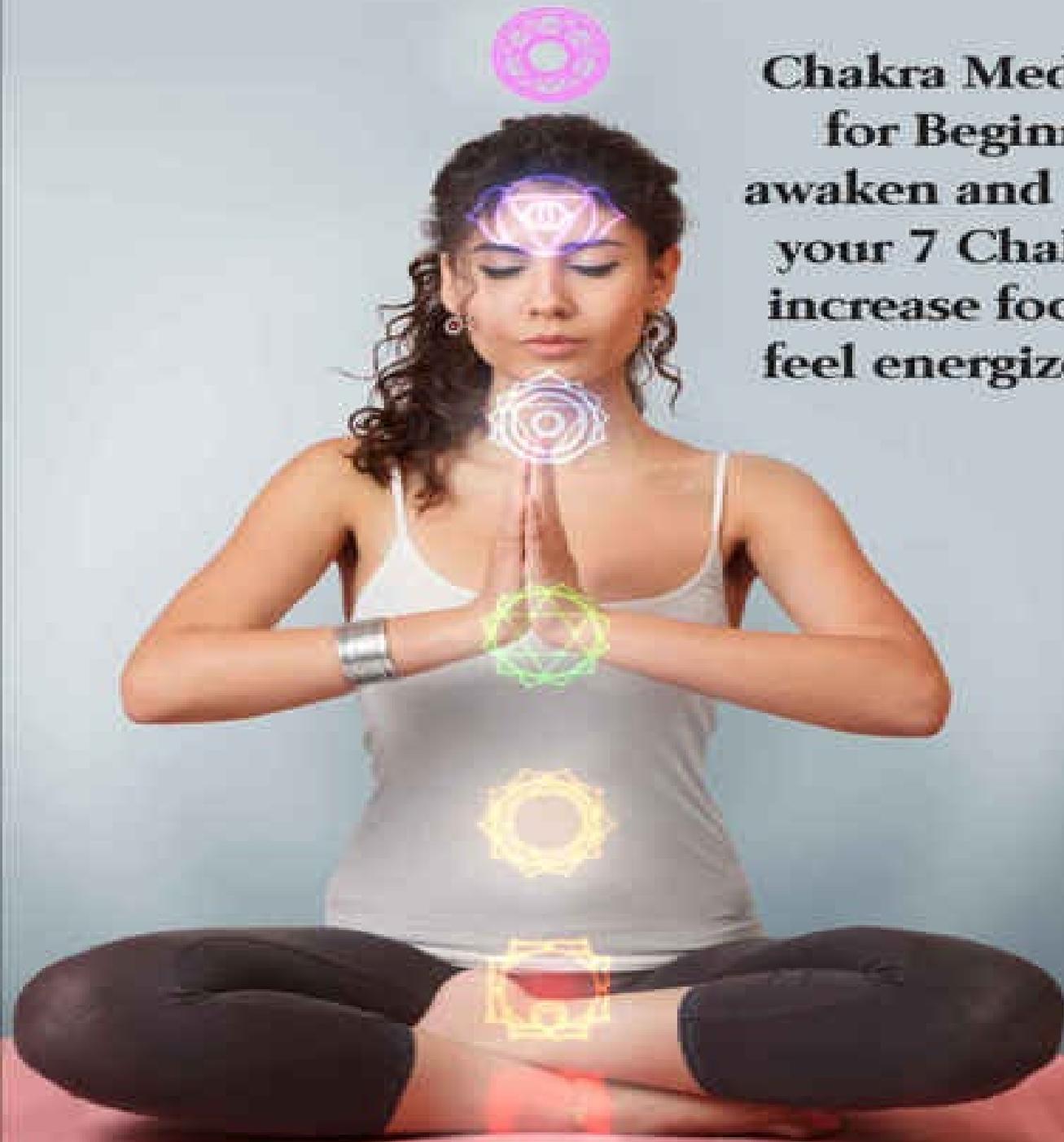


CHAKRAS

**Chakra Meditation
for Beginners-
awaken and balance
your 7 Chakras to
increase focus and
feel energized now**



JODI MORGAN

Chakras: a Beginner's guide to Chakra Meditation

*Awaken your 7 Chakras through meditation to feel
energized now*

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Introduction

I want to thank you and congratulate you for downloading the book, “ Chakras: a Beginner’s guide to Chakra Meditation ” . This book contains proven steps and strategies on how to balance your 7 chakras through meditation.

Why I wrote this book:

Many people probably are familiar with the terms meditation and chakras, but they also have no clue of what they are. If you are reading this, the chances are you are one of them. The good news is you are about to find out the secret to inner peace and happiness.

You will be taken on a spiritual journey to connect your soul and body by practicing chakra meditation. Chakras are points of energy in our subtle body. Subtle body refers to the connection between the physical body and the virtual energy that brings us the life force. The chakras are believed to be channels through which our physical and spiritual energy moves.

The word Chakra derives from the Sanskrit word meaning "wheel," as well as "circle" and "cycle." It's described by many as a spinning wheel of light.

According to M. N. Roy's review of tantric history, the word chakra can mean different things in the Sanskrit sources:

- "Circle" used in a variety of senses, symbolizing endless rotation of Shakti.
- A circle of people. In rituals, there are different cakrasādhanās in which adherents assemble and perform rites.
- Different nerve plexuses within the body.

In Buddhism, the Sanskrit term chakra (Pali cakka) is used in a different sense of "circle," referring to the conception of rebirth consisting of six states in which beings may be reborn.

Thanks again for downloading this book, I hope you enjoy it!

