Zen Osho Energy
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com

7



The Journey from one to NONE

Zen Osho Energy

Zen Osho Energy
35-37 Frederick Street, Rockdale 2216 Sydney, Australia
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com

Steps to Activate Chakras:

1. Be in comfortable position.
2. Take long deep breaths 2-3 times
3. Observe your incoming breaths and outgoing breaths
4. Become aware of outer surroundings like sound from outside your place to your room
5. Become aware of your sitting position, earth beneath you
6. Become aware of your cloths you have worn
7. Feel your body from Bottom to top
8. Release and relax your all parts of your body
9. Take long breaths and being aware chant the chakra you are working on like LAM for Room Chakra 108 times daily or 5 minutes for each Chakra
10. Visualize the specific colors of that Chakra with its symbol or flowering upwards.
11. Visualize its Symbolic representation like lights, beauty, communication for throat chakra getting better and better.
12. Visualize your intention for Chakra meditation getting powerful like you are becoming a great healer.
13. Be in this state for a while and
14. Offer gratitude for what it has offered

Zen Osho Energy
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com



MULADHARA
SACRAL CHAKRA

Mooladhara: ROOT Chakra

encompassing the whole pelvic area

Colour: RED

Chanting Mantra: LAM

Times: 108

Symbolic: physical strength, our sexuality and the flight (fight response that tends to activate within our body when we sense danger).

Influences: our passion, creativity, youthfulness, vitality and most importantly, our basic survival instincts.

Represented by the colour red, which is also an indication for the need of logic, realistic thinking and order in our lives.

The Root Chakra connected with sense of smell.

The attached with gland known as Gonads.

Life lesson:

Survival instinct, Procreation, Sexuality and Orgasmic ecstasy

Zen Osho Energy
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com



SWADHISTANA
SACRAL CHAKRA

Swadhistan Chakra: Sacral Chakra

Colour: Orange

Chanting Mantra: VAM
Times: 108

Symbolic: the water elements present within the human body. Represented by the colour orange, which tends to impact our ability to be happy and joyful, compassionate, creative and passionate.

Influences: our desires, sexuality and our reproductive functions amongst others.

The Sacral Chakra relates to our sense of taste.
Impacts several organs and glands, including the bladder, the lymphatic system, pelvis, the large intestine and the female reproductive organs.

Zen Osho Energy
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com



MANIPURA
SOLAR PLEXUS

Manipur Chakra: Solar Plexus

Colour: Orange

Chanting Mantra: RAM

Times: 108

Symbolic: this energy vortex and its connection with energy, fire, and charge amongst other powerful emotions.
Represents our personal abilities and powers, by the colour yellow

Influences: both our personal and professional success.

The Solar Plexus chakra is connected with our sense of sight,

It is connected with the adrenal glands.



ANAHATA
HEART CHAKRA

Anahat Chakra: Heart Chakra

Colour: Green

Chanting Mantra: YAM

Times: 108

Symbolic: the element of air within the body.

Represents by the colour green, and if the heart chakra is weak and fragile.

Influences: our relationships with negative emotions, such as jealousy, envy, anger, distrust and wrath.

Associated with the sense of touch.

It is connected with the lymph and thymus glands.



VISHUDA
THROAT CHAKRA

Vishudi Chakra: Throat Chakra

Colour: Blue

Chanting Mantra: HAM

Times: 108

Symbolic: our true inner voice, and our ability to communicate with others.

Represents by the colour blue.

Influences: when it is in a harmonious balance, allows human beings to enjoy a beautiful voice, artistic potential, creative ways of expression, and the ability to reach a higher spiritual abode with an acute sense of spiritual awareness.

Associated with our abilities to listen, empathise and communicate with others.
It is connected is connected to several organs and glands, including the throat, jaws, neck vertebrae, thyroid, teeth, ears, oesophagus and the ears.

Human beings that have a balanced Throat Chakra have powerful artistic potential, along with the ability to meditate freely and utilise their energy effectively.

Zen Osho Energy
https://www.facebook.com/ZenOshoEnergy/
Email: bhaprakash@gmail.com |prakasbhattarai@gmail.com
www.prakashbhattarai.com | www.askjyotish.com



AJNA
THIRD EYE CHAKRA

Ajna Chakra: Third Eye

Colour: Indigo

Chanting Mantra: UM

Times: 108

Symbolic: our ability to rationalise, use logic and conduct an analysis to reach reasonable conclusions.

Represents by the colour indigo.

Influences: have a very charming and charismatic mind, they do not fear death or troubles, and their also have powerful telepathic abilities.

Associated with our sense of thought, our ability to rationalise, use logic and conduct an analysis to reach reasonable conclusions.

It is connected is connected with various glands, particularly the pituitary and pineal gland.

Our sense of thought is associated with the indigo colour of this chakra, along with the elements of telepathic communication and electricity.



SAHASRARA
CROWN CHAKRA

Sahasrara Chakra: Crown Chakra

Colour: Violet

Chanting Mantra: AUM
Times: 108

Symbolic: clarity and enlightened wisdom, beauty, renewal, and purity.
Represented by the colour Violet.

Influences: by meditation because it's your connection to the higher power and to your higher self.

It is associated with the element of light,

It is connected with several organs and glands within the body, including the brain, the hand, the nervous system and the pituitary gland.

When this chakra is harmoniously balanced, it can provide individuals with some extremely powerful abilities and potentials, including the ability to transcend all barriers created by the laws of nature, to possess an increased awareness of death and immortality, heightened spiritual powers and even the ability to create miracles.