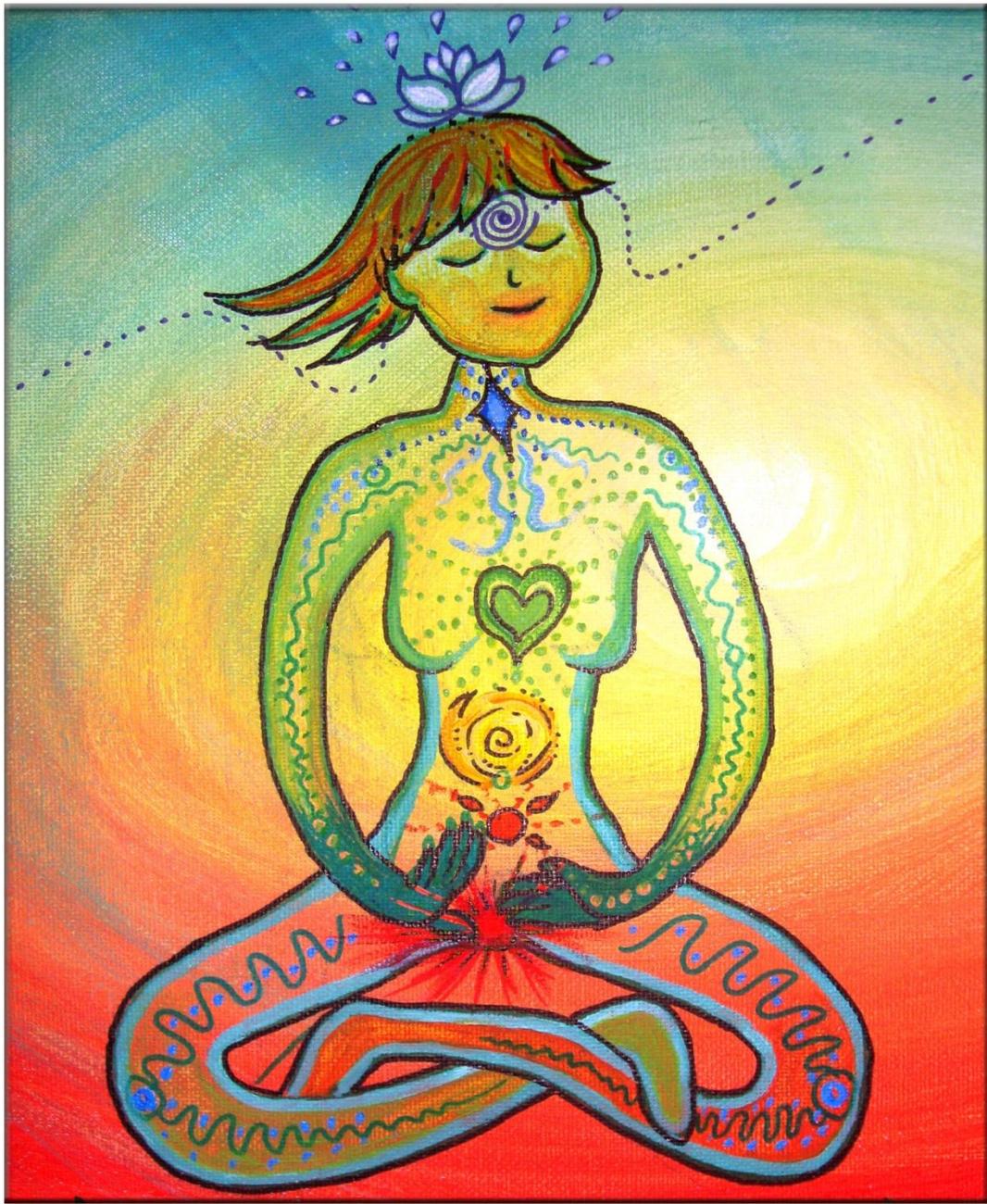
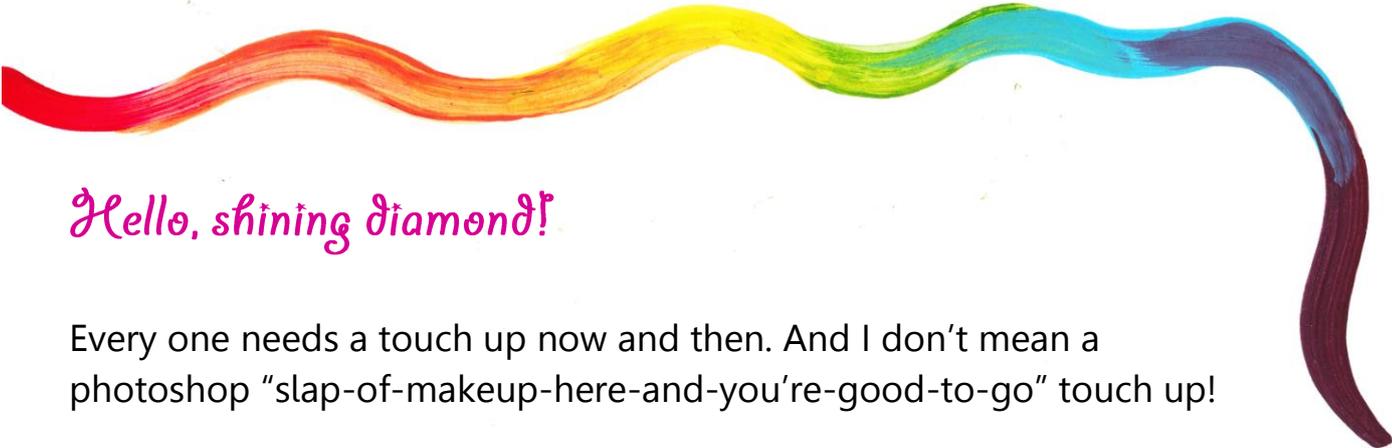