Benefits:

The practice of chakra meditation help you connect your inner energy with the environment and the universe. The concept is simple. You have to mentally focus on one chakra at a time while you meditate. One important note is that you won't see an instantly change in your body because this is not a magic pill. Just like when you go for a jog; you won't lose 10 pounds instantly. Although you won't see the Practicing chakra mediation right now, you will see a big change in your mind and body once meditation becomes one of your habits. Chakra mediation yields many benefits: Brain - Preserves brains from aging - Improves key areas in the brain - Better memory - Better concentration Mental health - Stress relieving - Protects from depression - Reduces panic symptoms and anxiety - Relaxing and inner peace Physical health - Reduces blood pressure - Reduces risks of heart stroke - Prevents from Alzheimer - Reduces back pain Self-development - Controlling anger or sadness - Self-confidence - Helps stop addiction - Better expressing of one's self - Deeper understanding - Improve Creativity - Better decision-making skills - Healthier relationships - Successful communication

Chapter 1: Before You Start

Before you start chakra meditation or any type of meditation, it is important to get everything ready, so you have a clear mind and fruitful experience with no interruption.

1. Choosing the right time:

Remember that you want to achieve a peaceful status to your mind and soul, so try to choose the time you feel most relaxed in. It can be anytime during daytime or in the evening. Your favorite time when you feel comfortable can be in the morning, after a shower, in the evening or in afternoons.

Try to avoid setting to meditate when you are in a rush, or there are any element of distraction and anticipation; expecting people to visit, your favorite show about to be broadcasted or the slow cooker about to finish.

Duration shouldn't be the primary focus but rather a consistency. Since meditation is basically a mind training or workout, you can start with short 10-minute meditation, but try your best to keep it daily.

It is not advisable to have a full stomach and then set to meditation. The whole fullness and digestion process will hinder the proper breathing and necessary body relaxation. On the other hand, an empty stomach would leave you with only one thought; food! So keep the balance and make sure you are not hungry, but you are not full either.

When your session ends, close it slowly. 10 minutes and 1 more second wouldn't hurt anyone, but a fast closure might harm the peaceful status you reached.

2. Choosing the right place:

Find yourself a spot where you can be comfortable. The great thing about meditation is that it is a mental activity and won't need to move, so basically the place itself is not as important as the relaxation and the comfort it provides.

Avoid any spatial interruptions such as noise, weather, people, and pets. You should close your windows to make sure there are no undesirable sounds. Make sure to adjust the room temperature to your comfort. You should close your door if you chose to meditate in your bedroom. The bottom line is to choose a place where you are comfortable and uninterrupted.

3. What to wear:

Once again it is all about comfort and relaxation, so find yourself comfortable clothes and put them on. Another thing is to make sure you won't feel cold or hot wearing what you picked. Avoid restrictive clothing that might pull on you, like jeans or tight pants, instead, choose any type of loose and breathable clothes. My personal favorite is a bathrobe.

4. Useful tools:

Tools can help you in enhancing the quality of your meditation. Use tools that help you feel more comfortable and less distracted.

Sensory objects:

By sensory objects, I mean anything that can provide a better experience for your senses. It can be a scented candle, a bouquet of flowers or music. You can also dim or turn out the lights for better concentration.

Cushions:

During sitting on the floor, make sure you feel comfortable. One thing you may notice is that your butt will feel numb by sitting on the hardwood floor for more than five minutes. You can use pillows to support your back or sit on a cushion. A folded blanket would also do.

Music:

There are many websites and applications provide unique music to help you relax and meditate. Just type chakra meditation music in any search engine and you will love what you will find. You will even find certain music for every chakra and the whole symphony will follow normally during opening every chakra and with the energy flow.

Timer:

Instead of being distracted about time and keep opening your eyes to check for the time. It can also be not so helpful if you feel that time doesn't pass, and you are just there sitting, so you can get yourself a digital timer and set it for the 10 minutes or the duration you want. Make sure you choose a nice alarming tone so that your session ends peacefully. Don't rush yourself once you hear the peeping voice. You should always your time and embrace that status for as long as you can.

Digital apps:

Find your favorite desktop or mobile app from a wide range of meditations apps. It helps you with schedule, timer, music and recording. Try to make it as simple as possible and don't clutter your mobile with lots of technologies. Remember you are using those apps to make your meditation an easier process and not to complicate it.

5. Tips

Consistency and patience are the key:

You might master the techniques quickly, but reaching concentration and peaceful mind take time. Since there is no shortcut to success, you might want to try with the keys instead; consistency and patience. Regular practicing over an extended period of time is very essential to reach a great result. If you want to get anything out of meditation, you need to make it a fixed part of your day and through your life.

Don't have certain expectation and never give up:

Don't expect any results, so you don't get disappointed. Keep in mind that it takes time and effort and renew your intentions and motivations on a daily basis. Most importantly, never give up. On some days, you will find yourself meditating with ease, while on others, due to the influences of the life events around you, you may have a problem sitting even for five minutes.

“Don't be discouraged by setbacks. Just as you won't expect yourself to be on cloud nine every day, it is also unrealistic to expect your meditation to be smooth sailing every single time. See your setbacks from a wider perspective. They are only small blips in the grand ocean of life.”

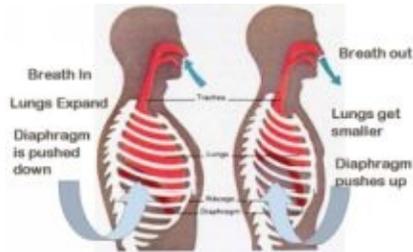
6. Breathing

Most people are only “chest breathers”. They only use the upper chest when they inhale, and that means they use only a fraction of their full breathing capacity. People can turn into chest breathers as a result of a combination of stress, poor posture, long hours behind desks, and flat stomach phobia. Chest breathing causes an imbalance in the oxygen/carbon dioxide ratio, which results in hyperventilation and dizziness.

