

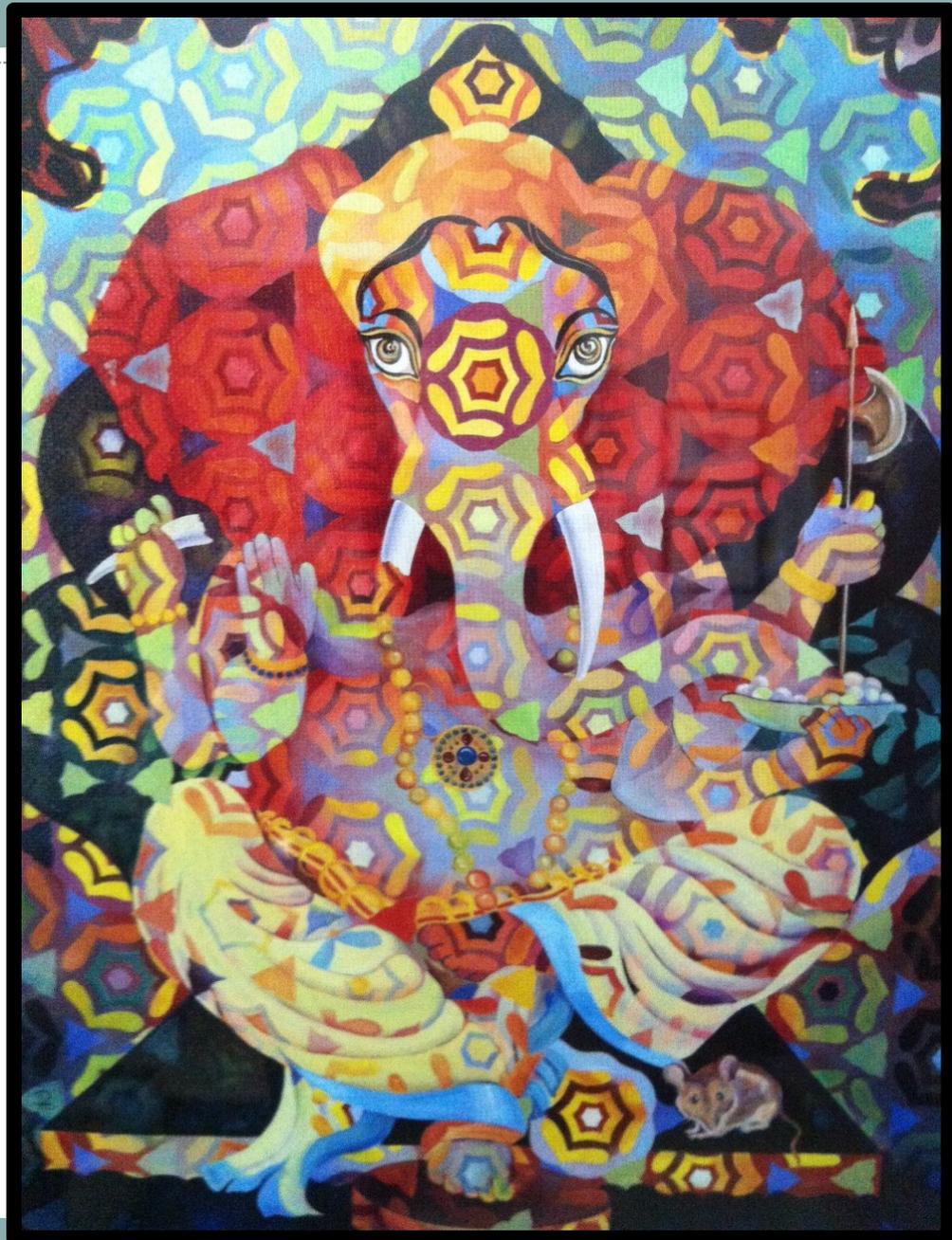
“Chakras and Mudras and Yamas, Oh My!” –



**A MINDFUL APPROACH TO SEEKING
BALANCE, EMPOWERMENT, AND HAPPINESS**

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Intros,
Caveats,
and
Intention/
Sankalpa





