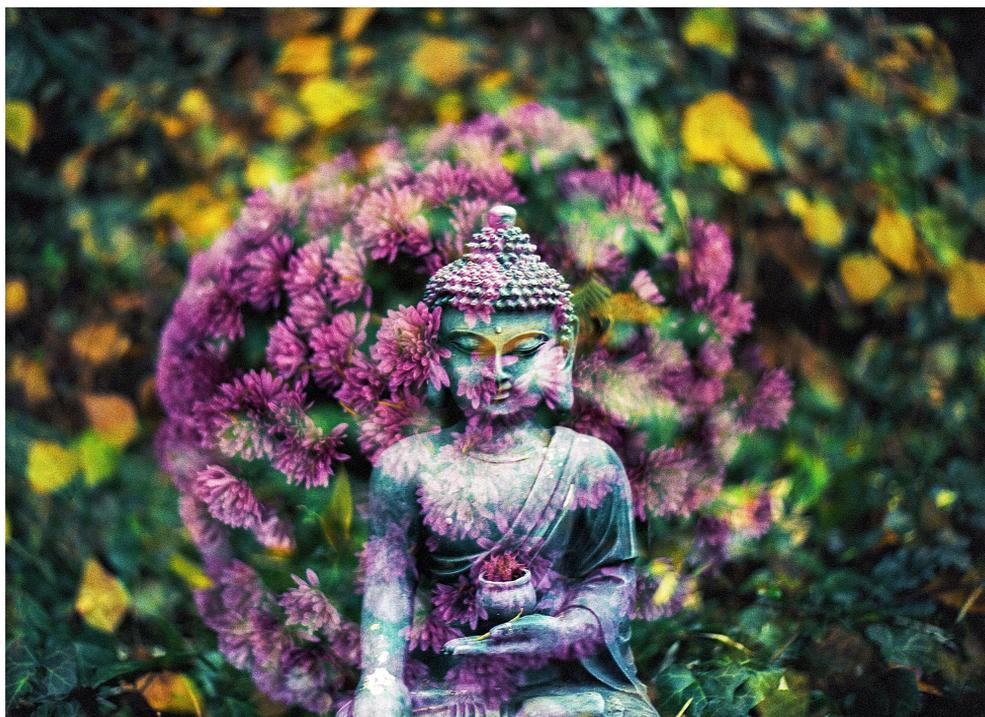


NURTURING THE SEVEN

# CHAKRAS

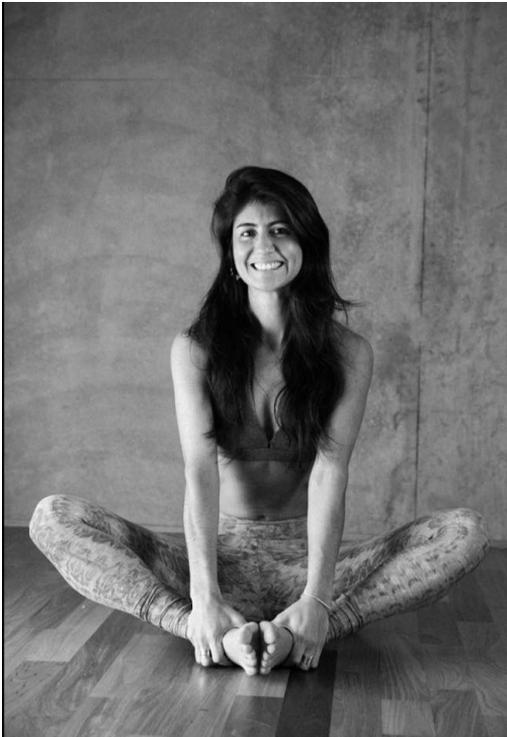
Mindful eating for intentional  
embodiment of energetic flow



Fabiana Porto

## Hi, I'm Fabi!

Born in Brazil I lived part of my childhood in South Africa & India and early in life I knew I would be a therapist. Recognised as a life lover, I have always been drawn by the elements of Nature to heal my body and nourish my Soul and was encouraged to embody movement in different exercises throughout life which allowed me to develop great body awareness and understanding.



With an extensive healthcare & wellbeing experience since 2008 and a solid background in yoga and mindfulness for more than 8 years, I have completed a BHlthSc (Nutr&Diet), a PostGradDip in Functional Sports Nutrition, an AdvDip in Naturopathy, a Dipl in Remedial Massage & am a Registered Yoga teacher. I have worked in many different areas and became an experienced practitioner specialised in holistic healing.

I remember first hearing about the connection between foods and emotions at a 'Holistic Nutrition & Chinese Medicine' course I attended in 2005 when I was still a Nutrition student at Uni. As I kept searching for more info about it I discovered the chakra system and its relation to our subtle body nourishment. I still have up until this day my first chakra table bought at a random, yet fantastic, bookshop in a trip to Argentina in 2009!

