

DAY 16 - STUDENT CHAKRAS, KOSHAS & REIKI PRINCIPLES WORKBOOK दिन 16 - छात्र कार्यपुस्तिका

CHAKRAS, KOSHAS & REIKI PRINCIPLES चक्र, कोश और रेकी सिद्धांत

Chakra Mapping, Kosha Understanding & Reiki Foundation चक्र मानचित्रण, कोश समझ और रेकी नींव

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: DAY 15 REVIEW दिन 15 समीक्षा

Quick review before we begin:

What is Prana? _____

Name the Five Pranas:

1. _____
2. _____
3. _____
4. _____
5. _____

Name the three main Nadis:

1. _____
2. _____
3. _____

SECTION 2: INTRODUCTION TO CHAKRAS

चक्रों का परिचय

2.1 CHAKRA BASICS चक्र मूल बातें

CHAKRA (चक्र) means: _____ or _____

Chakras are _____ located along the _____ from base to crown.

Each chakra has:

- A specific _____
- Governs particular _____ and systems
- Influences specific _____ and states
- Vibrates at a particular _____ (color)
- Is associated with an _____
- Has a Sanskrit name and _____ mantra

2.2 THE SEVEN CHAKRAS - NAMES AND COLORS सात चक्र - नाम और रंग

Fill in the chart:

#	SANSKRIT NAME	ENGLISH NAME	COLOR
7		Crown	
6		Third Eye	
5		Throat	
4		Heart	
3		Solar Plexus	
2		Sacral	
1		Root	

SECTION 3: CHAKRAS 1-3 (LOWER CHAKRAS) चक्र 1-3 (निचले चक्र)

3.1 MULADHARA - ROOT CHAKRA (मूलाधार)

MULA = _____ ADHARA = _____

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

What it governs (key themes):

- Survival and basic needs
- Security and safety
- Grounding and stability
- Foundation of life
- Family and belonging

When BALANCED, I feel:

When BLOCKED, I experience:

3.2 SVADHISTHANA - SACRAL CHAKRA (स्वाधिष्ठान)

SVA = _____ ADHISTHANA = _____

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

What it governs (key themes):

- Emotions and feelings
- Creativity and passion
- Sexuality and pleasure
- Relationships
- Fluidity and change

When BALANCED, I feel:

When BLOCKED, I experience:

3.3 MANIPURA - SOLAR PLEXUS CHAKRA (मणिपुर)

MANI = _____ PURA = _____

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

What it governs (key themes):

- Personal power and will
- Self-esteem and confidence
- Identity and ego
- Motivation and drive
- Transformation

When BALANCED, I feel:

When BLOCKED, I experience:

SECTION 4: CHAKRA 4 - THE HEART (THE BRIDGE) चक्र 4 - हृदय (पुल)

4.1 ANAHATA - HEART CHAKRA (अनाहत)

ANAHATA = _____ (meaning: unstruck, unhurt)

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

Why is the Heart Chakra called "THE BRIDGE"?

What it governs (key themes):

- Love (giving and receiving)
- Compassion and empathy
- Forgiveness and acceptance
- Connection and relationships
- Integration of lower and upper chakras

When BALANCED, I feel:

When BLOCKED, I experience:

SECTION 5: CHAKRAS 5-7 (UPPER CHAKRAS) चक्र 5-7 (ऊपरी चक्र)

5.1 VISHUDDHA - THROAT CHAKRA (विशुद्ध)

VISHUDDHA = _____

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

What it governs (key themes):

- Expression and communication
- Speaking truth
- Listening
- Creativity through words
- Timing

When **BALANCED**, I feel:

When **BLOCKED**, I experience:

5.2 AJNA - THIRD EYE CHAKRA (आज्ञा)

AJNA = _____

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

Body parts governed: _____

What it governs (key themes):

- Intuition and insight
- Imagination and visualization
- Wisdom and understanding
- Perception beyond physical
- Dreams and psychic abilities

When **BALANCED**, I feel:

When **BLOCKED**, I experience:

5.3 SAHASRARA - CROWN CHAKRA (सहस्रार)

SAHASRARA = _____ (thousand-petaled)