In order to breathe correctly, breath needs to be rhythmic, slow and complete. Use the diaphragm and ribs to fill and empty the lungs. With a proper movement of the diaphragm, your breath will be correct. Here are some instructions for proper breathing:

Abdominal Breathing

Inhale slowly and deeply through the nose. Feel the abdomen expand while the chest is still. Exhale slowly. Feel the abdomen sink down. Repeat the process ten times (one inhalation and one exhalation count as only one breath.)



Rib Cage Breathing

Gently contract the abdomen. Inhale slowly through the nose into the rib cage. Do not pull the breath deep into your lungs; instead, keep it focused between your ribs. Feel the ribs expand outward, as you inhale, and inward, as you exhale. Repeat five times.

Complete Breathing

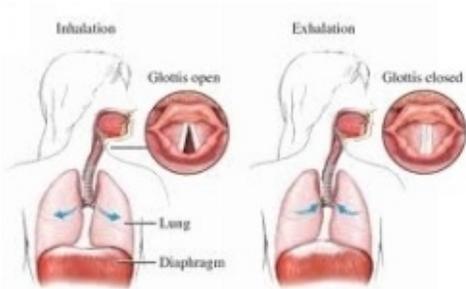
Inhale slowly through the nose, feel the abdomen expand first, then the rib cage, and finally, feel the air filling the upper chest. Slowly exhale, emptying the lungs from top to bottom. Your shoulders and head should stay mostly in the same position throughout. Do not hold your breath either at the top or the bottom of the breath but make the transition smooth. Inhalation is done from the bottom up and exhalation from the top down. Repeat five times.



Ujjayi Breath

Inhale slowly, keeping the mouth closed. Partially close or contract the back of your throat to slow down the breath. Hold for a few seconds. Exhale, again partially closing or contracting at the back of the throat. This breath will make a

horse hiss-like sound like steam being released from a radiator. Repeat five times.



7. Concentration

People might confuse meditation with deep silence and quietness of the mind. Basically, meditation is not a deep sleep or total shut down, but rather an active mind with considerable efforts taken to achieve the particular status of concentration.

Meditation is all about focusing on the present. It starts with a focus on an individual object then develops into the cessation of all other thought, and it ends with the quietness of mind and peace.

In chakra meditation the concentration or focus center can be one of four or the whole four:

Imagery or Visualization

This technique is to visualize an individual object that such as a flower or a particular color. Every chakra has a particular thing to imagine that we will later discuss. Make sure to Keep your eyes closed and imagine that image until you feel relaxed, and go back to that image whenever you need to restore your focus.

Breath Counting

Use the breath as the point of concentration. Observe every nuance of the breath and each sensation it produces: how it moves in your abdomen and torso, how it feels as it moves, its quality, its temperature, and so on.

Focusing on thoughts and feelings

Each chakra gets blocked with certain feelings and negative thoughts. Later on, we will go through those emotions and how to let them go to open the chakra. At this point your focus is what you are trying to let go and any situations or people related to this until you are completely calmed.

Mantra

Mantra is focusing on a repeated sound or a sentence. Every chakra has a sound you can repeat as your center of attention that we will later discuss.

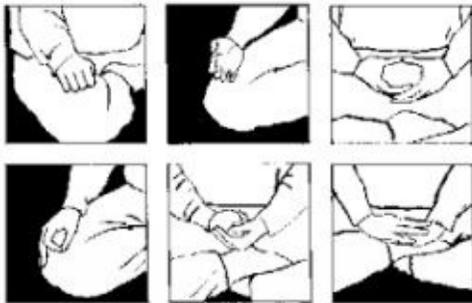
8. Posture

Although meditation is basically a mental process, the posture is important in giving the mind full relaxation during the whole process:

- Sit in a simply crossed legs position



- Keep your spine straight as an arrow
- Rest your hands and each chakra has particular hand position



- Relax the shoulders
- Tuck in your chin



- Relax the muscles of your face and open your jaw slightly
- Rest your gaze unfocused or you can close them

- Scan your body to make sure every part is relaxed and fix any physical tension by changing your posture

Now you are ready! Let's start. There are seven chakras. Starting from the next chapter, we will discuss them one by one and know how to unlock every one of them.

Chapter 2: Chakra Muladhara (root chakra)

There are seven chakras. The first one is the root chakra. Here is the things you need to know about this chakra.



Location: The root chakra is at the base of the spine in the coccygeal region.

Color: red **Mantra:** LAM (pronounced lang) **Element:** Earth **Symbol:** lotus with four petals and the color red **Associated animal:** elephant **Associated with:** It is linked to our connection and loyalty to our “tribe,” family, and fellow human beings, our connection with the manifestation of the physical earth, physical ground, survival instincts, pleasure / pain, and sexuality.

The root chakra is related to instinct, security, and survival and also to basic human potentiality. *Physically*, Muladhara governs sexuality, *mentally* it governs stability, *emotionally* it governs sensuality, and *spiritually* it governs a sense of security.

Blocked by: Since this chakra is associated with survival, it gets blocked by fear.

We can tell if this chakra is blocked when we are feeling fearful. This chakra is related to courage and safety, so fear is a significant blockage of the root chakra. Other ways to tell if the root chakra is blocked is if we feel anxious or restless. Moreover, lacking discipline or being unstable financially are other signs. Very disorganized people may also be lacking energy flow through the root chakra.

On the flip side, those of us who have the root chakra overstimulated will feel sluggish and lazy. They may hoard items and act greedy. They seem to be afraid of change since they are so reliant on keeping their security.

Imbalances: Fatigue, low back pain, depression, cold hands and feet **Healing and opening:** Opening the root chakra can be assisted by being physically active. Practice sport, go for a run, just do any other physical activity you enjoy. Being massaged will also help unblock the root. Try to reconnect with

your body; the physical focus is key here.