My interest has only blossomed since then and I have been collecting numerous material on chakra balancing through food, herbs, yoga & meditation which have enabled me to develop a unique approach when treating my patient's complaints, using herbal medicine to assist on chakra harmony as well as guiding Yin Yoga and Mindful Vinyasa flow based on chakras alignment, which I describe as 'Chakra Yoga'.

In my experience as a holistic practitioner, I have been exploring the use of food as medicine for the subtle body for several years and have developed easy and nurturing recipes to assist on optimising prana (energy) flow in each chakra and I feel honoured to share with you.

**I hope this guide provides you with insightful information that will lead you into the path of healing and self mastering, thus creating an extraordinary opportunity for your being to experience its greater wholeness!**

The word 'chakra' means 'wheel' in Sanskrit. The 'Wheel of Spinning Energy' - a chakra is much like a vortex or powerhouse of energy.

**Chakras are the energetic centers of the human energy body that filter, store, transform and circulate vital energy throughout the entire body.**



Within our bodies we have 7 different of these major energy centres and many minor ones. They regulate the flow of energy through the meridians (Nadis), which run through the physical body.

Starting from the base of the seat, up through the spine towards the crown of the head, each of the seven main chakras manifest in a given part of the body and correspond to an specific element such as an organ, gland, color, shape, musical note, emotion, mantra, spiritual law, fragrance, food group, etc.

**Each chakra is a switch that turns on or opens up patterns of behaviour, thought or emotional reactions. When energy becomes blocked in a chakra, it triggers physical, mental or emotional imbalance.**



Each segment of the body corresponds to one chakra and you can rebalance each of them using different tools such as mantras, visualisation, meditation, essential oils and specific foods for each chakra.



Being able to identify potential disharmony in the subtle body and incorporating mindful eating habits in order to benefit each chakra is a powerful tool to assist on regaining balance and healing from within.

## 1st Chakra - Mooladhara



- This chakra bring us back to our connection between our bodies and the earth as the word *moola* means root in Sanskrit .
- When it is blocked you might react with: anxiety, worry, paranoia, fear & defensiveness.
- Concentrate on this chakra when you want to feel stable, grounded, safe, balanced, down to earth and meet your core needs without struggle.
- Rebalance it by eating: cloves, marjoram, beetroot, onion, parsnip, potato, ginger, berries, pomegranate, watermelon, red apple, red meat, red beans, red lentils, eggs.

## 1st Chakra - Mooladhara

### Ground

*When all you want is a sense of belonging and community. Connecting back with your roots & Nature, remembering you are not alone.*



*Use plenty of red coloured foods, roots and vegetables that grow close to the earth.*

1st Chakra - Mooladhara

# Beetroot Latte

**Serves: 2 | Prep time: 5min**

## **In:**

Organic pure beetroot powder (2 tsp)

Cinnamon (3/4 tsp)

Vanilla extract (6 drops)

Nutmeg (1/2 tsp)

Honey (2 tsp) or vegan sweetener

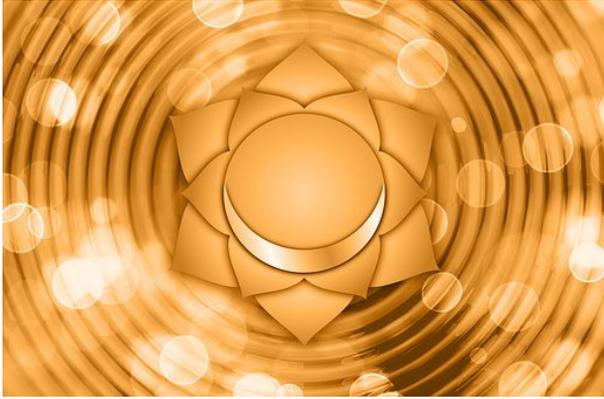
Rice milk (400ml) or any other milk

## **Prep:**

Pre-mix all dried ingredients. Add a touch of hot water (20-50ml) just enough to blend it equally. Heat up the milk separately and add to the mix and honey / sweetener. Add extra cinnamon sticks if desired!

Enjoy 1-3 serves/day

## 2nd Chakra - Svadhistana



- This chakra reminds us that when you are aligned with your creative juices, the expressions arise effortlessly.
- When it is blocked you might react with: emotional problems, compulsive or obsessive behaviour, sexual guilt.
- Concentrate on this chakra when you want to feel friendly, enthusiastic, confident, have a sense of fluidity through the journey of life.
- Rebalance it by having: pure water, teas, carrot, squash, orange, tangerine, mango, melon, turmeric, cucumber.