Location: _____

Color: _____ Element: _____

Bija Mantra: _____

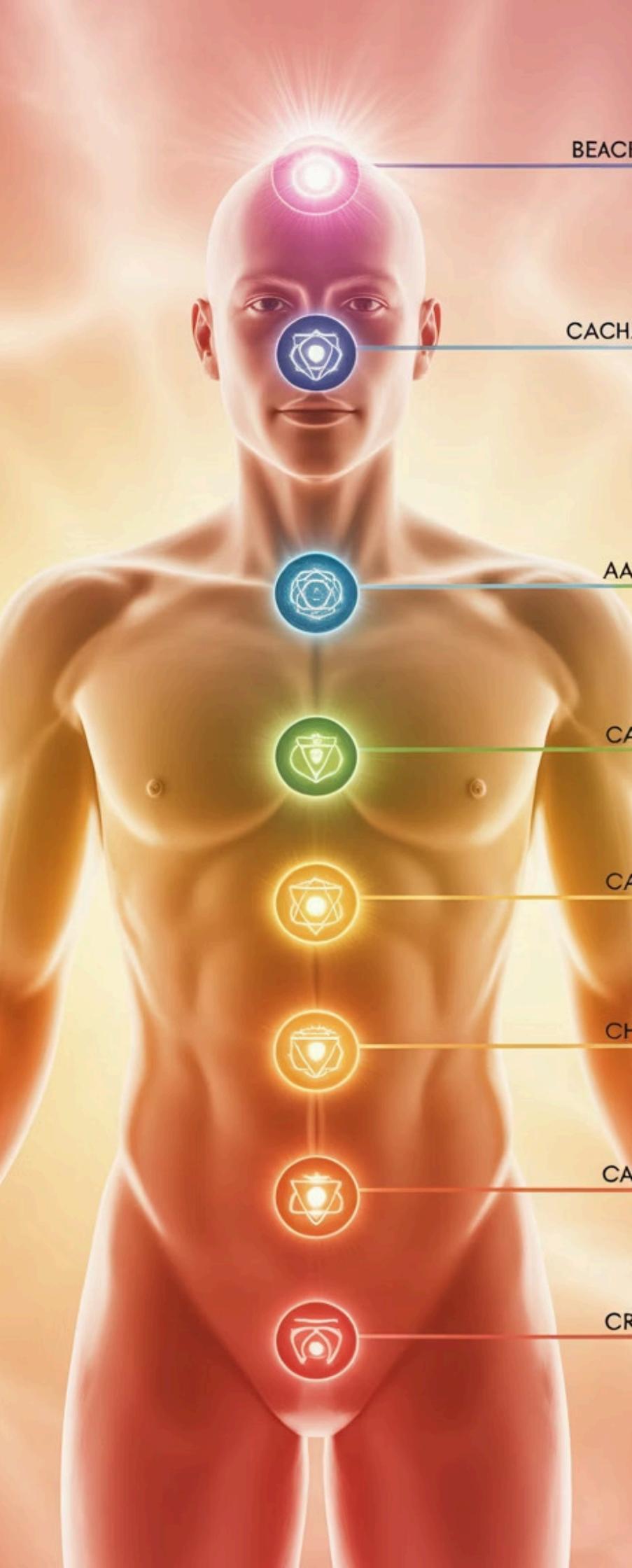
Body parts governed: _____

What it governs (key themes):

- Spiritual connection
- Unity consciousness
- Enlightenment
- Divine wisdom
- Life purpose

When **BALANCED**, I feel:

When **BLOCKED**, I experience:



SECTION 6: CHAKRA BODY MAPPING चक्र शरीर मानचित्रण

On the body outline below, draw and label each chakra with its color and name:

/ (7) \

| CROWN | 7. _____ (_____)

\ _____ /

|||

[(6)] 6. _____ (_____)

[THIRD EYE]

|||

| (5) | 5. _____ (_____)

| THROAT |

| (4) | 4. _____ (_____)

| HEART |

| (3) | 3. _____ (_____)

| SOLAR |

| PLEXUS |

| (2) | 2. _____ (_____)

| SACRAL |

| (1) | 1. _____ (_____)

| ROOT |

/ \

SECTION 7: SEVEN CHAKRAS COMPLETE SUMMARY सात चक्र पूर्ण सारांश

Complete the master chart:

#	NAME	LOCATION	COLOR	ELEMENT	GOVERNS
7					
6					
5					
4					
3					
2					
1					

SECTION 8: THE FIVE KOSHAS पांच कोश

8.1 KOSHA BASICS कोश मूल बातें

KOSHA (कोश) means: _____ or _____

The Five Koshas are layers covering the true _____ (Atman).