Dhyana or Samadi

Promotes energy of meditation, deep contemplation, and unity with higher energy

Deep peace and serenity





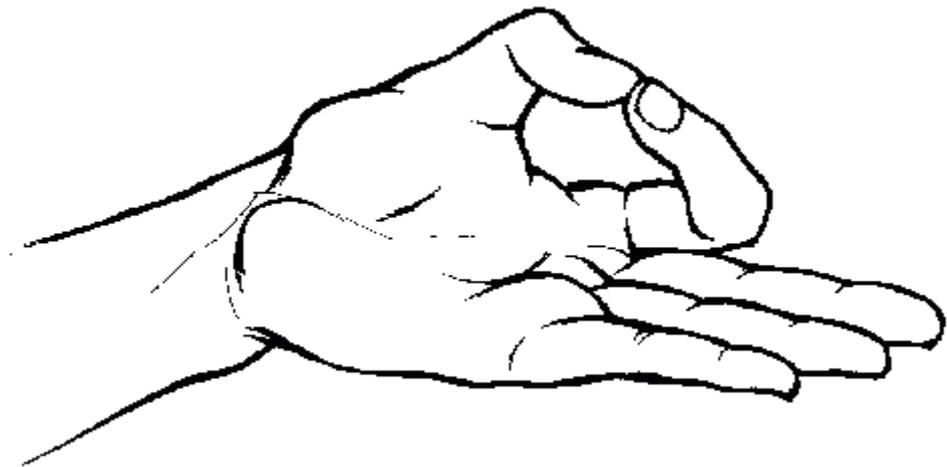
Gyan

Wisdom, spiritual
enlightenment

Peace, calm

Thumb =
individual/ego

Index finger = wisdom,
expansion/openness to
change





Chakra balancing meditation...

Chakras

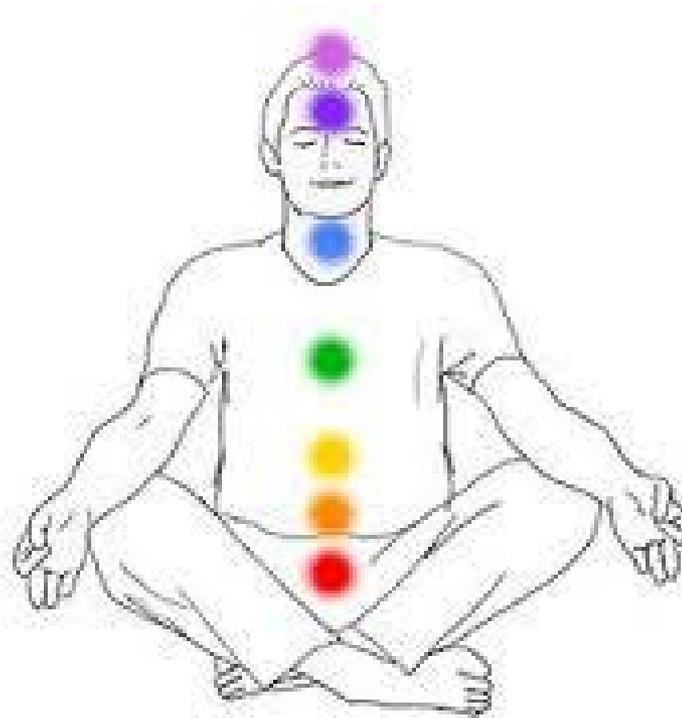
Sanskrit for “wheel”

Represent circular centers of energy that correspond to the nerve plexuses and organs within our body

Each chakra also represents a core dimension of human life

Focus attention and intention to help clear congestion/constriction to unblock or balance any emotional or physical distress