FOOD, YOGA, SPIRIT!



7-Days of Loving Self-Care



Hello, shining diamond!

Every one needs a touch up now and then. And I don't mean a photoshop "slap-of-makeup-here-and-you're-good-to-go" touch up!

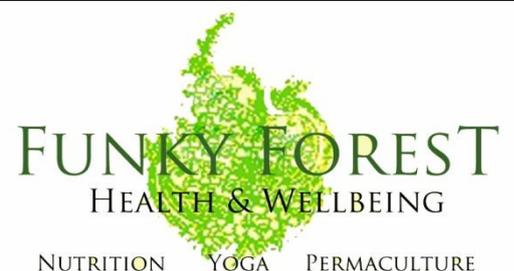
We are "onioned" beings. When we decide to take our health to the next level, we have to look at every layer of our health – from the most subtle to the visible. If we don't start at the deepest, most subtle energy centres, outer changes will be temporary. *As within, so without.*

Anything we do to ourselves affects our energetic layers. *Food and yoga are avenues that we can choose as paths to our physical and spiritual healing.* Your chakras, are energy centres which form the basic foundation of your soul. They serve as points of integration for your physical, emotional, mental, and spiritual layers. When they get clogged – by stress, poor diet, or too many toxins - your health suffers.

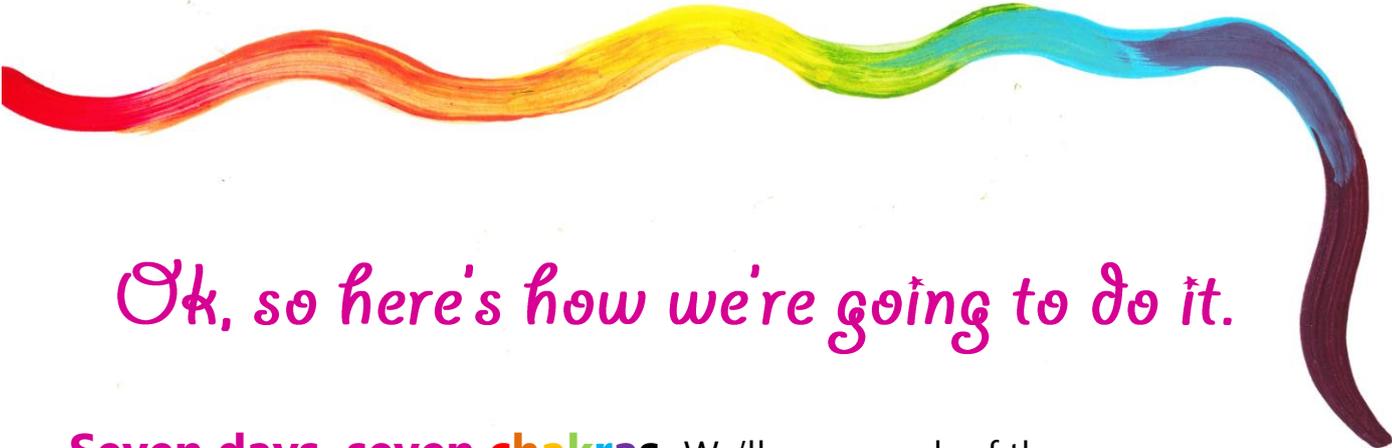
This guidebook will work with your chakras, to show you how to tap into and clear these important energy centres using food and yoga, to bring about positive changes to your health, happiness, and spirit.