Since our root chakra is closely related with the color red, having anything that is red around us will aid in opening this chakra up. Wearing red and focusing on red items will trigger the energy flow to this chakra. Red gemstones are also known to assist in the opening of this chakra. Examples of this are garnet, ruby, and bloodstone.

Hand posture/ mudra: Let the tips of your thumb and index finger touch. Rest your hands on your legs.



Meditating: Close your eyes and focus on your breath to remove all the mental clutter going on in your head. Once you are in a relaxed meditative state, concentrate on bringing energy up through the bottom of your feet, through your legs and into the base of your spine where the root chakra is located.

You can also with each inhale imagine the energy forming into a bright red ball of energy. With each breath, the ball of energy gets bigger and bigger and starts to rotate in a clockwise direction.

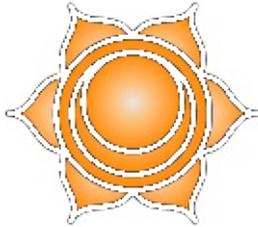
Another way you can use is focusing into the mantra/repeated sound LAM.

You might want to analyze “fear” that is blocking your root chakra. Think of your fears and break them down into logical explanations and let go.

Continue focusing in any one of those, until you actually feel the energy at the base of your spine. Once you feel this and the root chakra is open.

Chapter 3: Chakra Svadhishthana (sacral chakra)

Sacral chakra is the second chakra. Here are the things you need to know about



it:

Location: The sacral chakra is located in the sacrum in the lower abdomen below navel above the groin and below the belly button **Color:** Orange **Mantra:** VAM (pronounced vang) **Element:** Water **Symbol:** sacral chakra is symbolized by a white lotus within which is a crescent moon, with six vermilion, or orange petals.

Associated animal: the crocodile of Varuna **Associated with:** This chakra is considered to correspond to the testes or the ovaries that produce the various sex hormones involved in the reproductive cycle. Sacral chakra is also deemed to be related to, more generally, the genitourinary system and the adrenals.

Sacra chakra regulates our emotional and sexual center. We also hold our passions here, such as dreams, fantasies, and ambitions. The sacral chakra is also known to be the creativity chakra. It governs people's sense of self-worth, their confidence in their creativity and their ability to be open and friendly towards others. It also bonds you to your loved ones.

It is linked to our inner child, creativity, innocence, vulnerability, and spontaneity. Feelings, ability to be social, pleasure, sexuality, well-being.

The key issues involving sacral chakra are relationships, violence, addictions, basic emotional needs and pleasure. Physically, sacral chakra governs reproduction, mentally it governs creativity, emotionally it governs joy, and spiritually it governs enthusiasm **Blocked by:** This chakra is blocked by guilt and shame.

When the sacral chakra is out of balance or blocked, we may feel emotionally explosive or not emotional at all. Without this chakra open, it may be harder to find direction and motivation, and we may feel emotionally distant or overly

emotional. Having this chakra blocked will lead to poor social skills, fear of sex, and lack of desire, passion and excitement, and self-denial of pleasure.

On the other hand, if the sacral chakra is overactive, we may become manipulative and obsessed with thoughts of sex. We also might have vigorous and sensitive emotions and can be obsessive and emotionally dependent on others.

Imbalances: Alcohol and drug abuse, depression, allergies, yeast infections, urinary problems, sexual problems **Healing and opening:** Ways to open and balance your sacral chakra are wearing or eating anything that is the color orange. Since this chakra is related to the color orange, exposing yourself to this color can help. Watching emotional or exciting movies can also be beneficial in opening this chakra. If you're familiar with crystal healing, wearing any orange gemstone is said to be a very effective way of healing this chakra, which can include amber, citrine, topaz, carnelian or coral.

Hand posture/ mudra: Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.



Meditating: Close your eyes and focus on your breath to remove all the mental clutter going on in your head. Once you get into that meditative state, concentrate on the energy being brought up through your feet and through your root chakra, then up into your navel.

Focus on your breath and imagine a ball of orange energy forming below your belly button which grows larger and larger with each deep inhale. The orange ball of energy will start to swirl in a clockwise position, and you will feel a slight tingle in your lower abdomen and lower back where the chakra is located.

You can also focus on repeating the sound Vam (pronounced as vang).

Remember; this chakra is blocked by guilt and shame. Forgive yourself and let go of what is burdening your soul with shame and blame.

Continue working on this until you really feel the energy. It feels like a tingling

or maybe a buzzing of energy flowing through you. Having a balanced sacral chakra helps with our sexual confidence, but also our self-confidence overall. It allows us to freely be able to express ourselves and our emotions. When this chakra is open, we tend to live very passionately and aim to live life to the fullest!

Chapter 4: Chakra Manipura (solar plexus/navel chakra)

The solar plexus chakra is the third one and here is the information you need to know to gain control over it.



Location: The solar plexus chakra is located Upper abdomen, stomach area two inches below the breastbone in the center behind the stomach.

Color: Yellow **Mantra:** RAM (pronounced rang) **Element:** Fire **Symbol:** symbolized by a downward pointing triangle with ten petals, along with the color yellow.

Associated with: Solar plexus chakra is related to the metabolic and digestive systems. It is believed to correspond to Islets of Langerhans, which are groups of cells in the pancreas, as well as the outer adrenal glands and the adrenal cortex. These play a valuable role in digestion, the conversion of food matter into energy for the body.

This is the chakra that we feel when we have a “gut instinct.” The feeling we get when we are for some reason sure of the choice and decision we are about to make. A balanced solar plexus boosts self-esteem, calmness, initiative, and respect for others.

Solar plexus chakra is linked to our internalized parent, self-esteem, reaction to criticism, personal power, and ego – our self-concept of an individual, separate self, self-confidence, self-control, humor, and intellect.

