

Understanding chakras

Within our bodies run an astral plane made up of energy circles, or 'chakras'. Each 'chakra' corresponds to a set of bodily and emotional functions. The energy both governs and is governed by these functions in a dynamic, dialectic relationship.

While 'chakras' are part of an ancient knowledge system in the East, everyone may not believe in them. Even if you do not believe in 'chakras', you may consider this a symbolic system to help you visualise certain qualities. As such, 'chakras' may serve as a metaphor on which to hang certain thought exercises. This makes it a helpful meditation tool.

Each 'chakra' has certain core properties and functions, physically and emotionally. 'Chakras' can be exercised through physical activity (yoga), mental activity (affirmations, for example), and actions related to the core properties. When our 'chakras' are balanced, energy flows.

Here is a summary of the seven 'chakras', the colour of their energy, where they are located, the qualities they govern and are governed by, and an example of how you might exercise each.

SAHASRARA

Violet – Crown
I know. Ability to connect spiritually and

feel oneness with God.
Beauty. Inspiration. Wisdom.
Yoga pose: headstand
Alternative exercise: meditating to work this 'chakra'.

AJNA

Indigo – Third Eye
I see. Ability to see the big picture and be guided by intuition.
Intuition. Understanding. Imagination.
Yoga pose: eagle
Alternative exercise: visualisation exercises.

VISHUDDHA

Blue – Throat
I speak. Ability to communicate and express oneself.
Creativity. Communication. Truth.
Yoga pose: shoulder stand
Alternative exercise: singing.

ANAHATA

Green – Heart
I love. Ability to love and heal.
Love. Balance. Joy.
Yoga pose: camel
Alternative exercise: pranayama (breathing exercises).

MANIPURA

Yellow – Solar Plexus
I do. Ability to be confident and manifest dreams.
Self esteem. Sense of responsibility. Self control.
Yoga pose: boat
Alternative exercise: eat healthy meals that suit your bodily needs.

SVADISTHANA

Orange – Sacral
I feel. Ability to accept change, connect to others, enjoy emotions. Happiness. Well-being. Feeling of abundance.
Yoga pose: cobra
Alternative exercise: relax in water (swimming, warm bath).

MULADHARA

Red – Base
I am. Ability to feel secure in terms of food, money, shelter.
Vitality. Courage. Grounded.
Yoga pose: down dog
Alternative exercise: running or walking.

By Shazia Omar

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KNOWLEDGE SPEAKS

BY ISHRAT AMEEN



Find the missing link □.to excellence

Many of my easy-going friends suggest that listening to the news on television, or reading every news item published in the newspaper everyday can penetrate your brain with more negative thoughts than positive ones. Picking up the news worth knowing from the people around you, listening attentively to the happenings that you want to really know and paying no attention to the ones that repel in every sense.... was another suggestion. But old habits die hard.

Fortunately or more unfortunately, I had the newspaper dated 25 August, 2015 in front of me. Of course, all the headlines on

the first page made me feel sick. The top quote was, "The dark and spooky entrance [of the school] looks like a tunnel. I'm terrified of going to school." Being an ordinary worker in the field of education how do you think I should react to this quote or feel after seeing a photo of students attending a class inside a dark and dilapidated classroom.

Earlier in the week I had felt proud to read about "Bangladesh's Zahid Hasan....Princeton's Physicist Extraordinaire" (By Fakhruddin Ahmed, a Rhodes Scholar). My happiness was short-lived when the article underneath was

titled, "Primary Education... Learners or Just Test-takers?" (By Manzoor Ahmed. The writer is Professor Emeritus, BRAC University and Vice-Chair of CAMPE).

I suggest, on the other hand, whether you opt to watch news on television or read the daily newspaper, one should try to connect to works of great philosophers, poets and noble men for a fraction of that time to bring in the inspiration to be productive and effective and find peace and tranquility with one's own being.

I recommend that all parents should seek wisdom from books and pure life experiences to raise their children to be strong of

mind, body and character.

I wish all teachers to pledge with integrity and truthfulness in their convictions... to make each child's aspirations their very own. Teach lessons with optimism and pave a road map that would only lead each and everyone to be successful, productive and good human beings like their teachers before them.

It's always a pleasure to meet people who appreciate my columns. I feel that I am truly living than simply existing when someone mentions that she shares the lessons I try to convey with others who look forward to learn and feel the need of a guidance.



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