From OUTER (gross) to INNER (subtle):

1. _____ KOSHA - Physical Body (Food Sheath)
2. _____ KOSHA - Energy Body (Breath Sheath)
3. _____ KOSHA - Mental Body (Mind Sheath)
4. _____ KOSHA - Wisdom Body (Intellect Sheath)
5. _____ KOSHA - Bliss Body (Bliss Sheath)

And at the very center: _____ - The True Self

8.2 FIVE KOSHAS DETAILED पांच कोश विस्तृत

1. ANNAMAYA KOSHA (अन्नमय कोश)

ANNA = _____

This is the _____ body - flesh, bones, organs.

Healing at this level: _____

2. PRANAMAYA KOSHA (प्राणमय कोश)

PRANA = _____

This is the _____ body - contains Prana, Nadis, Chakras.

Healing at this level: _____

3. MANOMAYA KOSHA (मनोमय कोश)

MANO = _____

This is the _____ body - thoughts, emotions, perceptions.

Healing at this level: _____

4. VIJNANAMAYA KOSHA (विज्ञानमय कोश)

VIJNANA = _____

This is the _____ body - intuition, discernment, witness.

Healing at this level: _____

5. ANANDAMAYA KOSHA (आनंदमय कोश)

ANANDA = _____

This is the _____ body - pure joy, peace, closest to Atman.

Healing at this level: _____

8.3 KOSHAS AND HEALING कोश और उपचार

Why do Koshas matter for healing?

"A problem at one level often has its _____ at another level."

Example: Client has chronic back pain (physical). The root cause might be in:

- _____ Kosha (energy blocked)
- _____ Kosha (emotional stress, beliefs)

As holistic healers, we assess _____ Koshas and treat at the _____ level.

SECTION 9: INTRODUCTION TO REIKI रेकी का परिचय

9.1 WHAT IS REIKI? रेकी क्या है?

REIKI breakdown:

REI (靈) = _____, Spiritual, Divine

KI (氣) = _____ Force Energy

REIKI = _____ Life Force Energy

The KEY PRINCIPLE of Reiki:

"You are a _____, not the _____."

You don't use your _____ energy. Universal energy flows _____ you to the recipient.

9.2 HISTORY OF REIKI रेकी का इतिहास

FOUNDER: Dr. _____ (1865-1926)

Country of origin: _____

What happened on Mount Kurama:

THE LINEAGE:

Dr. Mikao Usui → Dr. _____ → Mrs. _____

→ 22 Masters → World

Who brought Reiki to the West? _____

9.3 HOW REIKI WORKS रेकी कैसे काम करता है

The Channeling Flow:

Universal Energy → _____ Chakra → _____ Chakra

→ Arms → _____ → Client

Special qualities of Reiki energy:

- You don't need to believe in it
- Energy is intelligent - goes where needed
- It can do no harm
- Works on all levels
- Works at distance
- Works on anything (people, animals, plants, situations)

SECTION 10: FIVE REIKI PRINCIPLES (GOKAI) पांच रेकी सिद्धांत

Write out the Five Reiki Principles:

JUST FOR TODAY...

- 1 I will not be _____
- 2 I will not _____
- 3 I will be _____
- 4 I will do my work _____
- 5 I will be _____ to every living thing

Why "Just for today"?

What principle resonates most with me right now?

Why?

