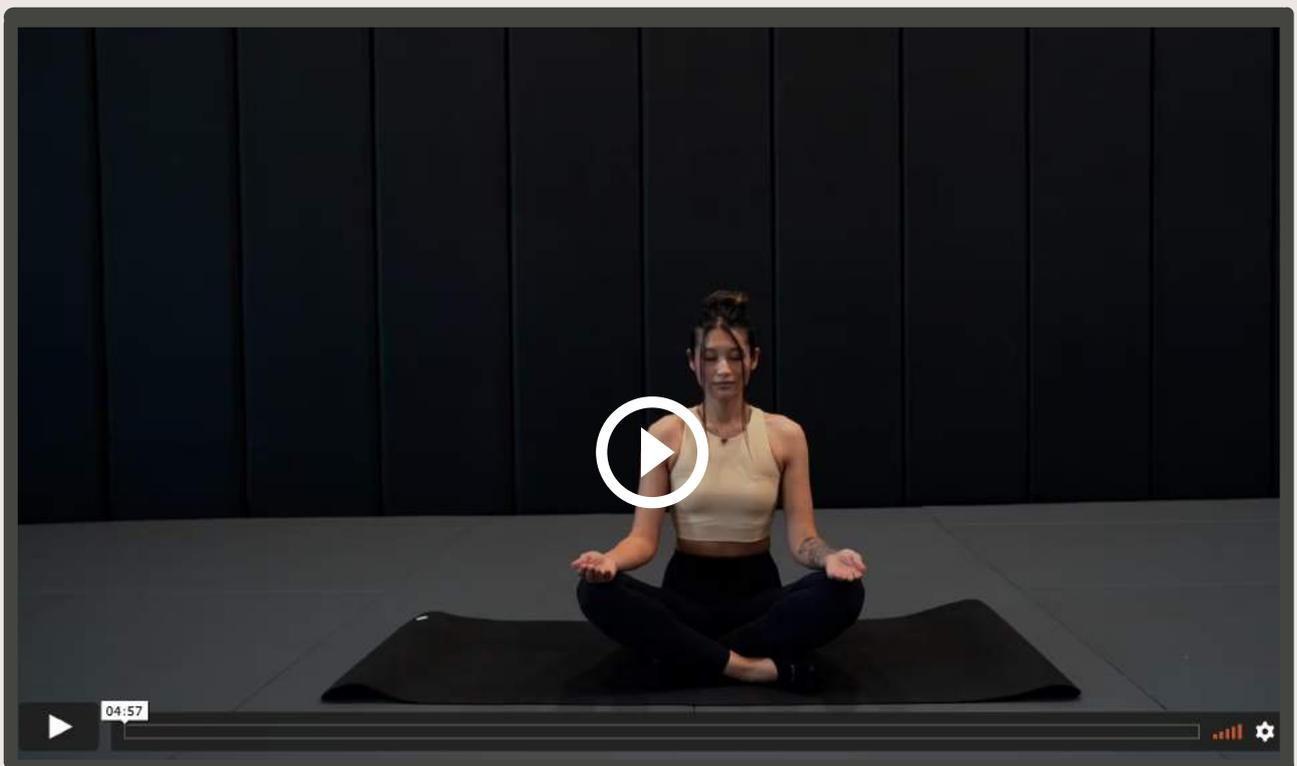


[CLICK HERE TO LISTEN](#)



Root Chakra Guided Flow

Click the video to play



Guided By Priya Kukreti

This is your starting point. Follow along with Priya to learn how to properly do each asana (pose). For beginners, hold each asana for 5 rounds of breath. As you progress, you can increase between 5 to 9 breaths while doing the flow.

Healing Root Chakra

Questioning Your Ground

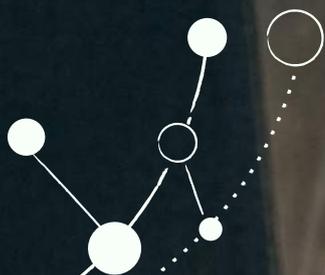


Guided By Priya Kukreti

In this audio, Priya covers the importance of Root Chakra and ways you can strengthen your foundation with self questioning and the act of being here and letting go. Feel free to tune in whenever you're feeling out of balance.