Key issues governed by solar plexus chakra are matters of personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex. *Physically*, solar plexus chakra governs digestion, *mentally* it governs personal power, *emotionally* it governs expansiveness, and *spiritually*, all matters of growth.

Blocked by: This chakra is blocked by shame and not accepting every part of your personality and individual events in your life journey.

When the solar plexus chakra is blocked or out of balance, we may feel a lack of confidence. We may feel confused and concerned about what others think of us. We might even end up feeling that others are controlling our life and may even become depressed.

Since it is the energy center that radiates around your digestive system, having this chakra out of balance can even lead to liver, digestive and respiratory problems. If your solar plexus chakra is blocked, you will have little energy, weak will-power, poor self-discipline, and will feel physically and emotionally cold. People who lack energy flow to this chakra often feel like the victim and blame others.

On the contrary, people who have excessive energy flow to the third chakra are usually overly aggressive. They can be dominating, controlling, manipulative and power hungry. These people are very competitive.

Imbalances: Digestive problems, diabetes, constipation, memory loss.

Healing and opening: Since the solar plexus chakra is closely related to the color yellow, wearing yellow clothes and eating yellow fruits and vegetables will help to open this chakra. Gemstones associated with the solar plexus chakra are tiger's eye, yellow tourmaline, and yellow topaz. Even wearing gold jewelry is known to assist in opening this chakra. Any sort of physical exertion is good for the solar plexus chakra, so exercising is a great way to help open this chakra up. Besides going out and getting some sun, learning, doing puzzles and detoxing also help.

Hand posture/ mudra: Put your hands on your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. Straightening the fingers is important.



Meditating: To meditate on the solar plexus, focus on your breath and bring energy up from the ground and through your feet and legs. Bring it up through your root and sacral chakras first, then allow it to reside in your upper abdomen, where the third chakra is located.

You can also imagine a ball of yellow energy forming in this area, getting larger with every deep inhale. Focus on the energy rotating in a clockwise position and getting larger and larger until you feel the slight tingle in your upper abdomen.

Another thing you can do is repeating the sound Ram (pronounced as rang) and make it your center of focus.

As mentioned before this chakra is blocked by not accepting yourself and having doubt in your skills. Bring your attention to any part of your character you are not happy with or a part of your past you can't accept, then try to let go and just accept who you are.

When open, you will feel cheerful and outgoing. You will enjoy taking on new challenges and have a strong sense of personal power. Open solar plexus chakra helps you to feel daring and confident and able to take risks. *“This chakra is the chakra of the leader, the explorer and the charismatic.”*

Chapter 5: Chakra Anahata (heart chakra)

In this chapter we are moving to the fourth chakra and what aspects are important to know to open it.



Location: As you may guess the location of this chakra is the area of the heart; in the center of the chest.

Color: Green **Mantra:** YAM (pronounced yang) **Element:** Air **Symbol:** Heart chakra is symbolized by a circular flower with twelve green petals called the heart mind. Within it is a yantra of two intersecting triangles, forming a hexagram, symbolizing a union of the male and female.

Associated with: The heart chakra is related to the thymus, located in the chest. The thymus is an element of the immune system as well as being part of the endocrine system. It is the site of maturation of the T cells responsible for fending off disease and may be adversely affected by stress.

This chakra directs one's ability to love themselves, others, and to receive love. The heart chakra brings a deep connection and compassion for other people, animals and even to the environment.

It is linked to love (as a union of spiritual and human love), compassion, confidence, trust, expansion, acceptance, openness and inspiration. Ability to joy, inner peace Key issues involving heart chakra are complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection, and well-being. *Physically* heart chakra governs circulation, *emotionally* it governs unconditional love for the self and others, *mentally* it governs passion, and *spiritually* it governs devotion.

Blocked by: Heart chakra is blocked with grief and pain.

A blocked heart chakra leads to being antisocial, withdrawn, shy and

judgmental. This status brings depression and huge grief. People who have a blocked heart chakra lack empathy and are afraid of intimacy and relationships.

You may feel lonely, unloved, afraid of rejection and afraid of being alone if this chakra is closed or blocked.

However, an excessive heart chakra may lead you to be manipulative and act overdramatically. These people are demanding and get jealous easily. They are known to be possessive **Imbalances:** Heart and breathing issues, breast cancer, high blood pressure, muscle tension
Healing and opening: To heal and open the heart chakra, work with reaching out to others and connect with your family and friends. Have sincere and open communications with more hugs.

Going on a nature hike or planning a romantic date will help the energy flow to this chakra.

This chakra is closely related with the color green so wearing green clothes, eating green foods and surrounding yourself with green plants will assist in opening this chakra.

Gemstones associated with the heart chakra are rose quartz, emerald, jade and malachite.

Hand posture/ mudra: Sit cross-legged. Let the tips of your index finger and thumb touch. Put your left hand on your left knee and your right hand in front of the lower part of your breast bone.



Meditating: Get yourself into the meditative state by concentrating on your breath as explained earlier. Once you've gotten into that meditative state, focus on bringing the energy up through your body hitting the root, sacral, and solar plexus along the way.

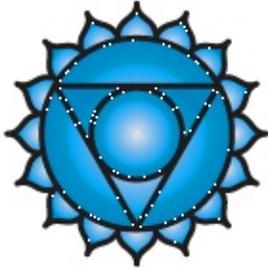
Imagine a ball of green energy forming in your chest area with each time when you inhale. This energy grows larger and courses in through your feet and up through your previous chakras. The ball of energy will get larger and larger, and spin in a clockwise direction with each deep inhale you take.

You can also focus on repeating the mantra of this chakra YAM (pronounced as yang).