Congratulations on taking this step. I know it will make a profound difference to your health and your levels of freedom and joy! I wish you all the best and know we are going to have a lot of fun together!

Love,
Casey



Casey Conroy, Holistic Dietitian & Nutritionist, Yoga Teacher, and raw-cacao lover!



Ok, so here's how we're going to do it.

Seven days, seven chakras. We'll cover each of the seven chakras over the seven days of a week, and explore the significance of each chakra as we go.

You can start any day of the week you like! It's best to do them in order, from Root chakra to Crown chakra.

Each day, read the chakra information, try the exercises, experiment with the food suggestions, and note any insights that arise in a journal or in this guide!

Food. There will be delicious healthy recipes to try – a culinary journey!

The recipes are suitable for everyone, including those who are vegan, gluten- or dairy-intolerant! Yay!

There's also a complete list of equipment and ingredients you will need for your week of "chakra shining!"

Yoga. The ancient practice of yoga is a powerful pathway to healing not only physical ailments, but mental and emotional ones, too.

The postures or *asanas* in this guide are simple and gentle.

Don't worry if you've never tried yoga before - there will be plenty of guidance for you!

Now let's dive right in with this amazing project - YOU!



Root

Chakra

Element: Earth

Body location: Base of spine, genital area

Survival : Security : Tribe : Grounding

The root chakra is all about **groundedness**. People with a healthy root chakra feel on a deep level that they will always be provided for, whether through themselves, family, or society.

When your root chakra is healthy, you will feel independent, have healthy boundaries, and have a strong feeling of your life purpose.

Signs this chakra may be unbalanced:

feeling like its "you" against "everyone else" ... feeling unloved and neglected by family ... feeling disconnected from others ... inflammatory or autoimmune conditions ... feeling fatigued, like you can't go further.



Food for the **Root Chakra**

Foods for grounding and protection assist us in strengthening our connection to the Earth. They help us to feel centred and safe at times we are prone to distraction and vulnerability.

Protein is the nutrient that gives us our physical structure.

This nutrient helps us to ground and anchor the body to the Earth. Whether you are vegetarian or omnivorous does not matter, as high-quality proteins can be obtained from both animal and plant sources.

Plant sources: legumes, nuts, seeds, green leafy vegetables, tempeh, quinoa, chia seeds.

Animal sources: wild-caught fish; lean, organic and humanely raised meat; free-range eggs.

Do you tend to be very stubborn and stuck in your ways? If so, *less animal protein* is likely to help you balance grounding, physical energy. Are you ungrounded and lacking deep purpose? If so, adding *more plant or animal protein sources* may help you to become more centred. Try one of these recipes to increase the plant or animal protein in your diet:

Plant protein: **[Black Eye Pea Cassolet](#)**

Animal protein: **[Orange Zest Salmon in Hungarian Soupa](#)**



Yoga for the Root Chakra

Standing postures develop strength, stability, stamina and alignment. They will improve your posture and balance, and give you a sense of groundedness, determination, courage, centeredness and poise.

Regardless of your yoga experience, I suggest **practising outside** today – in a park, in your backyard, at the beach... anywhere you are touching the Earth! This will ground you and attune you to root chakra energy.

Basic Grounding Sequence

1. Start by standing tall, in Mountain Pose. Press down through the soles of your feet, lifting your feet's arches.

Place your arms by the side of your body and send your fingers towards the Earth. Feel the solidity of the ground beneath you.



2. Place one hand on your hip. Bend the opposite knee, and hold it in your free hand. See how long you can balance with your foot off the ground. Press down strongly through your grounding leg.
3. If possible, grab a hold of the big toe of the bent leg. Slowly begin to straighten your leg. Keep your chest open and spine straight. Take 5 long even breaths. Repeat on the opposite side.

How did you feel after this grounding exercise?

Did you manage to find a space outdoors to practice?

Did you practice on a yoga mat, or on the bare ground? If you tried one, try the other. Was there any difference between the two?

Want more grounding **Root chakra** yoga?