Benefits Of Meditation

- Reduced Stress
- Emotional Balance
- Increased Focus
- Reduced Pain
- Reduced Anxiety
- Increased Creativity
- Reduced Depression
- Increased Memory
- Increased Awareness



Meditation

Being able to not only meditate but want to meditate took some time...quite some time...but I promise you, it wasn't time that defined the journey - it was finding the answer to 'why even bother'. At the time I was focusing most of my time and energy learning behavioral and cognitive psychology. When my plate cleared and I indulged in learning about meditation, I was more bonded to it. Practice makes perfect, but emotion makes you bonded. Find one positive thing that each target goal holds for and use it to strengthen your skills. Being able to focus my attention was the entry value I tied to meditation. Did I feel like meditating at the start? No. Did I want to improve my attention span? Yes. Once you make your decision, you create your path. Now, meditation and yoga have grown to be so much deeper. Now it's about connecting **with me**, and being able to heal, calm or energize myself from within. Don't wait till you 'have time' to practice - instead **make time**, and keep focus on **why** you are committed.

So...this takes me to my the main point of sharing this message. Do what your body actually needs. The next phase for me after meditation became studying our energy centers (chakras) and healing from within. I reached out to some friends who connected me with Priya, she's absolutely amazing. Her grace and calming energy supported this journey you are about to embark. If you feel confused at any point - it's completely normal - it's new material and a new experience requiring different skills like mental focus. Don't expect to 'get it' right away. Read this over and over again, have patience and enjoy the journey.

Meditation is like
hanging out with
your soul.