Focus on thoughts of love and compassion. Let go of anything troubles your soul and cause it grief and pain. Try to understand that every loss is the start of a new love. Pay attention to people who care about you and grow those feelings for them. Enjoy the light and relief that will fill you after opening this one.

Chapter 6: Chakra Vishuddha (Throat chakra)

The throat chakra is the fifth chakra in the chain.



Location: the place of this it is at the base of the throat. It is right at the V on the collarbone in the lower neck.

Color: Blue **Mantra:** HAM (pronounced hang) **Element:** Sound/Music

Symbol: Throat chakra is symbolized with a silver crescent within a white circle, with 16 light or pale blue, or turquoise petals.

Associated with: The throat chakra is related to communication and growth through expression. This chakra is paralleled to the thyroid, a gland that is also in the throat and which produces thyroid hormone, responsible for growth and maturation.

It is the center of communication, sound and expression of creativity through speech, thoughts and writing. This is the chakra you feel when you are forced to speak in front of a large crowd, and your throat feels tensed up. It also is the feeling when you bottle up rage and anger and would like to say something, but choose not to. Through the throat, we express our opinions, beliefs and truths. This chakra regulates your ability to speak up for yourself and make decisions.

The throat chakra is linked to expressing our truth, taking responsibility for our own needs, surrendering to our will to the Divine, trusting Source, decision making, personal authority, and manifesting creative impulses.

Physically, throat chakra governs communication, *emotionally* it governs independence, *mentally* it governs fluent thought, and *spiritually*, it governs a sense of security.

Blocked by: Lies, self-denial and doubt When the throat chakra is blocked, you will have a fear of speaking and hard time to express yourself to others. Their

voice will sound weak and faint, and you might have difficulty putting feelings into words. The people with a blocked throat chakra are often shy and isolated. What might also block your chakra is not being to accept certain truths about yourself. You have a real problem is admitting certain facts about yourself. *“Throat chakra is blocked by the lies we tell ourselves.”*

Imbalances: Thyroid problems, hormonal issues, fever, menopause, mood swings **Healing and opening:** To heal and open the throat chakra, sing loudly and speak freely without fear. Sing in the shower. Start a discussion on any topic with someone else to get yourself expressive and talking. If you struggle with communication, learn communication skills and practice them. You can also write someone a thank you letter. Don't be afraid to express yourself.

The throat chakra is related to the color blue, so wearing blue or eating blue foods will help in opening and unblocking this chakra. Gemstones that aid in healing the throat chakra are aquamarine, sapphire, blue tourmaline and sodalite.

Hand posture/ mudra: Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up.



Meditating: Get yourself into the relaxed and meditative state by focusing on your deep breathing. Once you're in a relaxed meditative state, concentrate on bringing energy up through your feet with every inhale. Flow the energy through each of your four previous chakras and up to your throat.

With each deep inhale, imagine a blue energy flowing around your throat growing bigger and bigger. Exhale all negativity and blocks from the throat and replace them with vibrant blue energy.

Chant the mantra HAM (pronounced as hang) and make it your concentration tool.

Next, bring your attention to the lies you keep telling yourself or only the truths you keep denying. Release your denial of the lies you tell yourself and feel free and not afraid to express yourself to others.

You may feel your throat muscles loosening up and might even burp. This is perfectly normal. Focus on breathing energy into your throat as long as you feel necessary and until your throat feels open and relaxed. Now you successfully opened the fifth chakra.

Chapter 7: Chakra Ajna (Third-eye chakra)

This chapter is about the sixth chakra in the energy points. Below is all you need to know about it.



Location: Third eye chakra is in the center of the forehead between the eyes
Color: Indigo **Mantra:** KSHAM (pronounced kshang) **Element:** Light **Symbol:** third-eye chakra is symbolized by a lotus with two petals, and corresponds to the colors violet, indigo or deep blue though it is traditionally described as white.

Associated with: the third eye chakra is linked to the pineal gland which may inform a model of its envisioning. The pineal gland is a light sensitive gland that produces the hormone melatonin which regulates sleep and waking up, and is also postulated to be the production site of the psychedelic dimethyltryptamine, the only known hallucinogen endogenous to the human body.

This chakra is the center for psychic ability, intuition, and spirit. Through the power of the third eye, you can receive spiritual guidance and tune into your higher self. People who have a strong third eye are able to sense future events, receive messages, can astral travel, experience telepathy and gain insight from past lives.

Third-eye chakra is linked to inner vision, unity perspective, divine understanding, discernment, wisdom, intuition, and intelligence.

The key issues involved with third-eye chakra are balancing the higher and lower selves and trusting inner guidance. Third eye chakras' spiritual aspect relates to the access of intuition. *Mentally*, third-eye chakra deals with visual consciousness. *Emotionally*, third-eye chakra deals with clarity on an intuitive level.

Blocked by: Since this chakra is associated with insight, it is blocked by illusion.

When the third eye is blocked, you may feel non-assertive and afraid of success and become egotistical. An unbalanced third eye may cause fatigue, problems with sleeping, inability to listen to others and may cause us to feel disoriented. A blocked third eye can also result in poor vision and memory, difficulty visualizing and trouble remembering dreams.

On the other hand, excessive energy flow to the third eye may cause hallucinations, nightmares, obsessions, delusions, difficulty concentrating and can even cause headaches.

Imbalances: Learning disabilities, sleeping disorders, imbalance
Healing and opening: To heal and open the third eye, creating visual art like coloring, painting and drawing can help. Watch the stars and massage using essential oils.

The third eye is related to the color indigo or a dark purple, so wearing deep purple clothing and eating purple foods will help in healing the third eye. Gemstones known to assist with this chakra are amethyst, azurite, and tanzanite.

A strong third eye also helps with reading other people. When you focus on keeping your third eye clear, you can tell people's true intentions and if they are entirely honest with you and others or not. It brings a profound sense of knowing to everyday situations.