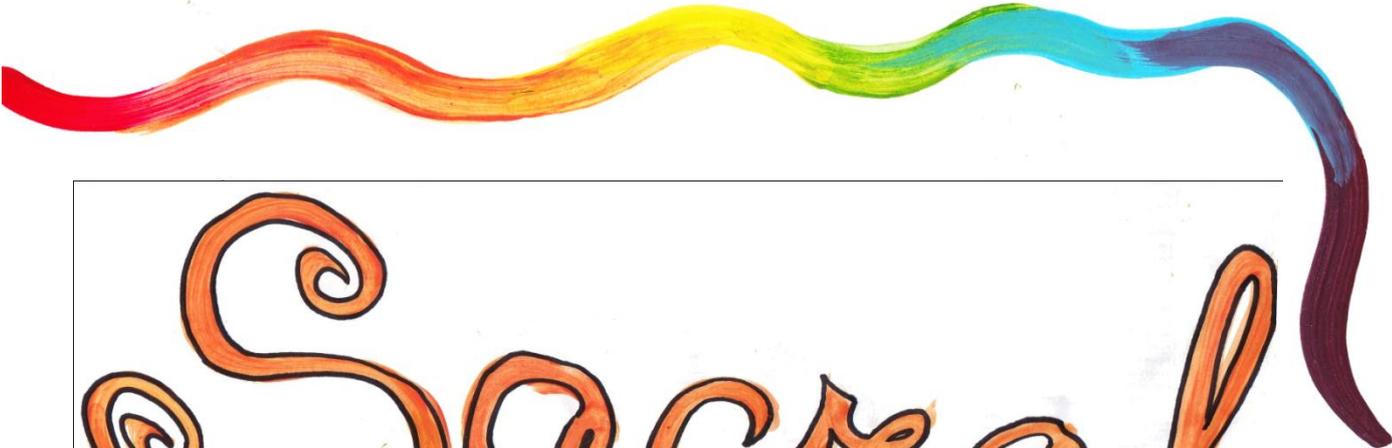
Click on [this video](#) for a longer instructional sequence, from my [14-Day Green Smoothie Yoga Challenge](#). It features grounding core strengthening postures – great for your root chakra!

This sequence is do-able for all levels, but for **beginners** I recommend watching the video once or twice through first before attempting it.

For more **advanced** yoga practitioners, feel free to hold the postures for a little longer - make it more challenging to suit your needs.



The ability to be grounded on a physical level enhances your stability, certainty, and physical strength.



Sacral

Chakra

Element: Water

Body location: Below the navel and above the pubic bone

Emotions : Creativity : Sexuality : Relationships

The sacral chakra is all about **creative potential and dynamic change**. People with a healthy sacral chakra are adaptable, and able to express themselves. They are in tune with their emotions and dreams.

When your sacral chakra is healthy, you will feel an ability to “go with the flow”. You accept your uniqueness within a diversified whole.

Signs this chakra may be unbalanced:

inability to express emotions ... feeling you are moving too fast and have nothing to show for your effort ... fear of commitment ... reproductive conditions such as polycystic ovaries or infertility ... digestive issues such as IBS ... chronic yeast infections or kidney stones.



Food for the Sacral Chakra

Foods for creativity and flow assist us in maintaining ease and pleasure in our lives. They have a more feminine energy, whereas the root chakra resonates as a masculine energy.

Fats and Oils help us to balance the sacral chakra.

The kinds of fats you consume have different effects. **Saturated fat** – the main fat in animal foods - provides some degree of protection to the body; however too much makes us rigid and un-open to new ideas or emotions.

Unsaturated fats such as those found in olive, flaxseed and fish oil, help our sacral chakra to express, enjoy company and sharing. Essential fatty acids, especially **omega-3s**, are particularly good for your skin, hair and nails.

Healthy sacral chakra fat sources include almond oil, organic butter, ghee, coconut oil, olive oil, rice bran oil, nuts, avocados and olives.

Foods high in **Essential Fatty Acids** to balance the sacral chakra: wild-caught, dark, oily fish (tuna, salmon, mackerel), flaxseed meal, leafy green vegetables, and walnuts.

Orange foods also help to balance this chakra as the sacral chakra vibrates at a similar frequency to the colour orange. Try one of these recipes to increase the good fats and orange foods in your diet:

Orange foods: [Volcanic Pumpkin Casserole & Chermoula](#)

Healthy fats: [Maple Glazed Mini Pumpkin Puddings](#)



Yoga for the Sacral Chakra

Vinyasa flow is a style of yoga that is fluid, flowing, and creative. It is the main style I teach and it can help you to tune into to your dancing, flowing sacral chakra and its element of water.

The [first video](#) below will take you through a basic Vinyasa sequence. It also helps you to warm up for any other yoga practice you might do.

[Basic Vinyasa Flow Sequence - BEGINNERS](#)



The [second video](#) on the next page is for more regular yoga practitioners – that doesn't mean beginners can't give it a go!

**** A GENTLE WORD OF CAUTION:** Always, Always, ALWAYS practice safely, listening to your body. Pretty please! You are responsible for your body and you know it best, so practice within your limits. **

Warrior Vinyasa Flow WATER Sequence - INTERMEDIATE



How did you feel during this flowing exercise?

Did you notice any thoughts or judgements that came up while you practised? Were you able to let them go?

