

## **Guided Chakra Meditation (10 Minutes)**

Let's begin by centering ourselves. Sit comfortably with your feet on the ground, feeling supported. Keep your back as straight as possible. If you'd like, place a pillow behind your lower back for support. Your eyes can be gently closed or softly focused.

Take a few deep breaths into your body. With each inhale, connect to your physical presence and the earth beneath you. Send your breath to any part of your body that feels tight or numb. Feel your feet firmly rooted, as if the building around you disappears, and you are standing in nature—a beautiful place where the temperature is just right.

### **Clearing the Mind**

Now, bring your awareness to the middle of your mind. Take a deep inhale, and as you exhale, gently release any thoughts, worries, or distractions. Let them drift three feet out to the edge of your energy field. You are not dismissing them—just asking them to wait. With each breath, your mind becomes quieter, like a still, calm lake. If thoughts arise, acknowledge them and send them gently out to the edge of your field.

### **Dropping into the Heart**

Now, shift your awareness to your heart center, in the middle of your chest. Take a deep breath in, and as you exhale, allow your chest to soften and expand. Feel warmth and openness spreading through this space. With each inhale, draw in your breath, filling your heart center. With each exhale, allow your awareness to drop inward and backward, moving deeply into your center—a space beyond the physical, where your inner wisdom resides.

### **Activating the Central Energy Channel**

Now, bring your focus to your central channel—a vertical energy pathway that runs along the front of your spine, from the top of your head down to your tailbone, extending beyond your body into the earth below and the heavens above.

- Inhale, feeling the energy at your heart.
- As you exhale, move your awareness downward through your solar plexus (just above your navel), then to your sacral area (just below the navel), and finally to your root chakra (at the base of your spine).
- Inhale, gathering energy at your root.
- Exhale, sending this energy down through your perineum and deep into the earth, extending three, six, nine feet or more, connecting with the nurturing energies of the earth.

### **Root Chakra (Red Light – Bubbling Pool of Molten Lava)**

Now, bring your awareness to your root chakra, at the base of your spine. This chakra glows with a deep, radiant **red** light. Imagine a bubbling pool of molten lava here—warm, grounding, and alive.

- Inhale into this red energy, letting it grow stronger.
- Exhale, feeling its warmth spread downward, wrapping around your legs and feet like liquid fire, anchoring you deep into the earth.
- Let this powerful, grounding energy hold you steady and safe.

### **Sacral Chakra (Orange Light – Pool of Sunset-Warmed Water)**

Move your focus up to your sacral chakra, just below your navel. This chakra glows with a rich, **orange** light, like a still pool of water warmed by the setting sun.

- Inhale, feeling the warmth of this orange pool expanding.
- Exhale, letting it ripple outward, filling your lower belly and lower back, awakening creativity, flow, and passion.
- Feel yourself soften into the warmth, like slipping into a peaceful, glowing spring.

### **Solar Plexus Chakra (Yellow Light – Golden Pool of Bubbling Sunlight)**

Now, bring your awareness up to your solar plexus, just above your navel. This chakra shines with a bright, **yellow** light—like a golden pool of bubbling sunlight.

- Inhale deeply, letting this golden light expand inside you.
- Exhale, feeling the warmth spread outward, filling your entire torso.
- Imagine this golden pool bubbling joyfully, radiating confidence, strength, and personal power through your whole being.

### **Heart Chakra (Green Light – Softly Glowing Emerald Lake)**

Bring your focus to your heart center, glowing with a vibrant **green** light. Imagine a softly glowing emerald lake, its waters shimmering with love and compassion.

- Inhale, drawing in the energy of this peaceful, healing lake.
- Exhale, feeling its gentle waves extend outward, filling your entire chest.
- Let its emerald glow dissolve any tension, opening your heart to love, balance, and deep connection.

### **Throat Chakra (Blue Light – Clear, Sparkling Blue River)**

Now, move your awareness to your throat chakra. It glows with a pure, **sky-blue** light, like a clear, sparkling river flowing freely through your throat.

- Inhale, feeling this cool, blue river wash through you.
- Exhale, allowing it to expand, filling your entire throat and neck with clarity and truth.
- Let this river flow effortlessly, carrying your words, thoughts, and self-expression with ease.

### **Third Eye Chakra (Indigo Light – Deep, Midnight Ocean)**

Shift your focus to your third eye, in the center of your forehead. This chakra shines with a deep **indigo** light, like the vast, midnight-blue ocean beneath a starry sky.

- Inhale, drawing in the deep stillness of this ocean.
- Exhale, letting its infinite depth expand outward, opening your inner vision and intuition.

- Feel yourself drifting peacefully in its dark, endless waters, connected to wisdom beyond thought.

### **Crown Chakra (Purple Light – Violet Mist Rising into the Cosmos)**

Now, bring your awareness to the crown of your head. This chakra radiates a **violet** light, like a soft, glowing mist that rises gently into the cosmos.

- Inhale, feeling this violet mist swirl and expand above you.
- Exhale, allowing it to lift upward, connecting you to the vast, divine energy of the universe.
- Feel yourself both grounded and limitless, connected to the heavens while remaining fully present in your body.

### **Balancing and Sealing Your Energy Field**

Now, visualize all of these chakra colors glowing within you—the red, orange, yellow, green, blue, indigo, and violet lights filling your entire energy field. Imagine them blending harmoniously, creating a vibrant, radiant aura around you.

Return your awareness to the golden sun above your head, about three feet up. See its golden light gently raining down upon you, sealing and protecting your energy field.

- Feel this golden light forming a sparkling protective border around your aura, three feet in every direction.
- Know that this light filters out anything that is not for your highest good while allowing in positive, nourishing energies.
- Set the intention to remain fully present, balanced, and energetically whole.

When you are ready, take a deep breath in, feeling fully anchored in your body. Exhale gently, bringing your awareness back to the present moment. Wiggle your fingers and toes, roll your shoulders, and, when you're ready, softly open your eyes.

Your energy is balanced, your field is strong, and you are fully connected to yourself and the universe.

**Your practice is complete.**