Hand posture/mudra: Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and connect at the tops.



Meditating: Get yourself in a calm and relaxed meditative state by focusing on your deep breath. Next, start focusing on energy coming up through your feet with each inhales. Bring this energy up through each of the five previous chakras, before focusing the energy on your third eye chakra in the center of your forehead.

With each inhale, imagine a purple ball of energy growing larger and larger

where the third eye is located. With each exhale, release any negativity or blocks that may be associated with your third eye.

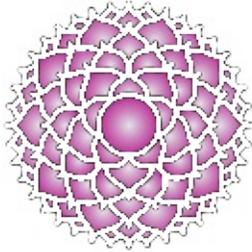
Repeat the mantra KSHAM (pronounced as kshang) and focus on this sound.

Bring your thoughts to any illusions you have about yourself or the world around you. Release yourself from those illusions and get united in a collective consciousness and insightful status.

Continue this pattern until you feel a tingling sensation or warmth on the center of your forehead. Once this occurs, your third eye is now healed and opened, and you may move on to the seventh and final chakra; Crown Chakra.

Chapter 8: Chakra Sahasrara (crown chakra)

This the seventh and last chakra in the chain of energy points. Here is what you need to know to be able to successfully open your seventh chakras.



Location: The crown chakra is at the very top of the head

Color: violet and pure white Light

Mantra: OM (pronounced OM)

Element: Divine Consciousness

Symbol: Crown chakra is symbolized by a lotus with one thousand multi-colored petals.

Associated with: Crown chakra involves issues such as inner wisdom and the death of the body. Its role may be envisioned somewhat similarly to that of the pituitary gland, which secretes hormones to communicate to the rest of the endocrine system and also connects to the central nervous system via the hypothalamus.

According to Gary Osborn, the thalamus is thought to have a fundamental role in the physical basis of consciousness and is the 'Bridal Chamber' mentioned in the Gnostic scriptures.

The crown chakra is very spiritual and allows for the flow of wisdom and enlightenment of spiritual consciousness. This is the chakra that connects you to The Higher Energy and the lord of this world. It allows you to see yourself as your true nature and to accept yourself as a part of the universe.

The crown chakra is the door to universal energy Crown chakra's inner aspect deals with the release of karma, physical action with meditation, mental action with universal consciousness and unity, and emotional action with "being".

It is linked to our awareness of Oneness with Source, integration of the Whole, living in the now, meaning, devotion, inspiration, and conscious alignment with Pure Awareness.

It is said that the soul comes into the body through the crown at birth and exits through the crown at death.

Blocked by: This chakra is blocked by earthly attachment.

Someone who has a closed or blocked crown chakra will be cynical towards spirituality. They will be greedy and apathetic. They may even have difficulty learning.

People who have an excessive energy flow to this chakra, however, seem to be addicted to spirituality, confused and have a dissociation from their physical bodies. An imbalance of this chakra will make your road of life harder and bumpier since you will lack direction and focus. These people feel bored, frustrated and lack joy.

Imbalances: Headaches, mental illness, senility, lack of coordination, rashes

Healing and opening: To open and heal the crown chakra, we must establish a physical, emotional and spiritual connection. The mind, body, and spirit. Go into an area of silence with no distractions and allow yourself to listen to the sound of the universe. Connect with yourself through yoga, meditation and contemplation. Focus on dreams and write down inventions and creations.

The colors associated with the crown chakra are white and violet. Wear clothes of these colors to strengthen this chakra. Gemstones that aid in the opening of the crown are diamonds and clear quartz.

Hand posture or mudra:

Put your hands on your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right.



Mediating:

Start with breath meditation to get yourself in the meditative status. You will need to make sure you open the other 6 chakras so you can open this one too. Now focus on bringing energy up through your feet and through each of the previous six chakras.

Focus placing the energy slightly above the top of your head and imagine a ball of white light forming, getting larger and larger with each deep inhale you take. Give yourself time to focus on this ball of energy until you can start to feel it.

Repeat the sound OM as a mantra to enhance your concentration.

Start detaching yourself from the physical world and anything burdening your soul of the earthly attachments. Let free and connect yourself to your better self and the higher self or the cosmic energy.

At this point, you may forget your sense of physical being and will feel the energy coursing through your being. When the ball of energy is large enough, and you can feel a slight tingle on the top of your head, allow the energy to shower around your entire body.

Surround yourself entirely with the white light. Imagine it flowing out of the top of your head and covering your whole body where it flows back through you from the bottom of your feet. Your chakras are now all open, balanced and aligned. You are pure energy radiating throughout your entire body.

Chapter 9: Energy Channels (Nadis)

Chakras are the seven points of energy in our body from which the energy flows. Nadis are the channels connecting those chakras and through which energy travels within your subtle body.

Within the human body, there is a subtle and perfect network of 72,000 Nādīs that distribute this life force throughout the whole body. On the physical level, the Nādīs correspond to the nervous system, but their influence extends beyond this to the astral and spiritual planes of our existence. If all the Nādīs are functioning correctly, then we are healthy and generally feel happy. But nearly every one of us has some physical or psychic problem, which means that some of the Nādīs are not working properly and need to be balanced.

PRĀNA is the conscious energy, which means that the Nādīs also transmit consciousness. By means of the Nādīs, one can see and hear things at a great distance and move in other levels of consciousness. There are numerous reports from people who were clinically dead and then came back to life again. They nearly all described how they traveled along a tunnel with light radiating at the end. This tunnel is the Nādī through which life escapes from the body.

We can also have such “tunnel experiences” in dreams and on astral journeys. With these, we are not really outside the body but in an altered state of consciousness. The Nādīs make it possible for us to take mental journeys of discovery throughout the entire Universe. With their help, our consciousness is able to go to any place we would like without the body having to move at all.

