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Leo Lubavitch



**EXPRESS CHAKRA
BALANCING: 3-
MINUTE HACKS FOR
THE CUBICLE AND
THE COMMUTE**

Leo Lubavitch

**Express Chakra Balancing:
3-Minute Hacks for the
Cubicle and the Commute**

«Издательские решения»

Lubavitch L.

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This book is Anti-Esoterica. You won't find long-winded rants about karma or past lives here. This is an operating manual for your bioenergetics in an aggressive urban environment. Readers will learn to diagnose exactly which «fuse» (chakra) blew during a stressful situation and get a mechanical algorithm to switch it back on. This is a guide to transforming from a reactive person — a victim of circumstance — into someone who controls their state with the snap of a finger.

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You don't need to retreat to a cave. You just need to survive Monday.

Disclaimer: All techniques and practices described in this book are for informational and recommendation purposes only. They are not a substitute for professional medical advice, diagnosis, or medication.

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Energy in the Concrete Jungle: Survival Without the Yoga Mat

Let's get real. I know exactly why you picked up this book.

It's not because you're chasing enlightenment or want to see your cat's aura. You picked it up because you are tired.

Your morning doesn't start with a "Sun Salutation"; it starts with a wrestling match against your alarm clock. You wake up already drained. The subway ride or the gridlock sucks the life out of you before the workday even begins. In meetings, you feel that lump in your throat when it's time to speak up, or conversely, you flare up with blind rage over a colleague's stupid comment.

And by evening? You come home wiped out. No energy for sex, no energy for hobbies, no energy for the kids. You just collapse on the couch and doomscroll on your phone.

In some parallel universe, perfect people wake up at 5 AM, meditate in the lotus position for an hour, and drink celery smoothies. But in your reality, you don't have that "extra" hour. And even if you did, the last thing you want to do when you're stressed is sit still and "observe your breath."

Welcome to the real world. This book was written for you.

Your New Identity: “Bulletproof”

Forget the idea that chakra work requires solitude, incense, and ambient music. That is a myth that keeps you from being effective.

In this book, I am giving you “stealth techniques.” These are tools for the Energy Special Forces. They are invisible to those around you. You can use them:

- Standing in a packed subway car.
- Sitting in a high-stakes negotiation under the crosshairs of staring eyes.
- During a fight with your partner, when you just want to smash a plate.

We will use micro-movements of the fingers (mudras), invisible breathing rhythms, focus of attention, and internal sound vibrations.

The result? You will become that one person in the office whose calm demeanor makes everyone else secretly jealous. A hurricane of deadlines and hysteria may be raging around you, but you remain in the “eye of the storm” – calm, collected, and clear.

You are Bulletproof. You are the Master of your State.

The 3-Minute Rule: Why Meditation Fails When You're Furious

When you get cut off in traffic or your boss yells at you unfairly, your ancient limbic system screams: “Fight or flight!” A cocktail of adrenaline and cortisol floods your bloodstream. Your heart pounds, palms sweat, and the red mist descends.

Attempting to sit and “meditate deeply for 2 minutes” in that moment is like trying to stop a freight train by waving a handkerchief at it. It won't work. In fact, it might make the anxiety worse.

You need rapid response methods.

The rule of this book is simple: if a technique takes more than 3 minutes, we trash it.

Why 3 minutes? Because that is the time required to switch the brain's biochemistry.

1. Minute 1. We intercept the alarm signal and physically block the release of new stress hormones (via the body).

2. Minute 2. We level out the breathing, sending a signal to the vagus nerve: “The danger has passed.”

3. Minute 3. We redistribute energy from the blocked chakra (where the spasm occurred) into a resource state.

The Biology of Stress: Energy = Hormones

Let's strip away the mysticism. Chakras aren't just colorful circles in a textbook. Each of the 7 main chakras is anatomically tied to a specific endocrine gland.

Root Chakra – The Adrenals (adrenaline, fear, survival).

Throat Chakra – The Thyroid (metabolism, speech tempo, growth).

Third Eye – The Pituitary Gland (the brain's command center).

When you do an energy practice, you aren't "clearing karma" – you are hacking your endocrine system. You are manually lowering cortisol levels and boosting dopamine or oxytocin. This is pure biology, controlled through attention.

User Manual: How to Use This Book

Do not read this book cover to cover (though you can if you want). Use it as an emergency reference guide.

I have structured the book on the principle of “Symptom → Solution.”

- Feel panic and weak knees? Flip to the section “Root Chakra: Grounding in 60 Seconds.”
- Lump in your throat, can’t get a word out? Go to the chapter “Throat Chakra: Removing the Speech Block.”
- Headache from overthinking? You need “Third Eye: Brain Reboot.”
- Feel like you’re being manipulated? Chapter “Solar Plexus: The Energy Shield.”

Keep this book in your desk drawer or download it to your phone. Let this be your secret “red button.”