## 2nd Chakra - Svadhistana

### Flow

*When you need to regain a sense of bonding & stimulate physical nurturing, home-life - family, being parented and parenting, attachment and let go.*



*Stay well hydrated and use plenty of orange coloured foods, watery fruits & vegetables and protein (vegetable based)*

## 2nd Chakra - Svadhistana

# Sweet potato & Carrot Soup

**Serves: 4 | Prep time: 20min**

### **In:**

Sweet potato : 1 large | Carrot: 2 large

Turmeric: 1 tbs | Coriander seeds extract: 1 tsp

Black pepper: 1 tsp | Nut meg: 1 tsp

Ginger: 3 slices | Garlic: 2 cloves

Extra virgin olive oil : 1 drizzle

Himalayan salt: 1 pinch | Coconut cream: 1 tin

### **Prep:**

Slice the sweet potato and the carrot and steam cook until soft with olive oil and salt.

Use a blender to mix all ingredients with 3/4 of the cream. Heat up the mix and add fresh coriander and more cream if desired.

## 3rd Chakra - Manipura



- The purpose of this chakra is to transform your intentions into conscious direction of activity, so it is important to be clear about what you want to attract.
- When its blocked you might react with: anger, frustration, sense of ineffectiveness, lack of direction, sense of victimisation ,stress response.
- Concentrate on this chakra when you want to feel: capable of translating your intentions and desires into manifestation.
- Rebalance it by having: herbal /decaff tea with lemon and ginger, corn, lemon, banana, yellow capsicum, chamomile tea, peppermint tea, flaxseed, brown rice, wholegrains, kefir, kombucha, yoghurt.

## 3rd Chakra - Manipura

### Vitalise

*When you want to boost your energy and confidence knowing that you will be endlessly supported by your gut instincts.*



*Use plenty of yellow coloured foods, wholegrains, protein (vegetable based), vitamin C rich foods & fermented foods.*

## 3rd Chakra - Manipura

# Digestive tea

**Serves : 4 | Time for prep: 10min**

### **In:**

Fennel (dried): 1 tbs

Peppermint (dried): 1 tbs

Ginger (fresh): 2 big slices

Lemon (fresh): 4 slices

### **Prep:**

Place all ingredients in a tea pot.

Heat up the water to just before boiling point and pour over the mix. Let it simmer for 2-3 minutes before serving.

Enjoy 1-3 cups/day.

## 4th Chakra - Anahata



- This chakra represents the unifying energy of love and compassion. It is dedicated to overcoming separation and division.
- When its blocked you might react with: sense of alienation from others, immune system, lung and heart problems, lack of principles.
- Concentrate on this chakra when you want to feel open and connected at a deeper level to all beings in your life.
- Rebalance it by having: kale, lettuces, spinach, chard, bokchoy, collard greens, broccoli, green apples, avocados, green tea, basil, lime, cilantro.

## 4th Chakra - Anahata

### Nurture

*Law of giving and receiving. Every act of giving is simultaneously an act of receiving. Each time you welcome a gift into your life you are providing the opportunity for someone to give.*



*Use plenty of green coloured foods, fresh leaves and nutrient-dense foods.*

## 4th Chakra - Anahata

# Green Smoothie

**Serves: 2 | Time for prep time : 7min**

### **In:**

Frozen banana (1)

Frozen mango (2 handfuls)

Kale or Spinach (2 handfuls - chopped)

Hawaiian Spirulina (2 tsp)

Avocado (1/2)

Organic matcha powder (1 full tsp)

Coconut water (400ml)

### **Prep:**

Use a blender to mix all ingredient and add bee polen, chia, coconut and/or macadamias as garnish.

Enjoy!

## 5th Chakra - Visshudha



- This chakra symbolises self expression, expression of truth, communication, inner voice, self worth, acknowledgement & identity.
- When it is blocked you might react with: grief, pride and jealousy, judgement, creative blocks, dishonesty, manipulativenness, arrogance , anxiety and/or fear, diminished self-esteem , compulsive or excessive eating, autoimmune conditions, thyroid issues, sensitivity.
- Concentrate on it when you want to feel: confident, more effective communicator and more at ease with the world in general.
- Rebalance it with: water, blueberries, plums, seaweed & seafood.

## 5th Chakra - Visshudha

### Strengthen

*When your intentions are clear and your heart is open, you will spontaneously demonstrate right speech, trusting that the universe will handle the details. You can choose your words and actions but you cannot choose the response to it.*



*Use plenty of herbal teas and fruits that grow in trees.*

## 5th Chakra - Visshudha

# Blueberry chia pudding

**Serves: 2 | Time for prep: 20min**

### **In:**

Coconut cream (200ml)

Chia seeds (6 tbs)

Blueberries (2 cups - frozen)

Blueberries (1 cup fresh)

Banana (1 frozen)

### **Prep:**

Pour the coconut cream in a jar and add the chia seeds. Mix well and place it in the fridge overnight. Before serving, blend the banana and the frozen berries for a nice creamy consistency. Dissolve the fresh berries in warm water (50ml) so it becomes a sauce.