Did you notice how your body felt before and after the yoga practice?

Water helps your creative expression to flow. Eat healthy fats, drink water, move your body to your internal rhythm.



Solar Plexus

Chakra

Element: Fire

Body location: Upper middle abdomen

Inspiration : Self-Esteem : Will : Accomplishment

The solar plexus chakra is all about **the self: the ego, self-perception and self-worth**. People with a healthy solar plexus chakra are able to be true to themselves whilst integrating harmoniously with the outer world.

When your solar plexus chakra is healthy, you accept the perfection of your imperfections. You are able to balance the many parts of your life with ease and grace, giving you a sense of calm and control.

Signs this chakra may be unbalanced: lack of self-esteem ... strong in your opinions and not open to others' views ... overly competitive ... feeling intellectually exhausted ... feeling like you lack choices for your life ... issues with digestion such as heartburn or ulcers.

Food for the Solar Plexus

Chakra

Foods for power and transformation assist us in maintaining clear direction and focus. Foods that create sustained energy provide the solar plexus chakra with what it needs.

Carbohydrates help us to balance the solar plexus chakra.



The kinds of carbohydrates you consume have different effects: simple sugars like glucose provides quick energy, whilst complex carbohydrate containing more fibre provide long-lasting sugar sources.

Low glycaemic (GI) index foods improve blood lipids, blood sugar and insulin, and gives us better appetite control by leaving us more satisfied.

Sources are legumes; ancient grains such as quinoa, buckwheat, and millet; nuts; vegetables, especially green leafy vegetables; and fruit.

High GI foods are “quick fix”, high energy foods **that deplete the solar plexus chakra** if overdone.

They include white bread & white pasta; biscuits, cakes, ice cream, lollies; starchy snack foods like chips; processed breakfast cereals; fruit juices with added sugar; and soft drinks. ***The recipe below is a great alternative to refined breakfast cereals!***

Centre your meals around low GI foods, including plenty of vegetables and fruit. Try to make high GI carbohydrates an occasional treat only. You will not only feel better, you’ll poop better too!

Yellow foods also help to balance this chakra. Try this [Antioxidant Smash Bowl](#) which includes yellow bananas, nuts and green leafy vegetables for slow-release energy. Click the photo below for the recipe!



Yoga for the Solar Plexus Chakra

There are two families of yoga postures I recommend for the solar plexus chakra: **Twists and Forward Bends.**

Forward bends nurture the core strength required for stability and true power. The [first video](#) below is perfect for beginners, allowing you to recuperate from the outward actions of your busy life, take peace in self-reflection, and balance your solar plexus chakra. Very yummy stuff.

Set up your mat somewhere quiet, click the video & get going!

[Nurturing Forward Bends - BEGINNERS](#)



Twists wring out the organs like a dirty facecloth! They enhance the flow of *prana* or energy around the navel, the solar plexus chakra and the plexus of major *nadis* or energy channels which supply the whole body – this has a strong effect on your health and vitality.

The [second video](#) below will take you through a standing twists sequence. It is best suited to yogis with some prior experience.

[Standing Twists Sequence - INTERMEDIATE](#)



**** Most people in the western world have issues residing in their solar plexus chakra more than in any other chakra. ****

Eat foods that open you to your powerful self, and allow your internal radiance to shine forth. You are balanced, nourished, and powerful!

Heart

Chakra

Element: Air

Body location: Heart, below shoulders

Unconditional Love : Joy : Gratitude

The heart chakra is pervasive in our consciousness. We are “heart struck” beings, and there is evidence to say that the heart is the seat of our intelligence! This chakra is all about **giving and receiving** compassion, empathy, devotion, and loyalty.



When your heart chakra is healthy, you aren't afraid to express love and joy. You also know how to put safe boundaries on your feelings and their expression.

Signs this chakra may be unbalanced: you give others more time and energy than you give to yourself ... difficulty saying “no” ... feeling resentful for “overgiving” ... feeling numb and dispassionate about life ... issues like chest pains, asthma, breathing difficulties, or heart disease.

Food for the Heart Chakra

As we journey up the chakras, the nourishment that feeds these energy centres becomes more fine and delicate. Moving beyond the bulky macronutrients, we find that the perfect foods for love and compassion are called "**phytochemicals**" – the tiny pigments that impart colour and protection in green leafy plants, and health benefits to humans.

Phytochemicals help us to balance the heart chakra.



I believe that the one food people in the west don't tend to get enough of is **green leafy vegetables**

That's SUCH a shame because we are deeply in need of love and compassion, as well as the cellular protection that plant phytochemicals imbue!