SECTION 11: REIKI ETHICS रेकी नैतिकता

The seven ethical guidelines for Reiki practitioners:

01

_____ - Always
get permission

02

_____ - Keep
sessions private

03

_____ - You're a
channel, not the source

04

_____ - Maintain
professional relationships

05

_____ - Practice
self-Reiki, stay clear

06

CONTINUED
_____ - Always
grow

07

_____ - Honor all traditions, work with medical care

SECTION 12: CLIENT APPLICATION ग्राहक अनुप्रयोग

12.1 CHAKRA ASSESSMENT QUESTIONS चक्र मूल्यांकन प्रश्न

Write one assessment question for each chakra:

ROOT: " _____ "

SACRAL: " _____ "

SOLAR PLEXUS: " _____ "

HEART: " _____ "

THROAT: " _____ "

THIRD EYE: " _____ "

CROWN: " _____ "

12.2 IDENTIFYING BLOCKED CHAKRAS अवरुद्ध चक्रों की पहचान

Match the signs with the blocked chakra:

Signs	Blocked Chakra
Fear, financial problems, ungrounded	_____
Emotional issues, no creativity, guilt	_____
Low self-esteem, digestive issues	_____
Can't give/receive love, grief	_____
Can't express, secrets, throat issues	_____
No intuition, headaches, confusion	_____
No purpose, disconnection, cynicism	_____

12.3 HOLISTIC DIAGNOSIS PRACTICE समग्र निदान अभ्यास

Practice case: Client presents with chronic fatigue, feeling disconnected from life, no enthusiasm, difficulty making decisions.

PRANA Assessment: Which Prana Vayu(s) seem deficient?

CHAKRA Assessment: Which chakra(s) seem blocked?

KOSHA Assessment: Which Kosha(s) need work?

Suggested Treatment Approach:

SECTION 13: PARTNER PRACTICE - CHAKRA SENSING साझेदार अभ्यास - चक्र संवेदन

13.1 AS PRACTITIONER प्रैक्टिशनर के रूप में

Partner's Name: _____

What I noticed at each chakra area:

ROOT: Warm Cool Dense Light Tingly Nothing

Notes: _____

SACRAL: Warm Cool Dense Light Tingly Nothing

Notes: _____

SOLAR PLEXUS: Warm Cool Dense Light Tingly Nothing

Notes: _____

HEART: Warm Cool Dense Light Tingly Nothing

Notes: _____

THROAT: Warm Cool Dense Light Tingly Nothing

Notes: _____

THIRD EYE: Warm Cool Dense Light Tingly Nothing

Notes: _____

CROWN: Warm Cool Dense Light Tingly Nothing

Notes: _____

Overall impression: _____

13.2 AS CLIENT ग्राहक के रूप में

What I felt during the chakra sensing:

Feedback for my partner:

SECTION 14: CHAKRA SELF-ASSESSMENT

चक्र स्व-मूल्यांकन

Rate each chakra 1-10 (1=very blocked, 10=fully balanced):

ROOT CHAKRA

"I feel safe and secure" ____

"I have enough money for my needs" ____

"I feel grounded and connected to my body" ____

"I have a sense of belonging" ____

"My physical health is good" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

SACRAL CHAKRA

"I can feel and express my emotions" ____

"I am creative and passionate" ____

"I am comfortable with my sexuality" ____

"I can adapt to change" ____

"I enjoy life's pleasures without guilt" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

SOLAR PLEXUS CHAKRA

"I have good self-esteem" ____

"I feel confident and empowered" ____

"I can make decisions easily" ____

"I have strong motivation and will" ____

"My digestion is healthy" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

HEART CHAKRA

"I can give love freely" ____

"I can receive love openly" ____

"I can forgive others and myself" ____

"I feel compassion for others" ____

"I have healthy, loving relationships" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

THROAT CHAKRA

"I express myself clearly and confidently" ____

"I speak my truth with compassion" ____

"I am a good listener" ____

"I have no secrets I'm hiding" ____

"My throat and thyroid are healthy" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

THIRD EYE CHAKRA

"I trust my intuition" ____

"I can visualize clearly" ____

"I am open to new ideas" ____

"I see the bigger picture" ____

"I have insight and wisdom" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

CROWN CHAKRA

"I feel connected to something greater" ____

"I have a sense of life purpose" ____

"I am open to spiritual experiences" ____

"I feel at peace" ____

"I live in the present moment" ____

TOTAL: ____/50 Assessment: Balanced Needs attention Blocked

SUMMARY

My most balanced chakra: _____

My most blocked chakra: _____

What I will do to balance: _____