

Third Cakra and the Core Kathy Ornish, 2006

Third Cakra: = *Manipura* which means City of Jewels

Associated with Transformation, Agni (Fire), Physical and Mental Digestion

Located at the naval center.

Associated with the lumbar spine, intestines, liver, and adrenals.

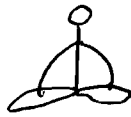
Element=fire; Sense=sight; Bija Mantra=*Ram*

When functioning properly, it is responsible for good self-esteem, will power, and digestion.

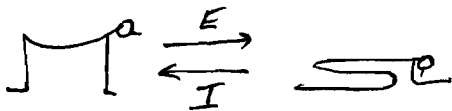
When functioning poorly, it is responsible for low self-esteem, depression, a big ego, and poor digestion.

Keep your attention at the naval center (3rd cakra) throughout the practice.

1. Bhavana - Visualize *prana* moving into the body, building a fire of transformation; feel a sense of empowerment; internally chant *RAM*.



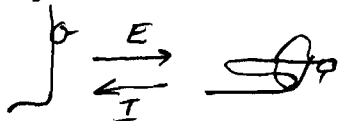
2. Cakravakasana - 6X



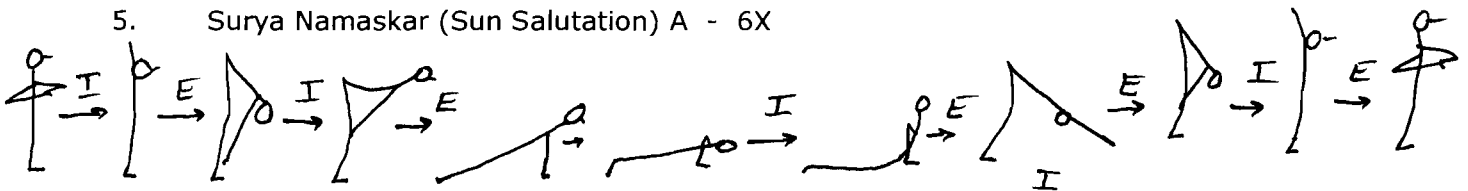
3. Kapalabhati - 3 rounds of 20 breaths. Visualize building prana in the naval.



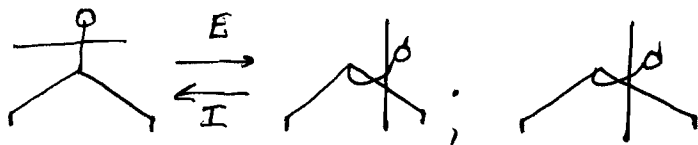
4. Vajrasana - 6X



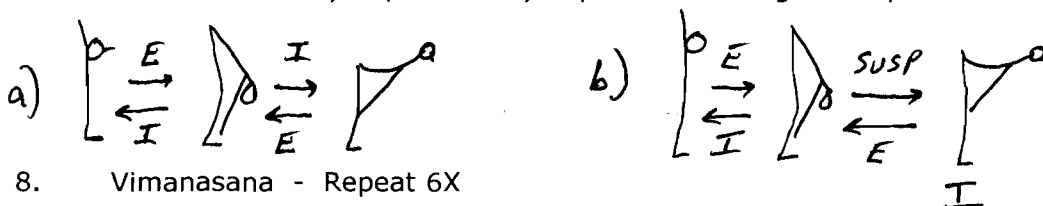
5. Surya Namaskar (Sun Salutation) A - 6X



6. Parivrtti Trikonasana - Repeat 4X on one side; Stay 6B with slight suspension after exhale. REPEAT S.O.E 2



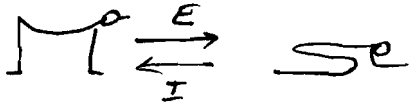
7. Uttanasana - a) Repeat 2X b) Repeat 4X moving on suspension of exhale



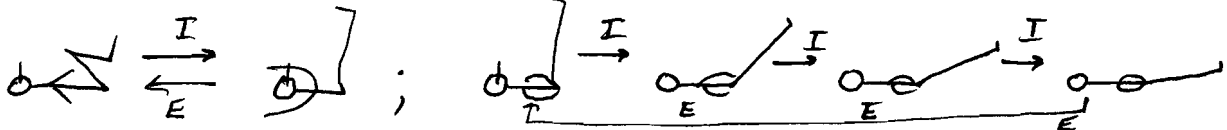
8. Vimanasana - Repeat 6X



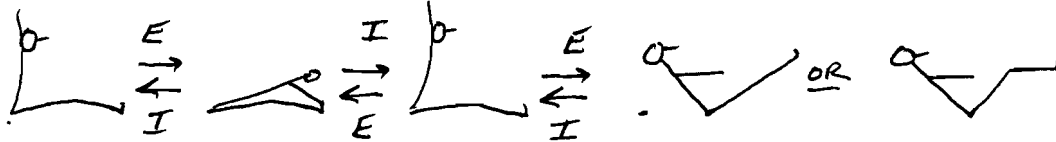
9. Cakravakasana - Repeat 4X



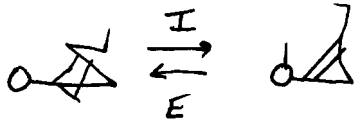
10. Udhva Prasarita Padasana + Abdominal Variation - Repeat 4X; Repeat 4X



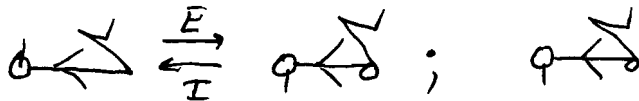
11. Pascimatanasana/Navasana - Repeat 4X; Stay in Navasana 0, 1, 2, 3 breaths



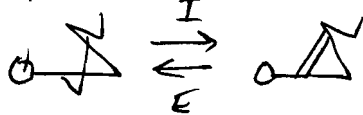
12. Udhva Prasarita Padasana - Repeat 4X



13. Jathara Parivrtti - Repeat 4X; Stay 3 - 4 breaths



14. Apanasana



15. Savasana - 5 minutes



16. Pranayama - Ujjayi 1:0:1:0

Visualize inhale moving to the naval and exhale spreading from the naval through the body and mind.

17. Meditation

Rest your awareness at the naval center.
Keep your mind focused on the natural flow of breath.
You can internally chant the bija mantra *RAM*.