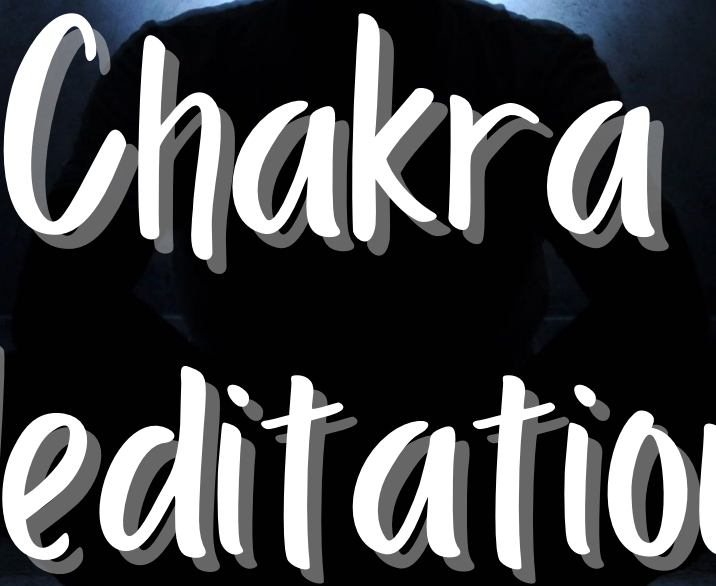


ANGEL'S FRIENDLY COACHING



Chakra Meditation

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Chakra Meditation

Purpose: To balance, open, and align the chakras and allow the free flow of life force energy that enhances vitality and wellbeing.

Origin: Various

Summary: This meditation brings awareness to the 7 main body chakras (energy centers) to open and rebalance their flow along your spinal channel. This affects your physical, mental, and emotional wellbeing.

Keep in mind: Each of the 7 main chakras has its specific location on the body and a purpose associated with a color, sound/mantra, symbol, mudra, and more. ALSO, it's common to experience a sudden outpour of emotions or thoughts as you do this meditation.

Protips:

Your chakras have a front and back. Keep that in mind when doing the meditation.

Allow enough time to go through the entire sequence with the 7 chakras. It is not recommended to leave it half-finished. Alternately, you can do work on a specific chakra if you feel the need.

How To:

- We will start from the base of the spine and work our way up.
- Sit in an upright position. You can sit cross-legged, lotus pose, in a chair or however you like as long as your spine is straight and you're not leaning on anything.
- Close your eyes. Center and relax.
- Imagine the energy channel that runs along your spine. Imagine your own energy connecting with the energy of the earth through the root chakra at the base of your spine.
- Continue to focus your attention on your root chakra, located at the base of your spine. Imagine the chakra as a wheel of energy and visualize the color red. Observe your chakra. Is the red color bright, dull? How fast is it spinning? How smooth is it spinning? Do you see any darkness or stuckness in the color or flow?
- You can choose to do the mudra associated with the chakra if you'd like.
- If you are sensitive to feeling energy, you can also place your hand in the area, and guide the flow and movement of the energy in a circle.
- Begin chanting the associated mantra, either out loud or in your mind.
- Allow clean, revitalizing, healing energy from the earth to flow into the chakra to clear any stuck or conserving energy.

Chakra Meditation

How To:

- Notice as the color red brightens and grows in vitality. Continue until you feel complete and there is no more stuck or blocked energy. Allow any stuck energy to flow back into the earth for renewal and transmutation.
- Work your way up to the next chakra, the sacral chakra located 1-2 inches below your belly button. Repeat the process and continue until you reach the crown chakra.
- After balancing your crown chakra, imagine the energy from your spinal channel coming up out of your head and connecting to the pure white/golden energy of the universe. (You can select other colors for the universe energy if you wish.)

IMPORTANT: Ensure that your 7 main chakras are clear and balanced before you wrap up. You can imagine a clean clear energetic flow from your crown chakra to the universe coming back down into the earth, through it, and back up your spinal channel through your root chakra.