Unique location, sound, color, emotion, etc.
~rhetorical questions/
challenges



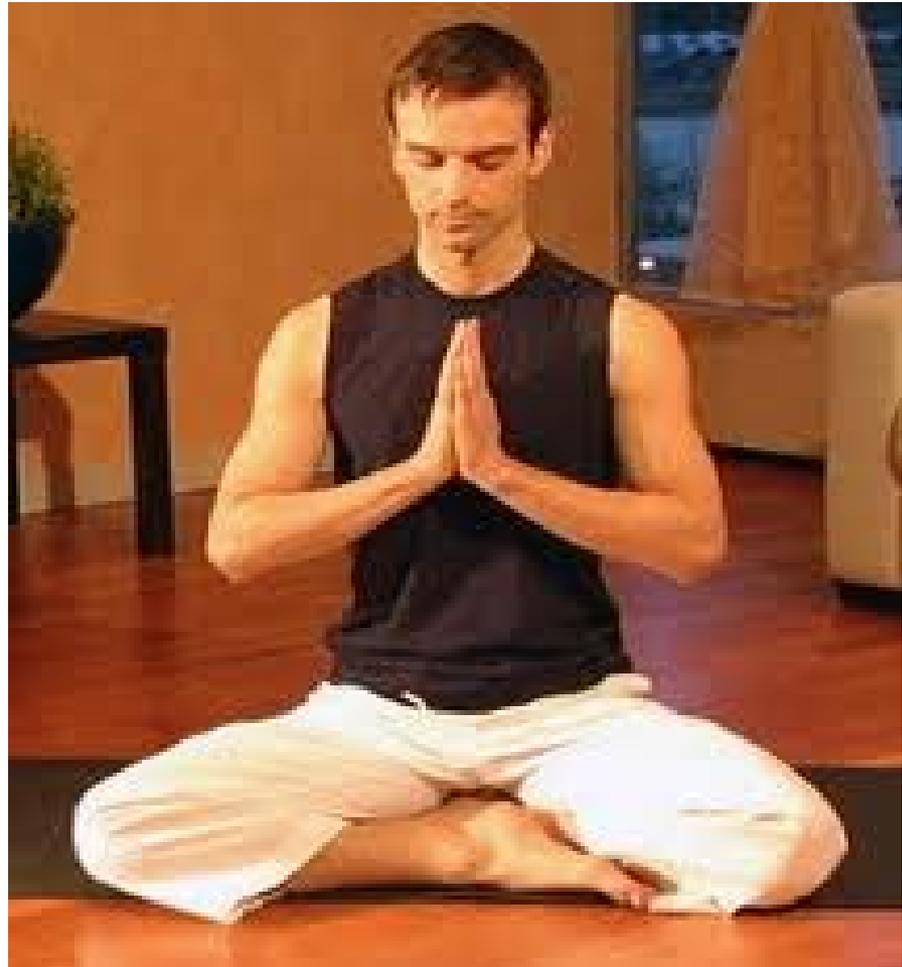


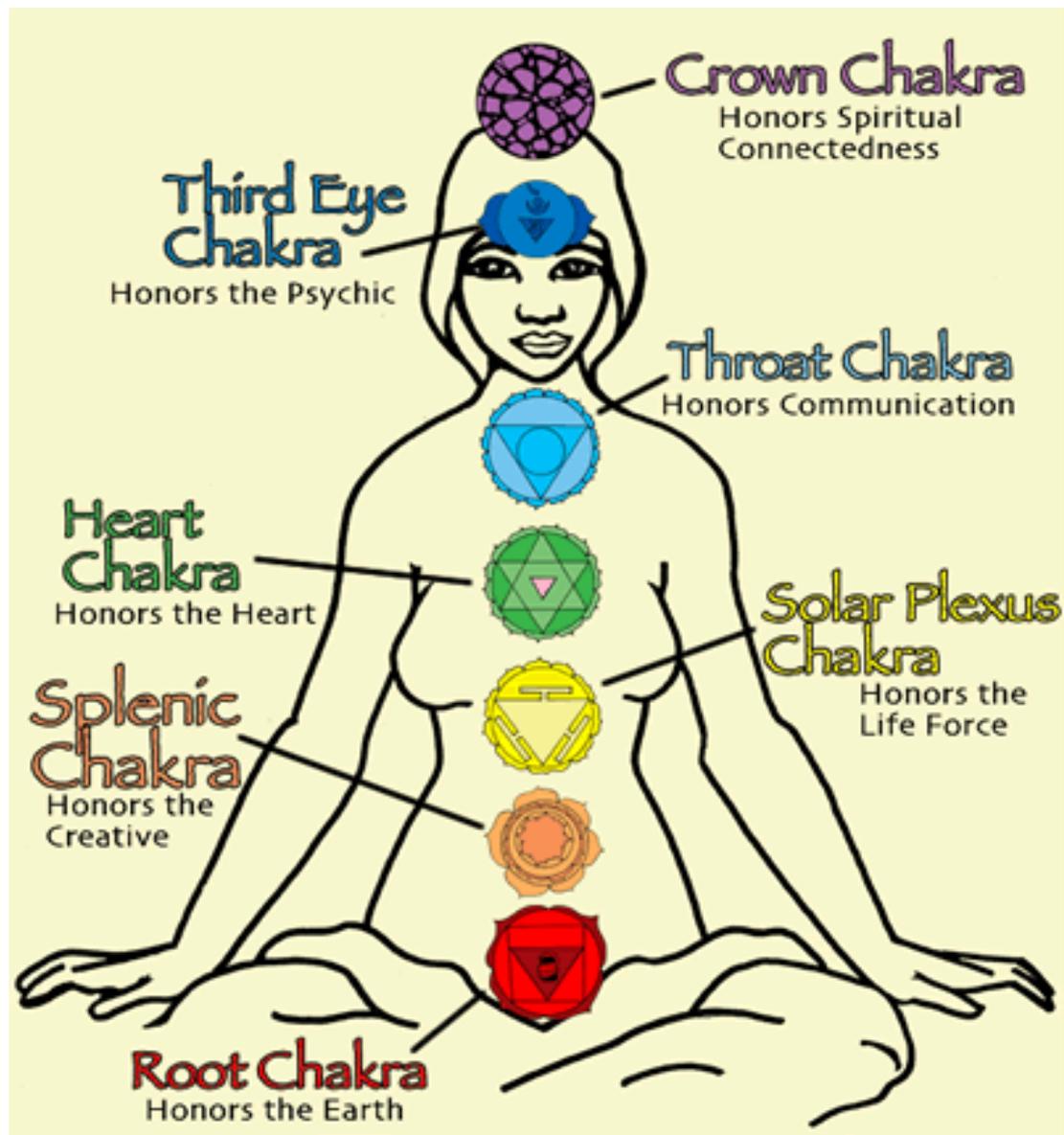


Anjali or Namaskara

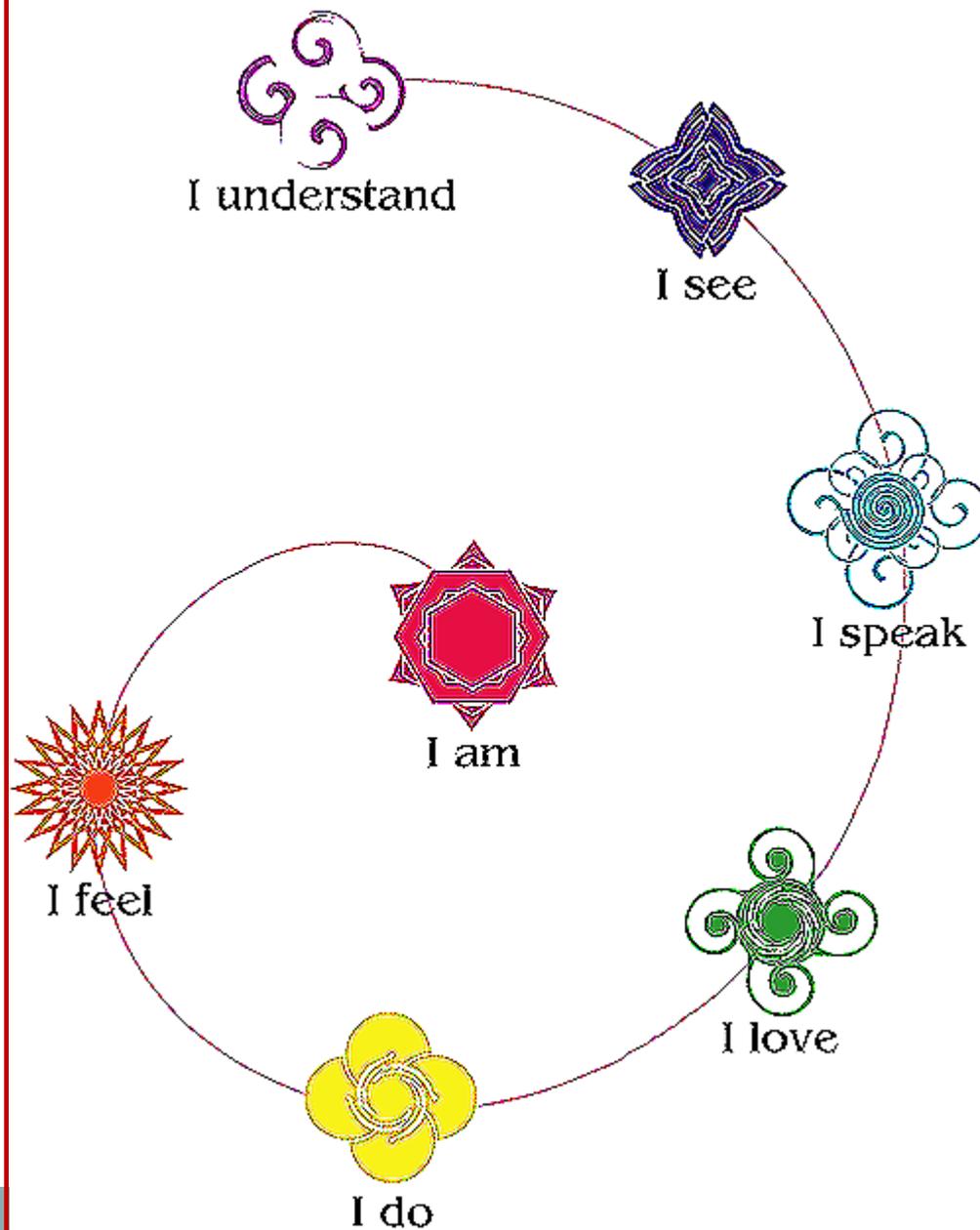
Greeting another
human being with the
utmost respect and
adoration for the Divine
in all

Hands held at one's
heart center or from
the third eye





Chakra Meditation





Abhaya

No fear

Energy of protection,
benevolence, peace, and
a sense of strong, deep
inner security





YAMAS

A “restraint,” a rule or code of conduct for living virtuously

The yamas comprise the “shall-nots” in our dealings with the external world

- Ahimsa
- Satya
- Asteya
- Brahmacharya
- Kshama
- Dhriti
- Daya
- Arjava
- Mitahara
- Shaucha

Yamas



AHIMSA

- abstinence from injury, harmlessness, not causing pain to any living creature in thought, word, or deed at any time

