



# Chakra Balancing Meditation

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## CHAKRA BALANCING SELF-MEDITATION

The purpose of the chakra balancing meditation is to open and clear the chakras. This exercise is best known with followers of Reiki. Follow this meditation and if possible use at least 2x per week and it will aide you in aligning the higher frequency energies and also purify/release any stored negative energy from your body/aura.

### Here is the chakra balancing meditation:

- Sit comfortably on a chair with your hands on your legs (I have found with the palms facing upwards more beneficial)
- Whilst sitting close your eyes and concentrate on your breath, nice deep slow breathing



*Focus all your attention on Muladhara the base Root chakra - visualize the chakra as a bright **RED** ball spinning clockwise.*

*As you focus on the base chakra - breathe in red - breathe out red. Repeat for 2 - 3 minutes.*

*NOTE: Ensure you visualise Muladhara's energy as a clockwise spinning ball based at the Root chakra. See the energy also flowing down through your legs into Mother earth like a tree spouting its roots and connecting with the center of the earth (This is grounding you.)*



Put your attention on the Swadisthana - visualize the chakra as a bright **ORANGE** ball spinning clockwise.

As you focus on the Swadhithana chakra - breathe in orange - breathe out orange. Repeat for 2-3 minutes.



Put your attention on the Manipura chakra - visualize the chakra as a bright **YELLOW** ball spinning clockwise.

As you focus on the Manipura - breathe in yellow - breathe out yellow. Repeat for 2- 3 minutes



Put your attention on the Anahata chakra - visualize the chakra as a bright **GREEN** ball spinning clockwise.

As you focus on the Anahata chakra - breathe in green - breathe out green. Repeat for 2-3 minutes



Put your attention on the Vishuddha chakra - visualize the chakra as a bright **BLUE** ball spinning clockwise.

As you focus on the Vishuddha chakra - breathe in blue - breathe out blue. Repeat for 2-3 minutes.

*NOTE: Ensure you see Vishuddha's energy spinning clockwise at the Throat chakra and also flowing down through both of your arms and out though your fingers/thumbs and meeting five feet in front.*

*As these energies connect, in your mind say clearly what you want to achieve and what it is you desire currently. Remember "what you ask for you will get" while Vishuddha's energies are flowing it is the time to bring your goals into physical manifestation.*



*Put your attention on the Ajna chakra - visualize the chakra as a bright **INDIGO** ball spinning clockwise.*

*As you focus on the Ajna chakra - breathe in indigo - breathe out indigo. Repeat for 2- 3 minutes.*

*NOTE: Ensure you see the Indigo ball's energy is spinning at the Third Eye or Ajna chakra. Once you are comfortable seeing the spinning indigo wheel visualise, in your minds eye,*

*that you are sitting in a chair in an all Indigo room. You see yourself looking out of a window and gazing at the stars (this assists with opening of your Third eye)*



*Put your attention on the Sahasrara or Crown chakra - visualize the chakra as a bright **VIOLET** ball spinning clockwise.*

*As you focus on the Sahasrara chakra - breathe in violet - breathe out violet. Repeat for 2-3 minutes.*

*NOTE: Ensure you see the violet ball's energy spinning at the Crown chakra and once happy that Sahasrara is spinning, in your minds eye, also envisage the opening of a Violet lotus flower on the top of your Crown — make this as large and as*

*magnificent as you can.*

*Finally visualise Silvery/White light flowing down from the Heavens through your Crown chakra all the way through all the other chakras and finally into Mother earth.*

*Envisage yourself as a glowing white being with all the Chakras within that silvery light spinning brightly (in their colour). Hold this for about for 2-3 minutes.*

*Relax, breathe in deeply , breathe out deeply - 3 times*

*Slowly open your eyes*

*You should feel exhilarated!*