



Chakra Tees by Ija

to order: himanshu@redearthindia.com /
91-11-41671100, 41764054

chakras are energy centers

Crown Chakra is our inspiration and spiritual energy.

Brow Chakra is our intuitive energy.

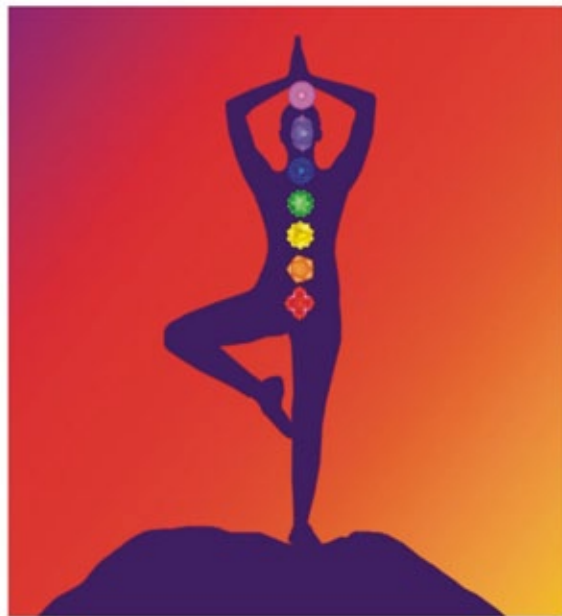
Throat Chakra is our communication energy.

Heart Chakra is our emotional energy.

Solar Plexus Chakra is our mental energy.

Spleen Chakra is our sensing and feeling energy.

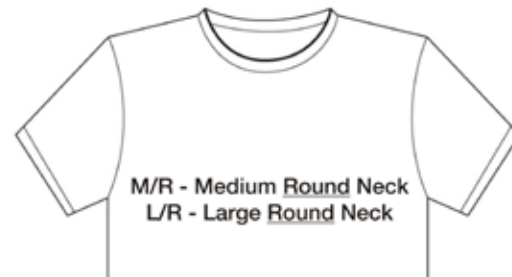
Root Chakra is our life force energy.



Everyday we stimulate our chakra centers in one way or another, for example, through the different thoughts we have or physically through our senses. Daily we energize our centers, consciously or unconsciously, through various methods.

Each CHAKRA is represented with a COLOR and a SYMBOL. What better than to unblock your energy centre and facilitate a smooth flow of energy in the body through the medium of CLOTHING! What we wear will influence our mood, mind and energy level. Light penetrates through our clothing amplifying the color energy we are wearing. The more vibrant the clothing the better the energy transfers.

CHAKRA TEE - **SIZE** CHART



T-shirt Size in Inches
(width x length)

M
19.5 x 29
L
22 x 31

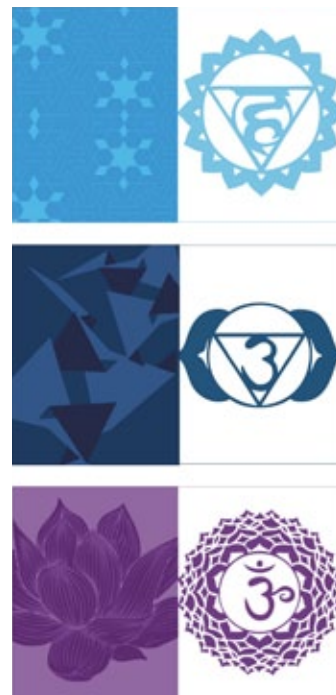
Special Offer!

Buy 3 tees and get a throat chakra scarf free!



Price: INR 1000/- each
Delivery charges extra
Stole @ 500/- each

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Crown or sahasrara chakra

Located inside the top of the head , it is associated with body parts such as the pituitary glands, cerebral cortex, the central nervous system. It Controls every aspect of the body and mind. It is responsible for function of understanding, knowledge and wisdom. Violet brings meditation, contemplation, mysticism, spirituality, dignity, inspiration and transformation.

Put your hands before your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right. Concentrate on the Crown chakra at the top of your head. Chant the sound NG.







third eye or ajna chakra

Located between the eyebrows in the center of the forehead, it is associated with body parts such as the eyes, pineal glands, and secretory functions of the pituitary glands . It is responsible for function of intuition, perception, intellect and dreaming . Indigo brings freedom, purity, physical and spiritual perception, morality, personal beliefs.

Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and touch at the tops. Concentrate on the Third Eye chakra slightly above the point between the eyebrows. Chant the sound OM or AUM.







throat or vishuddha chakra

Located at throat , it is associated with body parts such as the respiratory organs, throat, neck, shoulders, thyroid and parathyroid. It is responsible for function of communication and creativity. Blue brings calmness, truth, wisdom, counsel, understanding, patience, loyalty and expression.

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up. Concentrate on the Throat chakra at the base of the throat. Chant the sound HAM.







heart or anahata chakra

Located at front of chest near the heart , it is associated with body parts such as the heart, lungs, arms and hands. It is responsible for function of love and compassion. Green brings psychological, emotional harmony and balance, growth, rejuvenation, hope, comfort and nurturing.

Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone. Concentrate on Heart chakra at the spine, level with the heart. Chant the sound YAM.







solar plexus or manipura chakra

Located behind the navel, it is associated with body parts such as liver, muscles, digestive system, pancreas and adrenal glands. It is responsible for function of power and will. Yellow brings cheerfulness, curiosity, flexibility, life-force, vividity, vitality, energy and stimulates higher mentality.

Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. Concentrate on the Navel chakra located on the spine, a bit above the level of the navel. Chant the sound RAM.







ṣaśral or ṣvaḁhiṣṭṭhaṇa ḥhakra

Located at lower abdomen, it is associated with lower body parts such as genito/urinary system, womb, kidneys, and circulatory system. It is responsible for function of desire, sexuality and procreation. Orange has freeing action upon the body and mind, brings stimulation, optimism, success, abundance and also creative thinking and enthusiasm.

Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently. Concentrate on the Sacral chakra on the lower back. Chant the sound VAM.







root or muladhara chakra

Located at base of spine, it is associated with lower body parts such as the genito, urinary system, large intestines, bones, legs and feet. It is responsible for function of grounding, survival and individuality. Red brings warmth, energy, stimulation, power and also aggression.

Let the tips of your thumb and index finger touch. Concentrate on the Root chakra at the spot in between the genitals and the anus. Chant the sound LAM.