SATYA

- truthfulness, word and thought in conformity with the facts

Yamas



ASTEYA

- non-stealing,
non-coveting,
non-entering into debt

BRAHMACHARYA

- divine conduct,
moderation,
loyalty

Yamas



KSHAMA

- patience,
releasing time,
functioning in the now

DHRITI

- steadfastness,
overcoming fear and
indecision,
seeing each task through
to completion

Yamas



DAYA

- compassion; conquering callous, cruel, and insensitive feelings toward all beings

ARJAVA

- honesty, straightforwardness, renouncing deception and wrongdoing

Yamas



MITAHARA

- moderate appetite, neither eating too much nor too little

SHAUCHA

- integrity, avoidance of impurity in body, mind, and speech



ahimsa

abstinence from injury,
harmlessness,
not causing pain to any living creature
in thought, word, or deed
at any time



dhriti

steadfastness,
overcoming
fear and indecision,
seeing each task through to
completion



asteya

non-stealing,
non-coveting,
non-entering into debt



daya

compassion;
conquering callous, cruel, and
insensitive feelings
toward all beings



brahmacharya

divine conduct,
moderation,
loyalty



satya

truthfulness,
word and thought in conformity
with the facts



kshama

patience,
releasing time,
functioning in the now



mitahara

moderate appetite,
neither eating too much
nor too little



arjava

honesty,
straightforwardness,
renouncing deception and
wrongdoing



shaucha

integrity;
avoidance of impurity in
body, mind, and speech



Vitarka

Evokes the energy of teaching and intellectual discussion or argument

Transmission of a particular teaching – constant flow of energy/information

Transmission of knowledge in a protected way, without being impeded by fear





The Four Aims

“Am I leading a well-balanced life?”

