

## COMPLETE 13- CHAKRA MEDITATION

As we begin... just allow yourself to become as comfortable as possible .... and go ahead and close your eyes ..... Now... take a slow... deep breath and begin to feel your body relaxing .... allowing every muscle in your body to just relax completely ....

***(NOTE: YOU MAY WANT TO INSERT A PROGRESSIVE RELAXATION SCRIPT TO AID IN ATTAINING THE ALPHA LEVEL OF CONSCIOUSNESS.)***

As I guide you through this meditation... imagine each chakra as a vortex of color and give it some movement .... make it alive .... You can do this by imagining the chakra spinning .... or you might imagine it as a spinning whirlpool of energy ....

To begin ... breathe in the color of dark pink ... a rose pink .... let it concentrate in the soles of your feet ... imagine it spinning whirling ... and hold that image ... that feeling ... as you also feel yourself connected to Mother earth -- feet on the ground -- connected ... part of human race .. your foundation of your consciousness. For a moment allow yourself to feel gratitude that you were born ... you are alive ... you are safe. Allow yourself to feel gratitude for your family of origin ... your birth parents and caretakers ... siblings and extended family if any. If you have any difficulty with this ... bring those feelings into the vortex of the rose pink color ... allow them to be absorbed ... transformed. You were created by your birth parents ... they gave you life and any erroneous first imprints are now transformed ... into a positive consciousness of awareness of your true self .. The Divine being you are . You are part of a universal family ... let go of any negative feelings and be glad you're alive ... you're here ... you're wonderful. Extend this gratitude out to your community ... your state ... your nation ... your world ... the universe. Yes ... glad to be alive ... to be safe ... to be here. Now ... let that go ... let the color of rose pink go ....

Now breathe in the color of soft pink ... Imagine the movement as it spins and whirls in and around your ankles ... clearing and cleansing.

Your ankles support your body and know that in life, you are supported ... by yourself, your beliefs, your friends, your family....and the universe. Embrace both your male and female aspects ... the male, the physical part of you ... the female .. the emotional, mental part of you .... You have the resources of both ... allow them to align within your body and mind ... creating that one-body mind set ... knowing that you are whole and complete ... mentally and physically healthy and whole ....

Now ... let that go ... let the color of soft pink go ....

And breathe in the color of salmon ... a soft, muted color ... pink with an orange tint ... Imagine the movement of this chakra in both your knees as it spins and whirls in the center of your knees ... clearing and cleansing ... the knee chakras representing what you stand for in life .... Standing up for yourself ... for your beliefs ... your ideals .... The knee chakras representing your flexibility ... like the willow tree ... willing to bend and thereby withstanding great forces ... the color salmon ... validating yourself and your ideals ....merging your male, female and inner child into one being ... healthy and whole....

Now ... let that go ... let the color of salmon go ....

And breathe in the color peach ... a soft, pastel color ... pink with a just of hint of orange ... Imagine the movement of this chakra in your hips and upper legs as it spins and whirls in the area where your legs merge into your torso ... clearing and cleansing ... You are moving up into a higher level of consciousness ... releasing all doubt for trust ... trusting in your higher self ... Feeling and activity merge as you move up in consciousness ... integrating all parts of your personality ... feeling the passion and commitment of life ...

And breathe in the color of light rust ... a soft, orangish color ... orange with just of hint of brown ... Imagine the movement of this chakra in the area of your reproductive organs as it spins and whirls Think about your sexuality ... any conflicts ... traumas ...

problems ... bring any issues you may have into the rust energy ... allowing your masculine and feminine energies to balance. ... You are capable of giving and receiving ... capable of healing any hurts. Allow the rust color to infuse your sexuality.

Think about your creativity ... your own unique expression ... Are there blocks? ... problems? ... Surround them with the rust color.

Are there issues of blame? ... feelings of guilt? ... Either way let them be absorbed into the color rust ... opening the way for enhanced creativity ... sexual health ... and the free flow of money. Do you have any issues with money? Are you experiencing any feelings of lack?

It's time to release ... let go ... imagine it now ... Imagine all these areas being cleansed ... Imagine this chakra opening ... imagine receiving everything good ... receiving an abundance of money ... enhanced creativity ... renewed sexual energy ... healthy relationships without any problems ... Now let that go ... let the color rust go ...

Now breathe in yellow ... into your solar plexus ... just below where your ribs meet in front. ... And as you do let yourself feel anything that is emotionally upsetting to you ... anything threatening ... hurtful ... old hurts you've had difficulty letting go ... Any anger ... hate ... rage ... things you've taken personally ... Breathe yellow into these issues ... and as you let go ... feel your power returning. You are a wonderful person. It is unnecessary to carry this pain ... Just let it go ... breathe it out. This is your child within ... your feeling center ... allow the old childhood imprints to transform .. To heal ... Think about what it feels like to experience the aliveness of a child ... allow your self the understanding you need to let go and take back your power.... Now let that go ... let the color yellow go ...