Heart chakra foods to bring into your diet include:

- Leafy greens e.g. kale, silverbeet or chard, cos lettuce, spinach, rocket, dandelion leaves, bok choy, cabbage, watercress
- Green vegetables e.g. broccoli, zucchini, asparagus, cucumber
- Sprouts e.g. mung bean, alfalfa, broccoli sprouts

Aim for a big green leafy salad or a cup of steamed broccoli and other cruciferous vegetables, at least once a day. Having one raw foods meal daily can alleviate emotional avalanches over the long term!

One of my favourite ways to eat more greens is in a **green smoothie**. Enjoy this basic green smoothie recipe below on a daily or near-daily basis to start feeling more energy, joy and radiance in your life!

Basic Green Smoothie

- 2 frozen bananas
- 1 handful of leafy greens of your choice e.g. flat-leaf parsley, de-stemmed kale, silverbeet, spinach
- ½ a lemon, skin on (unless your blender isn't very powerful, in which case remove the skin first!)
- water to blend, approx. 2 cups



Place all ingredients in a high-powered blender and process.

Serve immediately!

Yoga for the Heart Chakra

Chest and shoulder-opening postures open the thoracic cavity, providing an open home for the heart and allowing love and joy to enter more freely. They also create space in the upper back, allowing the breath to expand and fill the lungs. This all discourages rigidity of both the body and the mind!

[This video](#) takes you through some heart-opening postures, starting off easy and getting progressively more challenging. It helps to warm up first with some vinyasa flow (see Sacral chakra yoga). Take it at your own pace, and stop to rest whenever you need to.

Heart-Opening Backbend Sequence



How did you feel during this heart-opening exercise?

Did you notice any self- judgements that came up while you practised?

Were you able to exercise self-compassion?



*Feed your heart with dark, leafy
vegetables. Infuse love into your food.*

Throat

Chakra

Element: Ether

Body location: Neck, mouth, nose, ears

Communication : Truth : Self-Knowledge

The throat chakra is the portal to communicate and express the emotions, thoughts, and feelings of the other chakras through sound. This chakra is about **speaking our truth** with authenticity, and with all our senses open to experience the world we live in.

When your throat chakra is healthy, you have the internal knowingness to speak your truth from a place of grace.

Signs this chakra may be unbalanced: you express your thoughts, emotions, and feelings in a very forceful manner, or have difficulty expressing these things ... difficulty speaking your truth for fear of punishment ... overeating, non-hungry eating, anorexia or bulimia.



Food for the Throat Chakra

The higher chakras (from the heart upward), are more about our *relationship* with food and eating rather than about the foods themselves. The nose, lips, mouth and tongue are home to countless sensory receptors that start digestion. Therefore it's important we pay attention to these and eat with all our senses, rather than mindlessly rushing our meals.

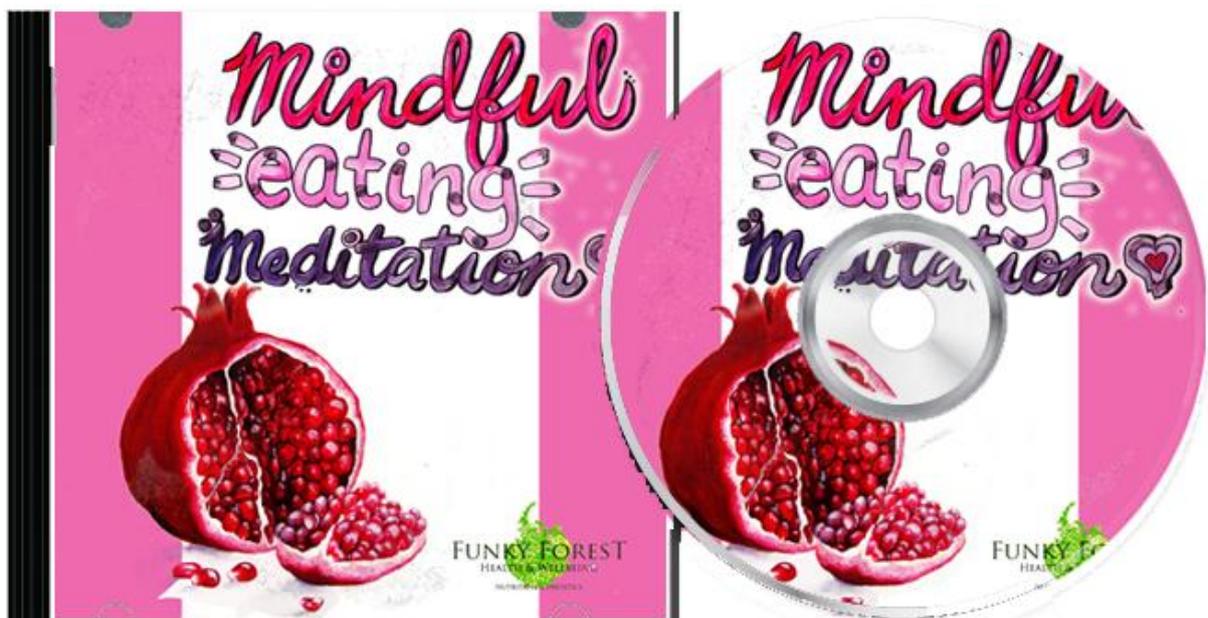
Mindful eating helps us to balance the throat chakra.