The yoga tradition offers a paradigm for deep self-examination: the *purusharthas*, or four aims of life

~Hillary Dowdle,
Yoga Journal, Feb 2010

- *dharma*
 - duty, ethics
- *artha*
 - prosperity, wealth
- *kama*
 - pleasure, sensual gratification
- *moksha*
 - the pursuit of liberation

Four Aims of Life



DHARMA [*duty, ethics, righteousness, work, law, truth, responsibility*]

ARTHA [*material prosperity, wealth, abundance, success*]

- **What is my role in the world? What is my purpose in life?**
- **What are my obligations? Which ones feel right?**
- **When I am serving the highest good, what am I doing?**
- **Am I on a path for the good?**
- **How can I best serve the world around me?**
- **What would Martin Luther King* do? [*Substitute your grandmother, Jesus, Gandhi, Mother Teresa, anyone you consider a paragon of dharmic living]**

- **Knowing my dharma, what do I need to play my role in the world?**
- **What do I see as truly valuable?**
- **Do I have enough?**
- **Are my things making me happy, or are they stealing my joy?**
- **Am I afraid of having more? Am I afraid of not having more?**
- **What does wealth mean to me besides money?**

Four Aims of Life



KAMA [*pleasure, sensuality, art, beauty, intimacy, fellowship, kindness*]

- **What am I passionate about?**
- **What brings me pleasure?**
- **Am I enjoying my life?**
- **Am I happy?**
- **What do I care about?**
- **What do I most desire?**
- **Are my pleasures leading me toward or away from my life's purpose?**

MOKSHA [*freedom from suffering, living fully, freedom to express creativity, pursuit of liberation*]

- **What am I doing to free myself from activities and perceptions that make me unhappy?**
- **How can I not get caught in my emotions?**
- **What do I choose to bind or commit myself to?**
- **Do I feel trapped?**
- **Can I be free from blaming myself and others?**

Mudra set for balancing energy –



- Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously.
- This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down.
- The overall effect is that you get calmer, more relaxed and concentrated.

Thumb touches tip of index finger

Opens the Root chakra, and moves more energy to the legs and lower body.

Thumb touches tip of middle finger

Fosters patience.

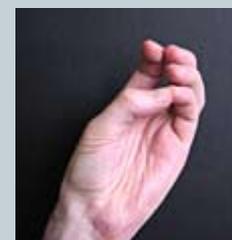
Thumb touches tip of ring finger

Energy, stability and self-confidence.

Thumb touches tip of pinky finger

Intuition and feeling.

“I AM IN CHARGE!” MANTRA/MUDRA





Qualities:

STEADFAST

STABLE

LOYAL

RELIABLE

RESOURCEFUL

COMMITTED

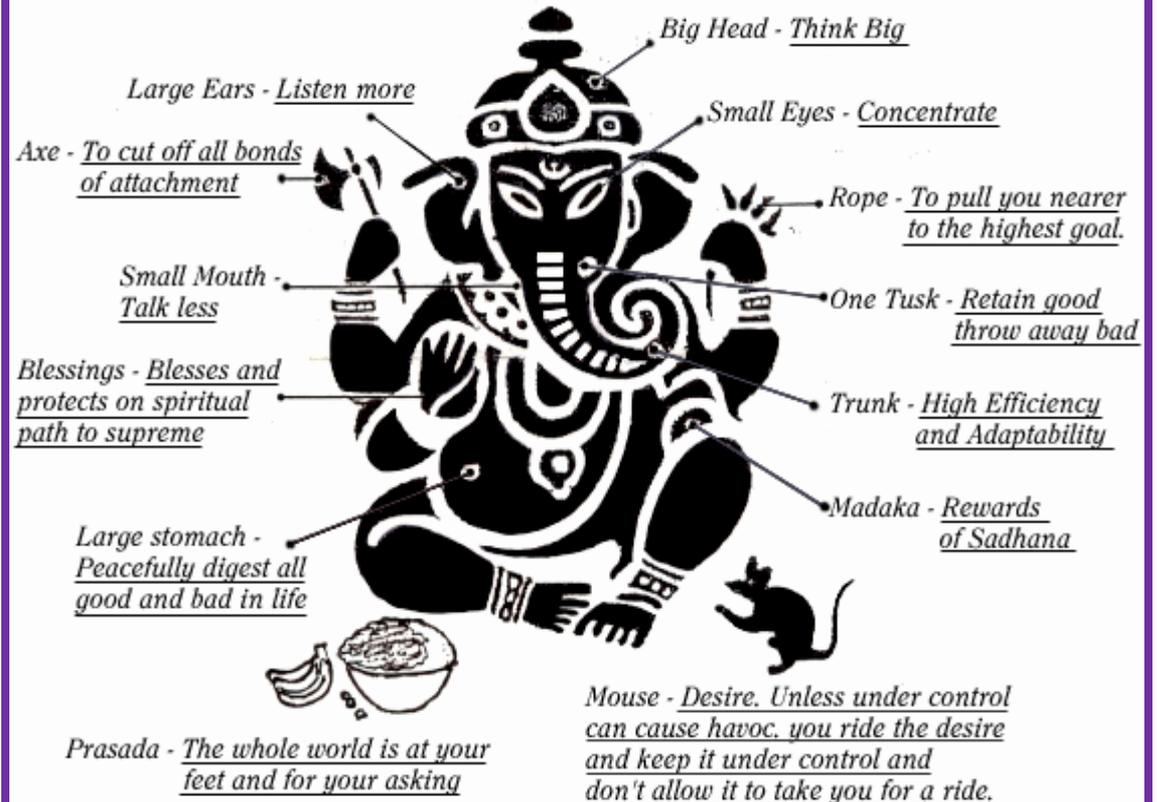
GROUNDING



GANESHA



Ganesha Symbolism







Qualities:

LOVING

PROTECTIVE

RESOURCEFUL

CREATION

PRESERVATION

KNOWLEDGEABLE

FIRM IN CONVICTIONS

POWER, WILL,
DETERMINATION



DURGA

Qualities:

BEAUTIFUL

GRACIOUS

WEALTHY

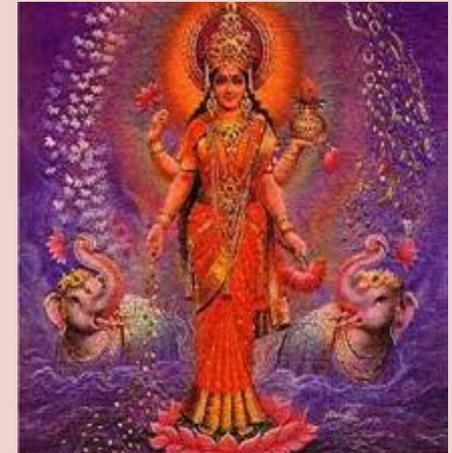
BOUNTIFUL

VOLUPTUOUS

GENEROUS

FERTILE

PROSPERITY



LAKSHMI



Qualities:

KNOWLEDGE

CREATIVITY

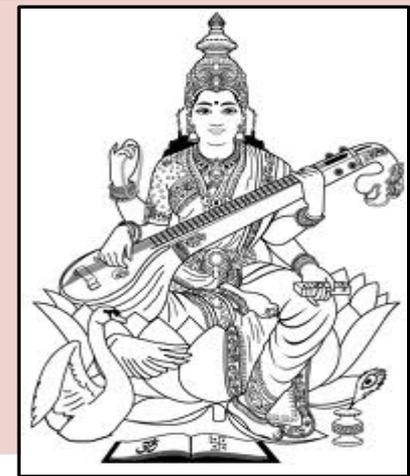
SCIENCE

ARTS: MUSIC, PAINTING,
SCULPTURE, DANCE,
WRITING

ELOQUENCE

INQUISITIVENESS

HARMONY/BALANCE



SARASVATI



Qualities:

PHYSICAL STRENGTH

PERSEVERANCE

DEVOTION

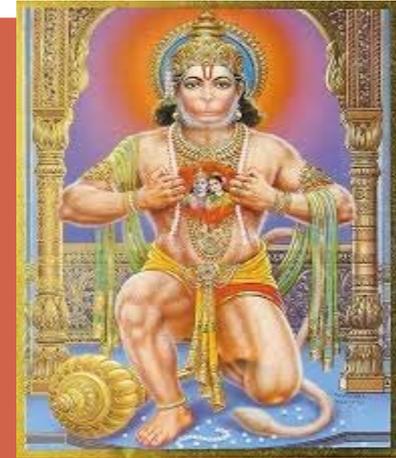
WISE, SWIFT, AND
STRONG

CONCENTRATION

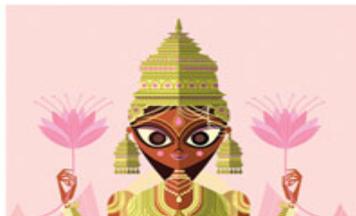
UNLIMITED POWER
THAT RESIDES IN ALL OF
US

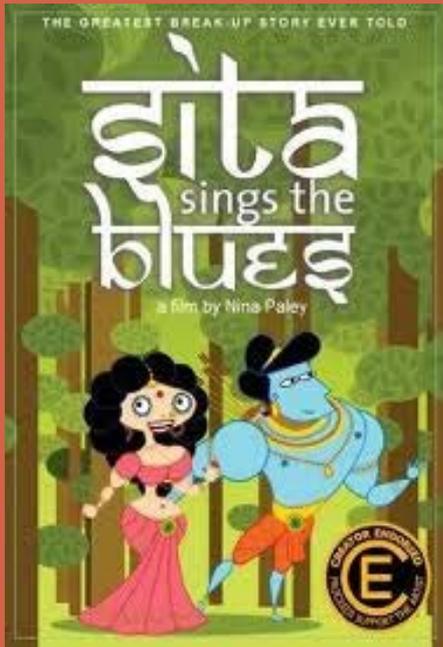
GENIAL, HUMBLE, AND
AMUSING/PLAYFUL

STABILITY AND
EQUILIBRIUM

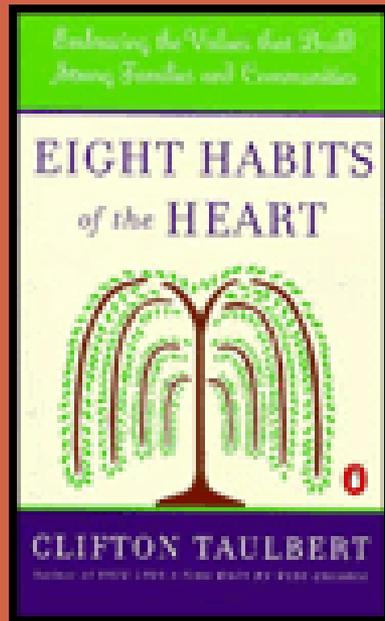


HANUMAN





Eight Habits of the Heart: *Embracing the Values That Build Strong Families and Communities*



- Nurturing Attitude
- Responsibility
- Dependability
- Friendship
- Brotherhood/Sisterhood
- High Expectations
- Courage
- Hope

~Clifton L. Taulbert



LONGTIME SUN



~Snatam Kaur

- *May the longtime sun shine upon you
All love surround you
And the pure light within you
Guide your way on
Guide your way on...*



Evaluation/Action Plan!



THANK YOU FOR ATTENDING –
PLEASE FILL OUT A FEEDBACK/OUTCOMES CARD,
INCLUDE YOUR NAME AND WORK [OR HOME] ADDRESS

~ **NAMASTE** ~

DAVID.CHEHEY@BOISESCHOOLS.ORG



namaste

“the light and goodness in
me
honors the light and goodness in
you”

