

Chakra Meditation

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Get comfortable, take a deep breath and relax. As we begin our color meditation, know that should you need any colors to strengthen your chakras, they are available all around you. Light surrounds us all and our environment of light and energy can be drawn on to heal and enliven our chakras....

---Now focus inward and descend into the root chakra at the base of your spine. There you will find a glowing ball of red, spiraling energy. Feel the hot, alive and deep energy of the root chakra. This is indeed your root. Feel this red energy connect through your legs and feet into the earth itself. Know that you are stable on the earth's ground. Know that you are protected and nurtured by the earth. It is you and you are part of it. All you need is always available to you.

---Continue breathing deeply, and move into your second chakra area 2 inches below your navel. Feel the warm, glowing orange embers spiraling peacefully. This spiral is like soft waves that rise and fall This is the chakra of change. As the embers fan and cool and the spiral crashes and recedes, you are at peace with change. With change comes opportunity. You are centered within this never-ending flow....

---Move your attention to the third chakra at your solar plexus. You are aware of a bright, clear, yellow spiraling sun that is your 3rd chakra. Here your will is realized and you gain crystal clear focus. Your decisions are true and your energy is bright as the sun. Feel it's warmth and it's cheery power as this chakra spirals in perfect balance like a small sun within....

—Rise up into the cool and verdant heart chakra, with it's peaceful emerald green spiral. Here is your spirit's waking consciousness. Here is the balance of the higher and lower chakras. The green of growing things and their power to heal and love unconditionally spins softly within. You are balanced and connected to this all-loving energy. You are a growing thing that loves itself and others as the green things of the earth does..

—Breathing fully and deeply you rise up into the first of the higher chakras, the throat chakra. Feel it's crisp blue spiral as the breeze of fresh air that moves into your body. The clear blue of things spoken and heard. This chakra of truth creates your world and manifests your desires. Here, your truth is shown to the world. You listen and speak with the clarity and freshness of air itself

—Rising up into the 6th chakra, located between and above your eyes at your 3rd eye, feel the deep pulse of the indigo spiral. Sense it's knowledge of all that is. Deep within your own mind, connected to the universe. Deep within the mysteries of what is hidden, of twilight and felt knowledge. It is here in this seed of knowledge that we can view our lives and selves. Where the reality of what truly is, is clearly discerned...let the wisdom of this chakra unfold as it spins deeply within your mind shedding light on all that is.....

---Breathing deeply and rising to the summit, you are at your crown chakra. Feel it's bright violet and white spiraling energy connecting to the Divine. This chakra receives the inspiration and assistance of the Higher Powers. Here we see our connection to all that is, here in this bright chakra, we are one with our guides..our true purpose is revealed...Feel the chakra spin, basking in it's powerful light...

---You have traveled the chakras. From the Earth to the Heavens you have made your journey. Then back again to the Earth to continue your walk in this place and time. You are refreshed and strong with your chakras balanced and in line. You awake knowing you are connected to what is above, below, within and without. You awake with the rainbow bridge within you.