



Marie Manuchehri

# Chakra Exercises for Children

## FIRST CHAKRA

*This exercise is great for children who have ADD, ADHD, or difficulty sleeping. They do not need to repeat the phrase while stomping. For children with insomnia, this exercise is best done right before bed.*

### One-Minute Grounding

My favorite exercise to help you ground can be done anywhere and in one minute. Its origin is based in Native American tradition.

- 1— Remove your shoes.
- 2— Stomp around your house or outdoors (outdoors is best) barefoot.
- 3— Make your hands into fists.
- 4— Punch your fists toward the earth as you stomp.
- 5— Say this phrase out loud while stomping: “I deserve to be here, and I live here in joy!”
- 6— Stomp for one minute, every day. As you stomp around, the secondary chakras at the bottom of your feet will activate your energetic roots. You may notice a tingling sensation in your lower extremities or heaviness in your legs when you begin to pull earth energy into your body.

## SECOND CHAKRA

Children balance their male and female energies by feeling their surroundings with their senses. Plants, trees, air, bikes, and even jungle gyms are made of energy and pulsate a feeling that children can pick up. We are all sensitive beings, but children are even more so. When putting on their tennis shoes, ask them to feel their shoelaces with their fingers and experience the dance their fingers create when making the knot. As humans become socialized, we tend to lose our innate ability to recognize subtle sensations. When children engage their senses with the world around them, they feel happier and more hopeful about life.

## THIRD CHAKRA

Here is a nightly prayer that you can say to your children as they are falling off to sleep. It will help them maintain or create a healthy immune system. I personally like to lie next to my kids in bed and rub their heads as I repeat positive affirmations to them, such as: *Every day and in every way your body works miraculously well, creating healthy cells, vitality and a wonderful life.*

Repeat this many times as your child falls asleep.



## FOURTH CHAKRA

Children have great imaginations and can easily learn how to receive energy into their backs. When your children are dreaming of wonderful possibilities about what they will do when they grow up, encourage them to imagine their future careers moving into their backs. This practice will attract the necessary energy to make their dreams a reality.

## FIFTH CHAKRA

*This is a great exercise for parents with bickering offspring. My mother routinely suggested this exercise when any of her five children were shouting at the other. Every time we did the exercise, we burst out laughing instead of yelling at one another.*

### One-Minute Balancing

To open your throat chakra and receive empowering energy, begin speaking out loud in a made-up language using guttural sounds. Do this exercise for one minute every day. When speaking in harsh tones, you will release pent-up energy from when you held back words that you thought might hurt another. Don't be surprised if your neck pain goes away or your thyroid functions better; this exercise is effective for both. Over the years, I have discovered that people who shy away from this exercise really need to do it. It will forever change your life.

## SIXTH CHAKRA

Children are naturally multisensory, but may begin to forget this innate ability near age seven due to our overly structured educational system. If your children are younger than seven, encourage natural curiosity and a connection to the unseen world. If they are older, remind them of the insight they expressed when younger. The reminder will automatically connect them to their amazing senses. Here is a helpful tool to reinforce intuition no matter their age. You will need five envelopes and five different pictures of solid colors. Place one color into each envelope and close it. Have your children hold each closed envelope one at a time, and ask them to use their senses to gather information about the color inside. Color is personal and can affect each of us differently. Ask your children how they feel about each envelope and pay attention to their intuitive expression of each color. Your children's descriptions are helpful insights into how they experience intuition.

## SEVENTH CHAKRA

Like all of us, the spirit world is where your children came from before deciding to live a life on Earth. Their connection to this alternate dimension is valuable and can be enhanced to assist them in every area of their life now and in adulthood. Use the following exercise to maintain their connection to spirit. Ask your child to draw a picture of a world they don't currently live in. Suggest that this world may be familiar or remind them of a magical place they visit when sleeping. Encourage conversation about the details of the drawing in order to pull out their knowledge of other realms, dimensions, and helpful beings.