It brings all our senses into the eating process, allowing digestion to fully function and deriving more pleasure and satisfaction from our food.

It also allows us to **listen to our body's authentic messages** of hunger and fullness, reducing the likelihood of eating disorders.

When we are busy or not paying attention to our eating, we tend to gulp and not chew properly, and we put throat chakra out of balance.

You can access my [FREE Mindful Eating Meditation](#) by clicking the CD below. You'll be taken to our [GOODIES](#) online store – just scroll to the meditations section and download this one (it's free!):



Yoga for the Throat Chakra

The throat chakra is all about our ability to **communicate clearly**. One of my favourite yoga exercises for communication is partner yoga, also known as flying partner yoga, acrobatic yoga, or [Acroyoga](#).

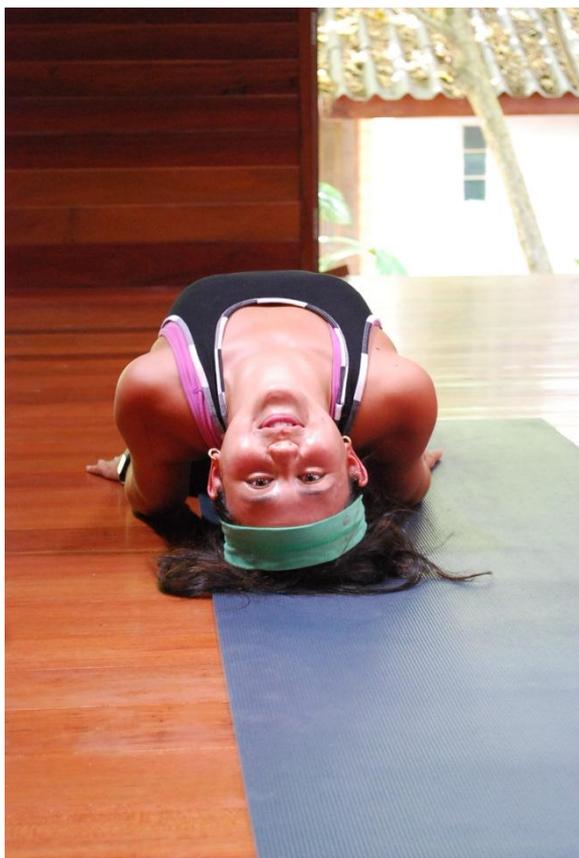
Acro yoga requires that you communicate clearly and compassionately with one or more other yogis, opening the throat chakra. It is a balance between **support and surrender**.

Acroyoga can be a lot of fun! It's best to practice under the guidance of an Acroyoga teacher when attempting it for the first time.



[Click here for a fun demonstration of Acroyoga!](#)





Short of having a partner, the best yoga postures for opening the throat chakra are neck stretches and shoulder openers like **shoulderstand**, **plough pose**, and **fish pose** (shown on the left).

These are best performed after **headstand** (crown chakra). When practising **inversions** for the first time, it is best to work under the guidance of a qualified yoga teacher, so that you get your technique spot on.

***** I highly recommend taking a private yoga session to get your inversion technique right and prevent any injuries.*****

[Inversions for Throat and Crown Chakras](#)



Chew your food with consciousness.
your meals synergise the connection
between your chakras.



3rd Eye



Chakra

Element: Light



Body location: Between eyebrows

Intuition : Self-Realisation : Wisdom : Dreams

The third eye chakra is the most magical, mystical chakra – it is seen as the portal to enlightenment in many cultures and religions. This chakra is about **discovering and knowing our truth**.

When your throat chakra is healthy, you can separate truth from illusion. Your life is aligned with your intuition.

Signs this chakra may be unbalanced: over-analytical ... erratic thinking and behaviour ... obsessive-compulsive ... feeling cut off from your internal vision and life purpose ... unable to remember your dreams, or frequent nightmares ... headaches ... depression ... need for external stimulants (e.g. caffeine) to keep you going.

Food for the 3rd Eye Chakra

Foods for intuition and imagination include **chocolate, spices, and purple-red foods** e.g. blueberries, eggplant, purple kale, plums, figs.