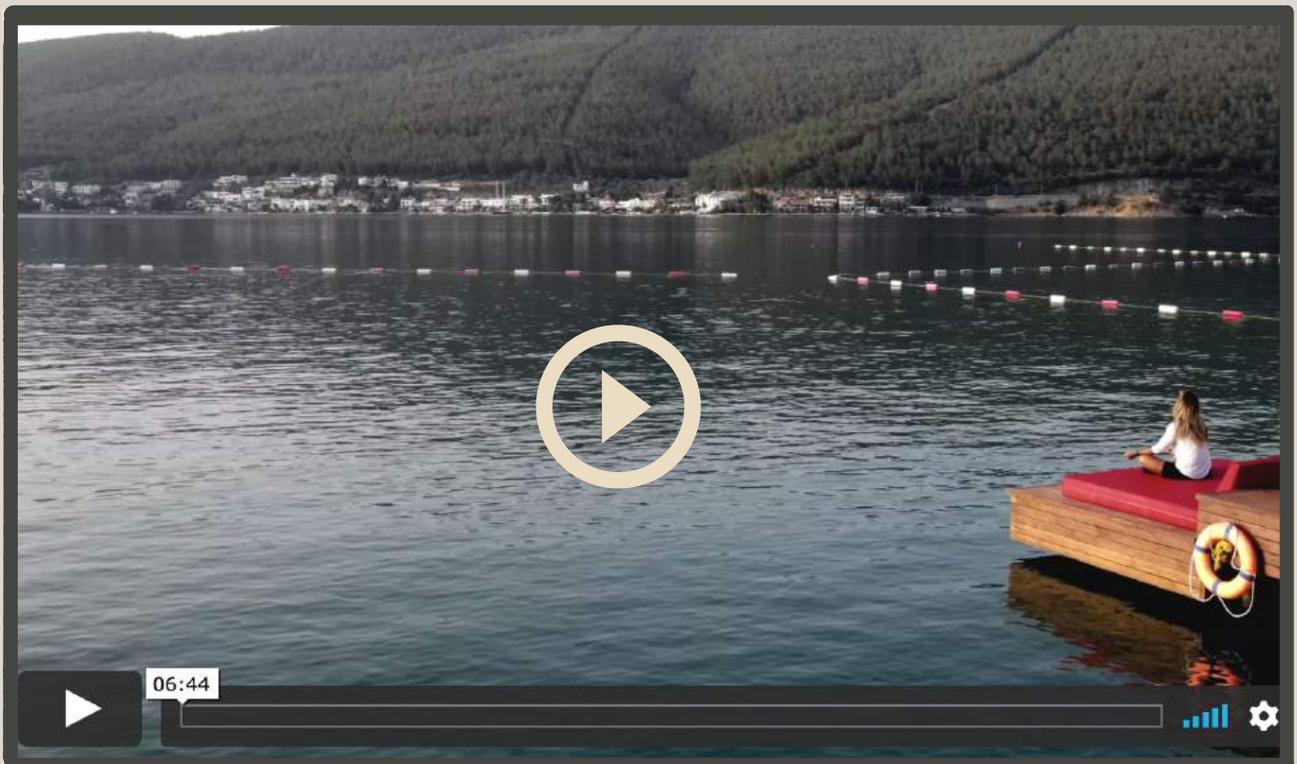


M

5 MINUTE PRACTICE

Simple Guided Meditation

Grounding In Stillness



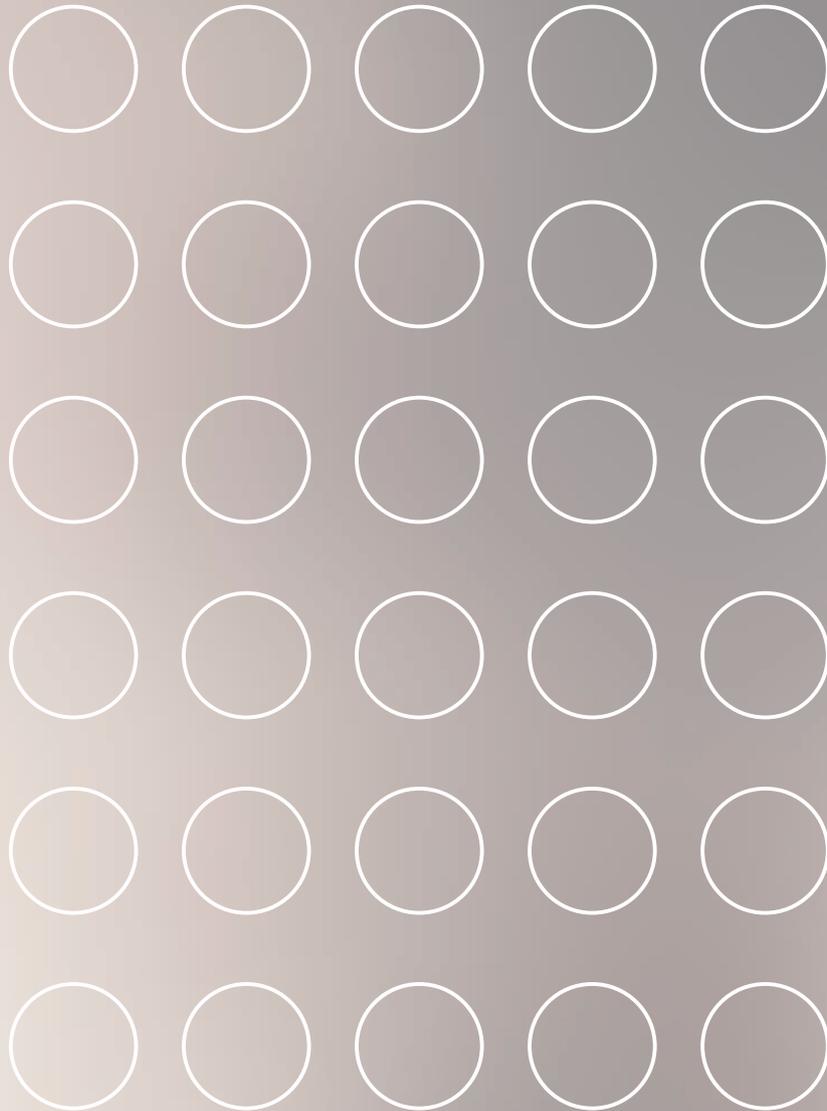
Guided By Priya Kukreti

Grounding In Stillness

Take a time out. Be in your own space. Nurture it and fill it with your loving presence. You deserve it. In this guided meditation, connect with yourself without the limitations of your thoughts by learning to create a safe space and allow yourself to just be.

30 DAYS

of Meditation



*Plant your seeds and water
them daily...*