

What our Chakras tell us

Chakras are wheels of spinning spirals of light infused with colored energy located deep within the body, very near the spinal column. Writing about the chakras will be another article; this one is going to focus on a wonderful experience shared during our latest children's workshop titled "kids have Chakras too". During this 2 hour workshop we used crystals strung on copper wire to read these energy centers. We focused on the main 7 chakras located from the base of the tailbone to the crown of our heads.

As the children entered the studio prior to their Saturday morning yoga class, we read their chakras with our copper wired crystals. We found different breaks in energy in all of the children. Of course as parents and caregivers we want to believe that are children are free from the stresses of life.

One thing we must remember is that words can affect our emotions and our spirits instantly! One example of this is last year my daughter began school at age 5, and she was doing just fine at the beginning of the year with her reading. We practiced every night, I would read to her and she would look for words from the story to read back to me. This was something we really enjoyed doing. Then all of a sudden she lost interest, I tried for months to figure out what happened. Then finally she told me that during one of her reading sessions at school, she was having trouble with some of the words and a boy whom she liked at her table told her she was stupid. It took probably 4 months to get her back on track, with a lot of persistence from both her now 1st grade teacher and myself. She is doing very well now 😊

The purpose of our workshop was to introduce these energy checks to our kids, so they can begin to understand that they are not alone. Everyone will have many different emotions come up as a part of growing, and there are tools we can use to help along the way. Each child watched and listened to our descriptions of what each center represented and as we gave out keywords they picked the best words for what they were feeling. We then started our yoga practice with Sun salutations during which we did a round for each child in the room such as; we are doing this for (Childs name)she/he is our friend and we want them to know how much we like having them as our friend! The children worked strong during these salutations. The child receiving the round felt very happy that they had so many friends. After about 4 or 5 rounds we took a break and checked on their energy centers and found that almost every break in energy was gone! On one child still in need of a little boost we did a quick and easy example of how our thoughts and words can affect another person. One of the friends came and put one hand on their friend's forehead and thought of something they felt was really special about their friend. It took only a few seconds and that energy center was doing more than fine. The kids were very excited about being able to help their friends!

As our workshop was coming to a close we had diagrams of the chakras (energy centers) for the children to color and put their descriptive words down as well as a yoga pose for that particular area for them to use to help them keep their energy flowing. What a fun and interesting day it was for the kids now leaving with such happiness and their new bag of tools.