Now breathe in the color chartreuse ... a yellow/green color ... breathe it into your diaphragm ... the area of in which you assimilate information ... the part of you that "knows" ... the part of knowledge ... of true understanding ... the part of you that brings your imagination into manifestation ....breath in the yellow/green color ... opening ... cleansing

... clearing ... Now let that go ... let the color yellow/green go ...

And now breathe in the color green ... breathe it into your heart ... breathe in love ... think of someone or something you love or have loved unconditionally ... A new baby ... an ailing parent ... a special pet ... Remember that feeling of unconditional love ... a giving-type of love ... without any thought of reciprocations. Feel the love from heart-to-heart ... Now imagine someone else in your life that would benefit if you loved them unconditionally ... imagine that same feeling ... that heart-to-heart connection. Who do you need to forgive? Imagine looking into their eyes and repeat silently: "I love you ... I forgive you ... I release you" ... Let go of the hurt and breathe out love ... project it outwards .... Now let that go ... let the color green go ...

Now breathe in the color turquoise ... a soft blue/green ... Breathe it into your entire nervous system ... Allow the color turquoise to integrate into your entire nervous system ... receiving and processing information ... activating your conscious integration ... accessing information and vibrations from all around you..... Activating the communication within all cells of the body ...breathe in the color turquoise ... into your entire nervous system ... Now let that go ... let the color turquoise go ...

Now breathe in the color of light blue ... breathe it into your throat chakra .... Think of someone you have difficulty communicating with ... where your expression is repressed ... Imagine your throat chakra opening ... words you want to say ... need to say ... being verbalized in a loving way ... flowing easily. What do you want to say? ... How do you need to express yourself? ... If you've used harsh words ... expressed judgments ... or anger ... breathe into your blue throat chakra and clear it. Cleanse it of any negativity. Let go of the negativity ... replacing negativity with love ... honoring yourself by saying what you need to say ... honoring others by speaking with kindness and love. Your throat chakra is your power center ... your expression is your power manifested .... Now let that go ... let the color blue go ...

Now breathe in the color orchid ... a shade of purple ... light, subdued ... into your third eye chakra ... between your eye brows ... the center of the forehead ... What are your dreams, your desires? Think about what you want in life ... visualize it ... use your power of imagination to feel it ... experience it ... Use all your senses ... see it ... feel it ... hear the sounds ... smell the odors ... notice the temperature of the air wherever you may be. ... “If you can dream it ... you can do it” ... This is the center of truth ... the area of visualization .... Do you need to evaluate the truth or integrity of any of your beliefs? ... By opening this chakra ... you are open to truth ... Gain insight into the your creative endeavors ... to knowing ... to wisdom. ... Opening this chakra enhances you intuition ... opens the path for guidance ... Meditating on this chakra with a will to know the truth ... brings answers from a higher source .... Now let that go ... let the color indigo go ...

Now breathe in the color lavender ... Another shade of purple ... soft, subdued ... breath it into the very center of your head ... where your pituitary gland is located ... and allow yourself to move out of the physical consciousness into faith .. The knowing .. The belief that all that is right is all that is ... .... in touch a divine intelligence that exists beyond the physical ... a place of wisdom ... of total belief in all that is good ... Now let that go ... let the color lavender go ...

Now breathe in the color of violet ... a soft, pale violet color ... Another shade of purple ... soft, subdued ... breath it into the very top of your head and allow yourself to move out of the awareness of your physical body .... in touch with your essence .... your spirit .... as if you were floating .... Ascending .... as if you were connecting with God .... feel yourself as spirit floating .... without any connection to the physical world .... A state of unlimited consciousness .... Totally removed from worldly issues ... A state of knowing that everything is exactly as it should be .... and it is so .... Now let that go ... let the color violet go ...

Now ... returning your consciousness awareness to my voice, think about all your

chakras perfectly aligned ... your rose pink chakra at the soles of your feet ... your soft pink ankle chakras ... your salmon knee chakras ... your peach hip/upper thigh chakras ... your light rust reproductive organ chakra ... your yellow solar plexus chakra ... your chartreuse diaphragm chakra ... your green heart chakra next to your heart in the center of your body ... your turquoise nervous system chakra ... your light blue throat chakra ... your orchid third eye chakra in the center of your forehead ... your lavender pituitary chakra ... your pale violet crown chakra at the top of your head ... A rainbow spectrum of color perfectly aligned ... clear ... open ... spinning or vibrating with life force ... rejuvenating ... re-energizing ... the colors radiating out from you ... as if you were wrapped in a rainbow of colors... enfolded in luminescent colors of life ... Feel the energy ... tingling perhaps ... Let this energy continue to re-energize you continually ... transforming any negative to positive energy ... throughout this day and every day ... Now when you are ready ... Take another deep breath ... bring your attention back into this room ... and open your eyes.