

This is a guided meditation to enable you to begin to start clearing, balancing and energizing the Chakra's.

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The information in this guide is not intended to be a substitute for professional medical advice. Always consult with a certified health care professional if you have any concerns over your health.

This is a guided meditation, it will enable you to begin to start clearing, balancing and energizing the Chakra's.

There are seven main energy centers in the body.

The root Chakra at the base of the spine and pointing downwards.

The naval Chakra which is positioned just below the navel on the spine and opens to the front and to the rear of the body.

The next Chakra is the solar plexus Chakra which is located in the center of the chest on the spine below the sternum and opens to the front and to the rear of the body.

The heart Chakra at the level of the physical hearts on the spine, this Chakra opens to the front and to the rear.

The throat Chakra positioned in the center of the throat on the spine opening to the front and to the rear of the body.

The brow Chakra located in the center of the brow about an inch above the eyebrows this Chakra opens to the front and to the rear.

The Crown Chakra this is located on top of their head and opens upwards.

This meditation may be done sitting in a chair with your feet firmly on the floor with your spine held upright but relaxed. Alternatively you may lie down on a blanket on the floor, but be sure to have her pillow or bolster under your knees.

If your knees are locked it can restrict the energy flow in your body.

Start by taking several slow breaths in through your nose all the way down to your abdomen, feeling your abdomen pushing out, continue to breathe in as your rib cage and chest expands. Next breathe out slowly and completely through the mouth.

Imagine there is a beautiful golden light shining above, gently shining down over your head.

This light will flow into the area you are working on breathing it in.

Feel into the location of your root Chakra. Located at the bottom of the spine, as you breathe this beautiful light into this area with the in breath. Sense it entering the top of your head as you breathe in, and flowing down to your root Chakra.

Feel this golden light flowing in, cleaning and clearing this Chakra dissolving any blockages that might be there.

Continue to breathe the light into this area as you feel the golden light radiating out downwards.

Now imagine there is a ball of red energy forming in this area. Feel this ball of red energy begin to slowly rotate. Feel this red energy radiating outwards from this Chakra.

Feel the power and energy that lies within this energy center. Feel the qualities of strength and stability, the connection with Mother Earth. Feel your love for this Earth as you realize that everything you need is provided by her, and given to you freely. Think what you give back to this wonderful planet. Make a commitment to honor this loving source more deeply from this day on. Feel this red energy ball lengthening into a tube of red light, stretching down deeply into the planet. Keeping you grounded safe and secure.

Put your awareness back to the golden light above your head. Feel this golden light energy flow down into your naval Chakra, located just below the navel. As you breathe this golden light energy in on your in breath feel the energy filling this center and flowing out of the back and front of this area. Dissolving any blockages as it flows out through the front and through the rear of this Chakra.

Feel the golden and light is gently dissolving blocks, energizing, and cleaning this center.

Now imagine brilliant ball of orange light forming here. Feel this orange light radiating outwards. Feel the warmth, the creativity, the enthusiasm being generated in this energy center.

Turn your focus once again to the golden light shining down on you.

Using your breath, as you breathe in, direct this energy into the area of your solar plexus Chakra. Located on the spine in the area below the sternum. Feel the golden light flowing in, cleaning balancing energizing. Feel the golden light energy radiating out through the back and the front of this center.

Here is the seat of our emotions, by cleaning, clearing and balancing this center we can be more in touch with our emotions. Learning how to just let them flow.

Not holding on to them, but experiencing them, and letting them go.

Imagine a beautiful ball of yellow gold light forming in this area now.

Feel this ball of golden light radiating outwards, feel the power, the expansiveness and the growth this center holds.

Turn your awareness back to the golden light above you.

Using your breath draw in this golden energy. On the in breath draw this golden light into the heart Chakra. This center is located at the level of the physical heart, in the center of the chest, on the spine.

Feel this golden light energy entering your heart center, clearing and energizing this center. Feel the golden energy flowing out of the front and the rear of this center. Dissolving blockages and constrictions as it flow outwards.

Feel the energy of the heart center flowing down your arms, and into your palms. Feel the energy radiating out through your palms, as the palm centers begin to open.

Imagine a beautiful ball of pink and green energy building here.

See this pink and green energy radiating out as your heart opens out in unconditional love. Feel the sense of touch, of passion, of love and devotion radiate out from this center.

Focus on the golden light above your head.

Using your breath draw the golden light into your throat Chakra.

Located at the center of the throat on the spine. On the in breath breathe in this golden light and direct it into this area.

Feel the golden light energy cleaning, clearing, and balancing this center.

See the golden light energy flowing out through the back and through the front of this center, dissolving blockages as it flows outwards.

Imagine a ball of turquoise light forming in this area.

Feel the beautiful turquoise light energy radiating outwards.

This is the center of expression, from it you can communicate with compassion, feel the inspiration radiating from this center.

Turn your attention once again to the golden light above your head.

Feel the location of the brow Chakra, located slightly above the eyebrows in the center of the forehead.

Using your breath, breathe this beautiful golden and light energy into your brow Chakra.

Feel the golden energy gently cleaning, clearing and balancing this center.

Feel the golden light radiating out of the front and the rear of this energy center, dissolving gently any blocks as it does so.

Imagine a small ball of beautiful indigo light forming. Feel this small ball of indigo blue light very gently radiating outwards.

Feel the clarity that this brings, the insight, and intuition.

Turn your awareness to the golden light above you.

With your breath, on the in breath breathe this golden light into your crown Chakra.

Located in the center of the top of the head, feel the golden light energy opening, clearing, and balancing this center.

As you breathe in draw the golden light down into your base Chakra.

As you breathe out imagine this golden light flowing up through each of your energy centers, up into the crown and then moving out all around you, filling your aura with beautiful golden energy.

Continue to do this for as long as you feel comfortable doing so.

You can stay in this space for as long as you like.

When you feel its time to come back, ask your Higher self to adjust your energy centers to normal awareness.

Feel the golden energy leave your root Chakra, as your root Chakra closes down.

Feel the golden energy leave your navel Chakra, as your navel Chakra closes down.

Feel the golden energy leave your solar plexus Chakra, as your solar plexus Chakra closes down.

Feel the golden energy leave your heart Chakra, as your heart Chakra closes down.

Feel the golden energy leave your throat Chakra, as your root throat closes down.

Feel the golden energy leave your brow Chakra, as your brow Chakra closes down.

Feel the golden energy leave your crown Chakra, as your crown Chakra closes down.