If you crave chocolate, it's a direct indication that you have some third eye chakra activity happening. People who deplete this chakra's reserves by over-thinking may crave chocolate.

Instead of reaching for high sugar, nutrient-empty chocolate candy bars, why not make your own chocolate? **Raw cacao** has many health benefits whilst forgoing the less healthy refined sugars and processing. Try this:



[Raw Bounty Bars with Chocolate Topping Recipe](#)

Intuitive eating helps us to balance the third eye chakra.

It means eating mindfully, and in tune with the wisdom and natural cues of our bodies. It also means trusting your body, and knowing the difference between cravings for addictive substances, and natural tastes.

You can learn more about intuitive eating, [here](#). I wrote [this blog post](#) a few years ago but it is no less valid now!

Intuitive eating was the key I found to freedom from restrictive diets.



Yoga for the 3rd Eye Chakra

While our two eyes see the material world, our third eye chakra sees beyond the physical. This vision includes **clairvoyance, telepathy, intuition, dreaming, imagination, and visualisation.**

Meditation helps us to “clear” the vision of our third eye.

Regular meditation stills and concentrates the mind, improving our ability to be **calm**, pay attention in the **present** moment, and **focus** on one thing at a time. These are skills we often lose in our hectic world of constantly changing stimulation.

Click on the video below to calm and re-centre the mind with an easy-to-follow **meditation based on the breath.** There’s a foodie segment following the meditation in case you get hungry!

[Simple Breath Meditation](#)





May intuition guide
your food choices.
Eat to nourish your
psychic centre.

Crown

Chakra

Element: Consciousness

Body location: Top of head

Spirituality : Divine Purpose : Unity : Soul

The crown chakra is associated with the highest functions of the mind. Even though the mind cannot be seen or felt concretely, it creates the **belief systems** that control our thoughts and actions.

When your crown chakra is healthy, you have confidence and faith in a higher power, or a force that is highly intelligent and creative.

Signs this chakra may be unbalanced:

being overly intellectual or feeling yourself to be a member of a spiritual or intellectual elite ... difficulty thinking for yourself ... lack of faith in anything higher or greater than yourself ... neglect to live by your spiritual truths ... materialism.



Food for the Crown Chakra

The crown chakra is the least physical chakra – it is more spirit than physical flesh. Since it is not physical, it does not require food – it feeds instead off of **spiritual prayer and divine inspiration**.

When we fast or detoxify, we cast off the residue that prevents us from having a clear, clean spirit.

Detoxification

Fasting or detoxifying **for purification and clarification** releases us to some degree from the practice of eating, so the needs of the spirit can be tended to.

Due to health reasons, **not everyone** will be able to do a fast or detox. Others may want to fast or detoxify under the supervision of a trained medical professional.

In my clinical and personal experience, **detoxification** or **deep tissue cleansing** at a cellular level is one way to achieve *vibrant health, emotional wellbeing, and mental clarity*. It must be carried out on an individual basis.

Instead of extended fasts or water fasts, I recommend incorporating **vegetable juices** into your diet as a gentle way to lighten the load of digestion whilst still getting physical nourishment. You could try having a vegetable juice for breakfast and see how it feels for you.



[Click here for some delicious juice recipe ideas!](#)

Yoga for the Crown Chakra

The third eye chakra is associated with meditation, while the crown chakra connects with **prayer** to a being or force greater than oneself.

Prayer need not be religious. It may take many forms, including:

- *kirtan* or devotional chanting
- organised formal prayer
- being in nature and connecting to a higher force through present moment awareness
- or simply words directed to spirit that are created impromptu.

There are many published studies on the healing nature of prayer. It is effective **regardless of the faith** and the magnitude of prayers is exponential when more than one person is engaged.





One prayer I find myself coming back to regularly when I am stuck is this Buddhist **Metta prayer of Lovingkindness**. Spoken or thought with devotion, it can have a powerful effect on the wellbeing of all sentient beings, generate inner compassion, and bring you peace of mind.

Prayer of Lovingkindness

May all beings be peaceful.
May all beings be happy.
May all beings be safe.
May all beings awaken to
the light of their true nature.
May all beings be free.

IN CLOSING... the lower chakras focus on our home, family, and feelings, while the upper chakras develop views and wisdom that help us understand the grander order of things. ***All of our chakras affect one another and ultimately work together.*** As we learn to use this ancient Indian system to understand our lives, we can gain insight into personal issues that require our attention - and we can use **food and yoga** to bring our chakras and lives back into harmony.

*I wish you all the best in your self-
loving, chakra shining endeavours!*

Shine on.

Namaste.

