

7 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 ball of color and give it some movement make it alive You can do this by imagining the chakra pulsating or you might imagine it as a spinning wheel of energy

To begin ... breathe in the color red let it concentrate at the base of your spine ... imagine it pulsating or spinning ... and hold that image ... that feeling ... as you also feel yourself connected to Mother earth -- feet on the ground -- connected ... part of human race. 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 ball of red color ... allow them to be absorbed ... transformed. You were created by your birth parents ... they gave you life. You are part of a family ... let go of any negative feelings and be glad you're alive ... you're here ... you're wonderful. Extend this gratitude 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 red go

Now breathe in the color orange ... Imagine the movement as it pulsates or spins in the center of the abdomen ... clearing and cleansing

Think about your sexuality ... any conflicts ... traumas ... problems ... bring any

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

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

Are there issues of blame? ... feelings of guilt? ... Either way let them be absorbed into the color orange ... 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 ... great relationships without any problems ... Now let that go ... let the color orange 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. Take back your power... Now let that go ... let the color yellow go ...

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 blue ... 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 indigo... 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. Do you need to evaluate the truth or integrity of any of your beliefs? ... By opening this chakra ... you are open to truth ... 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 violet ... 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 as if you were connecting with God feel yourself as spirit floating without any connection to the physical world A state of unlimited consciousness 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 red root chakra at the base of your spine ... your orange naval chakra behind your naval ... your yellow solar plexus chakra ... your green heart chakra next to your heart in the center of your body ... your blue throat chakra ... your indigo third eye chakra in the center of your forehead ... your violet crown chakra at the top of your head ... A rainbow spectrum of color perfectly aligned ... clear ... open ... pulsating or vibratiing with life force ... rejuvenating ... re-energizing ... the colors radiating out from you ... as if you were wrapped in a rainbow ... 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.