

Chakra Alignment Meditation

We'll begin by getting into a comfortable position whether it is lying down, sitting in a chair, or sitting easy pose. The goal is to be as comfortable as possible.

Eyes closed.

Take three deep, slow breathes.

Now bring your attention to the soles of your feet.

You may feel stirring in your feet, you may not. There is no wrong feeling.

Now imagine roots growing from the soles of your feet going deep in the earth. As the roots go deeper, they wrap around a large boulder and secure you in a grounded position.

Now bring your attention to the base of your spine. This is your ROOT CHAKRA. You may see swirling red energy, you not, either is fine. The Root Charka is the energy of your beliefs about money, shelter, safety, and survival. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Root Chakra is the I HAVE Chakra.

Now bring your attention to your lower abdomen, approx. 2 to 4 finger widths below your navel. This is your SACRAL CHAKRA. You may see swirling orange energy, you may not, either is fine. The Sacral Chakra is the energy of your emotions, your desires, your creativity. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Sacral Chakra is the I WANT Chakra.

Now bring your attention to your upper abdomen slightly above your navel. This is your SOLAR PLEXIS Charka. You may see swirling yellow energy, you may not, either is fine. The

Solar Plexus Chakra is the energy of your will power, your self-esteem, and your confidence. Take a moment to feel that energy. Is it free flowing or does it need healing.

The SOLAR PLEXIS Chakra is the I CAN Chakra.

Now bring your attention to the middle of your chest. This is your HEART CHAKRA. You may see swirling green energy, you may not, either is fine. The Heart Chakra is your energy of unconditional love, compassion, harmony, and healing. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Heart Chakra is the I LOVE Chakra.

Now bring your attention to the center of your neck. This is your THROAT CHAKRA. You may see swirling blue energy, you may not, either is fine. The Throat Chakra is your communication and speaking your truth. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Throat Chakra is the I SPEAK Chakra.

Now bring your attention to the center of your forehead. This is your THIRD EYE CHAKRA. You may see swirling indigo energy, you may not, either is fine. The Third Eye Chakra is your energy of intuition and spiritual insight. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Third Eye Chakra is the I SEE Chakra.

Now bring your attention to the top of your head. This is your CROWN CHAKRA. You may see swirling purple energy, you may not, either is fine. The Third Eye Chakra is your intuition and spiritual insight. Take a moment to feel that energy. Is it free flowing or does it need healing.

The Crown Chakra is the I KNOW Chakra.

Namaste