To serve, combine the berry sauce, chia pudding and add the nice cream. Enjoy!

## 6th Chakra - Ajna



- This chakra relates to the extrasensory perception, inner vision, intuition, inspiration, imagination, question, perception, wisdom and information.
- When blocked, you might react with: depression, mental rigidity, being frequently sick, insomnia, high blood pressure, inability to fight infection, migraines , sinusitis , seizures, poor vision ,sciatica.
- Concentrate on it when you want to feel focused and guided in your choices.
- Rebalance it with: nuts, seeds, purple fruits, water and mushrooms.

## 6th Chakra - Ajna

### Calm

*Listen to your inner still voice, which is guiding you to manifest your full potential. Quiet the internal turbulence that is filled with the voices of others so that you can hear your own truth. Remember your essential nature as a spark of the divine.*



*Use plenty of raw walnuts, sprouted almonds, nutrient-dense foods and antioxidants such as berries.*

## 6th Chakra - Ajna

# Nut Mylk

**Serves: 1L | Prep: 20min + overnight x 2**

### **In:**

Raw nuts (almonds/ cashews/  
walnuts/macadamia) - 1 cup

Water : 3 cups

Vanilla extract: 10 drops

Cinnamon: 2 tsp

Dates : 3 (pitted)

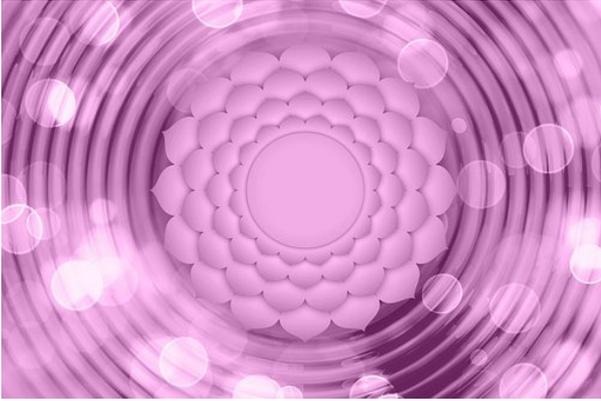
### **Prep:**

Soak the nut of choice in water for 48 hrs,  
changing the water every 12 hrs.

Strain it, add fresh water and blend with  
all other ingredients in high speed blender for  
2-3minutes. Use a nut milk bag to extract the  
milk and separate the pulp.

Use a glass bottle to keep it in the fridge. It  
will keep fresh for 3 days!

## 7th Chakra - Sahasrara



- This chakra relates to universality, connection with spirituality, links individual consciousness with universal consciousness, wisdom, transcendence, transcend the influence of all elements.
- When blocked, you might react with: indecisiveness, a sense of not belonging, fatigue, loneliness and meaninglessness, isolation, inability to connect with others, lack of direction, inability to set or maintain goals, and a feeling of spiritual disconnection.
- Concentrate on it when you want to feel thoughtful, open-minded, and at ease and in harmony with the world around you.

## 7th Chakra - Sahasrara

### Pure

*Linked to the sense of compassion which comes from recognising the other as a reflection of yourself. The sense is the inner light that radiates from the eternal flame of sacred wisdom.*



## 7th Chakra - Sahasrara

- Rebalance it with: meditation, visualise a brilliant white or violet light pouring on top of your head, use incense and smudging herbs like sage, copal, myrrh, frankincense and juniper.
- Add daily outdoor walks into your routine
- *Your roots receive nourishment from the earth (1st), your creative juices are flowing (2nd), your intentions are empowered (3rd), your heart is open and exchanging love with those around you (4th), you are spontaneously expressing your highest self (5th), you are in touch with your inner voice (6th), energy moves into the crown chakra and you remember your essential nature as infinite and unbounded - you are spirit in disguise as a person.*



Becoming an observer of your expressions and how you interact with your surroundings is also part of the chakra alignment.

The subtle body translates itself in physical body configurations and the more we are aware of it, the more we can come back to a centered balance.

As this unfolds you allow the integration of Oneself and Higher Intelligence to arrive and take place experiencing the true state of yoga - the sense of Oneness.

NURTURING THE SEVEN

# CHAKRAS

Mindful eating for intentional  
embodiment of energetic flow



By Fabiana Porto  
The Raw Yogini®

2018

All rights reserved

[www.therawyogini.com](http://www.therawyogini.com)

[hello@therawyogini.com](mailto:hello@therawyogini.com)