Ready to stop being a slave to your energy and start being its master? Turn the page. The clock is ticking.

Express Diagnostics: Where Does It Hurt?

In my 20 years of practice, I've learned one thing: our body isn't just a taxi for the brain. It is a high-precision dashboard. While your mind is spinning with "what ifs," your body already knows exactly where the glitch is. It screams at you through pain, spasms, or heaviness.

The problem is, we're used to silencing these signals with pills. But if your car's "Check Engine" light comes on, putting a piece of tape over it is a terrible idea.

Right now, we're going to run a diagnostic. Forget pendulums, dowsing rods, and psychics. You already have everything you need.

The "Body Traffic Light": A 3-Second Scan Technique

You don't need to go into a trance for this. You can do it in an elevator, in line for coffee, or right before a tough phone call.

The Algorithm:

1. Stop. Pause for a second. If you're sitting, straighten your back.
2. Inhale-Exhale. Take one deep breath in through your nose and a sharp exhale through your mouth.

3. The Question. Mentally ask yourself: "Where is my tension right now?"

Don't overthink it. The first place your attention drifts to is your answer.

Now, let's decode the signal. Here is your map of "breakdowns." Locate your discomfort (tightness, cold, heat, tingling, pain), and you'll understand exactly which area of your life is going off the rails right now.

1. Legs, Knees, Tailbone (Muladhara)

Sensation: Legs feel like “jelly” or are ice-cold, aching knees, dull pain in the lower back or sacrum.

Diagnosis: Security Failure.

What it means: Fear has paralyzed you. Right now, you feel a threat to your existence or your wallet. This is anxiety about money, housing, or the future. You’ve lost your footing.

2. Lower Abdomen and Hips (Svadhishthana)

Sensation: A pulling pain, cramping, a feeling of a “stone” inside the pelvis, or conversely, an unnatural emptiness.

Diagnosis: Pleasure Failure.

What it means: Guilt or a ban on desire. You are either suppressing your sexuality or have “frozen” your emotions to avoid feeling the pain of resentment toward a partner.

3. Stomach and Solar Plexus (Manipura)

Sensation: A “pit” in your stomach, diaphragm spasm, nausea, a twisting sensation like you’ve been punched.

Diagnosis: Willpower Failure.

What it means: Shame or loss of control. Someone just breached your boundaries, or you are “eating yourself alive” over a mistake. This is the chakra of social realization – the fear of humiliation lives here.

4. Chest and Heart (Anahata)

Sensation: Heaviness (like a “slab of concrete on your chest”), difficulty taking a full breath, a lump in the sternum, prickling.

Diagnosis: Emotional Failure.

What it means: Sorrow, grief, or shutting down. Your heart is literally clenching to keep pain out. This is a signal of loneliness or betrayal.

5. Throat, Neck, Jaw (Vishuddha)

Sensation: The famous “lump in the throat,” tickling, a need to clear your throat, clenched teeth, tension in the back of the neck.

Diagnosis: Truth Failure.

What it means: Things left unsaid. You just stayed silent where you wanted to scream. Or said “yes” when you wanted to say “no.” This is “swallowed” resentment and suppressed self-expression.

6. Forehead and Eyes (Ajna)

Sensation: A pressing headache above the eyebrows, stinging eyes, a feeling of “fog” or a tight band around your head.

Diagnosis: Vision Failure.

What it means: Mental hyper-control. You're trying to calculate everything logically but have hit a dead end. You are refusing to see the obvious, or you are living in an illusion.

7. The Crown of the Head (Sahasrara)

Sensation: A migraine at the very top of the skull, a feeling that you're "losing your mind," dizziness, disorientation.

Diagnosis: Meaning Failure.

What it means: A total loss of connection with your spirit. Depression, apathy, and a sense of meaninglessness ("Why am I here?").

What to do right now?

Did you find the pain point? Excellent. You've just downgraded the problem from "vague anxiety" to a "physical task." We can work with this.

In the next chapter, I'll give you a "first aid kit" for each of these zones. But remember: recognizing the block is already 50% of the cure.

Muladhara: The Root Chakra

When your Muladhara fuses blow – think fear, panic attacks, losing your footing, financial stress – meditating in the lotus position is useless. At that moment, “nobody’s home.” Your consciousness has checked out and flown off into catastrophic future scenarios.

To stabilize the Root Chakra, you need to drag your awareness back into your physical body. It needs to be raw, fast, and effective.

Here are 5 express techniques from my “Emergency Protocol” that work in 1—3 minutes.

1. The “Lead Feet” Technique (Adrenaline Dump)

When to use: During an acute anxiety attack, when your hands are shaking or you feel dizzy.

The Gist: Fear blocks the Muladhara, forcing energy to shoot upward and creating chaos in your mind. We need to slam that energy back down.

The Protocol:

1. Stand up with your feet shoulder-width apart (you can even do this in an office stall).

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

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