



AlvinaQuatrano Licensed Massage Therapist 732-266-5276  
[alvinaq@aohmassage.com](mailto:alvinaq@aohmassage.com) [www.AOHMassage.com](http://www.AOHMassage.com)  
MA50896 FL Provider 50-9777, NCBTMB Provider 451544-11

**Chakra Tai Chi** developed by Aminah Raheem, Ph.D. Come back to center, and ground the energy after completing each chakra.

**Root Chakra: Rocking with the Earth      RED      YAM**

Stand with feet flat, shoulder width apart. Swing both arms up (as if lifting energy), then swing them back, and lift toes slightly off the floor. Exhale when lifting up, inhale when coming back toward body. Repeat all movements in multiples of nine.

**Second Chakra: Rhythm of Life      ORANGE      VAM**

Repeat movement from Root Chakra, this time focusing attention on lower abdomen.

**Third Chakra: Around the World      YELLOW      RAM**

Place left heel forward. Rock forward on the left foot, as you swipe to the left with both hands as if wiping around the edge of a large platter. Come around the full circle with your hands as you rock your weight back onto the right foot. When finished, repeat on right side.

**Fourth Chakra: Giving and Receiving      GREEN      YAM**

Place left heel forward. Begin with both hands, palms facing forward, at the heart level, close to the heart. While rocking forward on the left foot, push both hands away from the heart---giving. Then bringing your weight back onto your right foot, turn hands to face your heart and bring them back into your chest---receiving. Repeat on right side.

**Higher Heart: Gathering in, to Serve      LT GREEN      YAM-YAM**

Place left heel forward. Begin with hands at the sides, and weight on the back foot. Sweep fresh energy up to the higher heart---gathering in. Rock forward onto the left foot and open arms outward to the sides---to serve. Repeat on right.

**Fifth Chakra: Push-Pull      TURQUOISE      HUM**

Left heel out, left hand extended, right hand at the throat. Rock forward on the left foot, pushing the right hand out, and bringing fresh energy toward the throat with the left hand. Rock back onto the right foot and exchange hands again. Repeat with right foot forward.

**Sixth Chakra: Sweeping the Brow      BLUE      OM**

Scoop fresh energy with the hands and ground it. Left heel out. Rock forward onto the left foot as you swing both hands from the ground up to sweep across the brow. Repeat with right foot forward.

**Seventh Chakra: Lights at the Head      VIOLET      SO-HUM**

Scoop up more fresh energy and ground it. Lift the energy up over the head. Clear the energy three times by raising up on your toes and blowing out air. Then "stir" the energy and repeat twice.

**Conclusion**

Sweeping energy from high above the head down to the ground, say silently, or aloud: "I align with my Soul now." Repeat three times.



Alvina Quatrano Licensed Massage Therapist 732-266-5276  
[alvinaq@aohmassage.com](mailto:alvinaq@aohmassage.com) [www.AOHMassage.com](http://www.AOHMassage.com)  
MA50896 FL Provider 50-9777, NCBTMB Provider 451544-11

## Chakras

**First Chakra: The Root** CV & GV begin here and move up through the Central Alignment .....able to take in nourishment from deep reserves of the earth.

**Second Chakra: Primal Power Center** Center of Primordial Conception. Space where we all were conceived and brought to life in perfect unity-Yin & Yang GV, CV & Penetrating Vessels release powerful creative energy. Dan Tien----sexuality, feelings

**Third Chakra: Personal Power Center.** Ego Center. Energy continues upward and begins to move outward into the world. About who we are and how we are who we are. Self

**Fourth Chakra: Heart Chakra** Having cleared the first three chakras we can come into balance giving and receiving. Energy is able to move to you and from you.

### **High Heart: Serving from the Heart**

Located a top of lung area which is known to store old grief...clears old grief so that can serve from the heart.

**Fifth Chakra: Avenue of Communication** The center for clairaudience, the ability to hear and speak the truth.

**Sixth Chakra: Center of knowing**--intuition, clairvoyance, ability to see the truth

**Seventh Chakra: Crown** Ability to be with all that is and connect with the Universal Energy that connects us from Heaven to Earth.

**Finally** we balance these by bringing the hand down to resonate crown with each chakra. Ultimately, clearing the Energy by sweeping upward.

Feel yourself as a clear conduit connecting H & E, grounded in Bubbling Spring and open to respond with a dynamic flow of surging, rooted energy.