



# *Muladhara*

## Root Chakra

Four lotus petals of deep ruby red  
The first and the foremost to balance, it's said  
For strength and support, to help us to ground  
A solid foundation both stable and sound

Roots that run deep, the eye may not see  
Their power is felt as storms blast the tree  
Gaia says softly, "Hold on, you must" ...  
"We're in this together, in me you can trust"

To nourish the body, roots draw from the earth  
As she gives us life, each day a rebirth  
We, for our part, must give as we take  
And only return what is good for her sake

To honour the physical body is key  
In balancing Muladhara's energy  
Work it and rest it, feed it with care  
Spend time in nature, in feet that are bare

For within this vessel the spirit is bound  
And through it, abundance in life may be found  
The building of lives, the thrill of the race  
Co-creation, a tender embrace

But also take time to sit and be still  
You are enough, always were, always will  
The world is your home, with us you belong  
Our roots, intertwined, make humankind strong

*Neil Dennehy*



## *Svadhīsthana*

Sacral Chakra

Six lotus petals with orangey zest  
For sweetness in life this one is the best  
Within the flesh there is succulent pleasure  
Delicious sensations that no scale can measure

This chakra of water, may boil hot as fire  
For Svadhīsthana brings passion, desire  
Bodies entwined, lost undercovers  
Boundaries dissolved in the union of lovers

Perfectly balanced, it feels all emotions  
Tranquil, still pools to wild, raging oceans  
Tapping this source as it dips, and it swells  
Creativity springs from the deepest of wells

Higher sensation is this chakra's goal  
Beyond physical, it's gift to the soul  
Experience life without and within  
Each moment a gift, none judged as sin

The journey is long from mountain to sea  
Embracing each stage of our voyage is key  
Trickle or splash, flow, pour or drop,  
Water may change so ne're does it stop

If overwhelmed by the feeling's you feel  
Remember they're part of a life that is real  
But you are far greater, in you they reside  
Savour their flavour, for soon turns the tide

*Neil Dennehy*



## Manipurā

Solar plexus Chakra

Ten lotus petals, bright yellow it glows  
The light of the sun, through this chakra flows  
Granting the power of transformative fire  
To live and to act on one's burning desire

Such energy drives us to do as we should  
Uncertainty burns just as flame burns through wood  
Shackles and obstacles turn into ash  
As self-belief frees us from doubt in a flash

It's time to act, this is your sign  
Like the stardust you're made from, you're born to shine  
You lustrous gem, you joy to behold  
Reveal all your splendour, have courage, be bold

Serving a purpose gives spirit a high  
As service by choice serves both you and I  
Using one's gifts, talent and skill  
Accomplishing goals through sheer power of will

For Manipura's energy to flow free  
The body must move, action is key  
Run, jump and dance, as children at play  
Chase after dreams, build what you may

And still, keep in mind as you blaze through the sky  
Infernos burn too wild, too hot and soon die  
Temper your flame with focused intent  
Fulfil the soul contracts for which you were sent



## *anahata*

Heart Chakra

12 lotus petals, of emerald green  
In this heart centre, true love can be seen  
A marriage of chakras, three lower, three higher  
Where body and spirit may hold divine fire

Unstruck by sorrow, unhurt by grief  
For holding such pain is love's greatest thief  
Weightless it blooms, with petals unfurled  
Carefree and open, it shines through the world

Truly in life, no power compares  
To that which is held by someone who cares  
To speak a kind word, to reach out a hand  
to hug from the heart, to just understand

For Anahata sees all through love  
It revels in all that has come from above  
With innocent eyes, it searches for more  
Prospects to love, souls to adore

Balancing love requires give and take  
Care also for your needs, for your heart's sake  
Gentleness, kindness, forgiveness too  
Set judgements aside for a self-love that's true

Connection, compassion, for all, is the key,  
Love for its own sake, unreservedly  
The source is abundant, from there the heart draws,  
So love, not despise, but because of our "flaws"

*Neil Dennehy*





## विशुद्धा

Throat Chakra

Sixteen lotus petals of turquoise blue  
This chakra expresses all that is true  
To cleanse all discord, bring purification  
Harmonise body and spirit's vibration

Through the Visuddha, higher selves share  
With honest expression, by those who would dare  
Embrace their true nature, experience, thought,  
Releasing charades and the lies that it wrought

Communicate clearly, for that is the key  
As always in life, truth sets us free  
Pretence catches up, no matter how far  
We run or we hide, things are as they are

Listen with care to all that is said  
And surely to wisdom you will be led  
Each word a lesson, teachers abound  
Discern what is true for a knowledge that's sound

Drums are for beating, bells should be rung  
Notes played are fleeting, songs must be sung  
Weaving their tales, through rhythm and rhyme  
Music was in us before we knew time

Your lyrics are written in life's greatest song  
Major or minor, your tones belong  
Sing loud and proud and never forget  
A solo played well beats an average duet





## ajna

Third eye Chakra

Two lotus petals of indigo glow  
The eye opened wide can finally know  
Shakti and Shiva united at last  
Where future is present, present is past

Maya dissolves, that veil of illusion  
That blinds us with fears, causing confusion  
Replaced by an insight, so simple, so small  
"All is in one, one is in all"

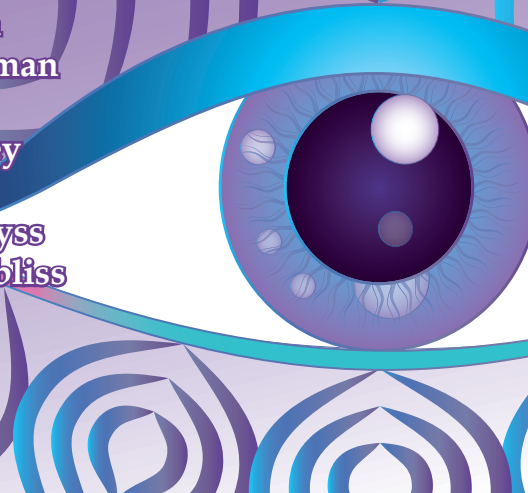
Duality fades, there is only "I"  
In all that exists from the earth to the sky  
And far beyond, to all realm's unseen  
Reality, thought and all in between

I gaze through the eye, from the seat of the soul  
At my own reflections, as one who is whole  
Watching the play I wrote in my dreams  
Intrigued by the script I've forgotten, it seems

And then, I remember that all is okay  
Indeed, as it has been everyday  
For I chose this life, all is my plan  
Notions of wrong mere delusions of man

The wisdom of Ajna itself is the key  
Unlocking potential of kundalini  
To rise to the crown, that faithful abyss  
To bathe in its waters and taste of its bliss

*Neil Dennehy*





# इहाश्रारा

Crown Chakra

A thousand petals of violet light  
A heavenly kingdom and try as we might,  
Words can't express what is known high above  
Suffice it to say... Everything's love...

*Neil Dennehy*