There are three important Nādīs - IDĀ, PINGALĀ, and SUSHUMNĀ.

IDĀ arises on the left side of the body and represents the moon principle

PINGALĀ begins on the right aspect of the body and symbolizes the sun principle.

SUSHUMNĀ runs through the central channel of the spinal cord and represents the consciousness.

On the physical level, PINGALĀ has its counterpart in the Parasympathetic Nervous System, IDĀ in the Sympathetic Nervous System, and SUSHUMNĀ in the Central Nervous System.

The moon symbolizes the mind with its changeable feelings, whereas the sun represents the intellect. Just as our emotions and thoughts change constantly, the moon is also constantly changing its form. The intellect, however, is a stable and constant principle like the sun. Only when harmony and balance prevail between the moon system and sun system are we healthy and capable of developing further mentally and spiritually.

We are able to activate and harmonize the Nādīs through the breath. When we breathe through the left nostril in Prānāyāma, we activate the Idā Nādī. The Idā Nādī cools, quietens and refreshes body and mind like the silvery light of the moon. Pingalā Nādī, however, which is influenced by breathing through the right nostril has a warming and activating influence, in the same way as the sunshine warms the earth and stimulates the growth of vegetation.

Idā and Pingalā begin in the brain at approximately the level of the Pituitary Gland. Idā has an effect on the right side of the brain whilst Pingalā influences the left hemisphere. To maintain balance both Nādīs run in a snake-like course from one side of the body to the other. At the points where they cross, they also meet with the central Nādī, Sushumnā. At those places where the power and radiance of the sun and moon meet, together with the strengthening effect of the Sushumnā, very powerful energy centres called CHAKRAS form.

The first crossing of the Nādīs at the top of the spinal column forms the Throat Chakra (Vishuddhi Chakra) and the last crossing at the base of the vertebral column forms the Root Centre (Mūlādhāra Chakra). Here the Idā Nādī flows on the left side of the body and the Pingalā Nādī on the right side, and it is precisely here that our dormant consciousness lies hidden.

At several places along the spinal column the Nādīs form a type of knot (GRANTHI), each of which constitutes a critical point in our spiritual development. When these knots are “untied” the energy located within them is activated, and the hidden powers (SIDDHIS) are given to us as healing powers, the seeing of past and future, the seeing of auras, and other supernatural abilities.

Other terms for Idā, Pingalā and Sushumnā, are GANGĀ, YAMUNĀ, and SARASVATĪ. These are the names of the three holiest rivers in India. Gangā and Yamunā flow on the surface, but Sarasvatī flows underground. It rises to the surface only once every twelve years. This event happens in conjunction with a particular planetary constellation and is known as the KUMBHA MELĀ. This great spiritual festival of India held at the confluence of these three rivers

(Sangam) is attended by millions of people who come to attain liberation from their Karmas and the cycle of rebirth by bathing in the sacred waters. But for the Yogi the three main Nādīs are the “divine rivers” and the Āgyā Chakra (the eyebrow center) where this Nādīs meet is the holy place of pilgrimage where the Yogi attains liberation.

Just as the mysterious river, Sarasvatī, only rarely appears, the Sushumnā Nādī is only active for certain short periods of time (for example, at dawn and dusk). When the three most important Nādīs unite only one stream of consciousness flows – the spiritual energy of the Sushumnā Nādī. The energy also flows through this Nādī in deep meditation and in Samādhī. For as long as the Sushumnā is inactive we are plagued by constantly changing CHITTA VRITTIS – thoughts, emotions, worries, *etc.* But once the Sushumnā begins to flow the waves of the mind come to rest and we “bathe” in the bliss of divine consciousness.

Chapter 10: Full chakra meditation cycle

In this chapter, there is no new information. By reaching this point, you already know about the subtle body chakra and the energy channels (nadis). This chapter is a revision of how the whole process should go:

1-Sit with your spine as erect as possible. Stretch your body, feeling as though your head is lifted from an invisible hook at the back of your head, and then allow your chin to settle down, aligning your chakras – your head, neck, and spine. Close your eyes and slow down your breathing. Open your heart and let's start a journey through the cosmic chakric wheels that spin within the physical body.

2-Begin at root chakra at the base of your spine. Draw your awareness into this chakra now – a spinning vortex of vibrant red. Say the mantra out loud – LAM. Let go of fear and have more TRUST. Your consciousness is flooded now with the knowing that all you need is provided at the moment. You let go of anxiety around money, around the future, and at this moment you move into trust that what you need - all food, shelter, clothes is provided by the Earth Mother; that the Universe works in cooperation with you as trust to bring those things into your life that you need to move forward on your path.

Feel how Muladhara roots you into the Earth Mother from the base of your spine. Dark red roots moving from the root chakra through your hips, legs and feet, into the Earth. With your heart open, as you connect in this way with the Earth Mother, she feels your presence - and her nourishment floods into your body, just as it would do with the plant or a tree. Trust – 'I am safe.' Trust – 'My body is well.' Trust – 'My every need is provided for at the moment.'

3-Move upward now as though moving through the central column of energy within your spine - moving up the energy lift into the 2nd chakra in your belly, into sacral chakra - an orange swirling vortex of vibrancy in your stomach. Say the mantra out loud – VAM.

As you tune into sacral chakra, you connect with your femininity or masculinity, and with your sexuality. This connection is joyful, and sensual - accepting your sexuality as part of the Sacred Magic of your physical being. Experience now – 'I am woman' or 'I am man' - and feel that essence within you. Feel this

blossoming within you - your Sacred Sexuality, connection, and acceptance of your physical body, just as it is. And watch as this orange vortex spins above the red vortex of Muladhara, directly aligned above each other. Your connection with the Earth Mother, connection with your physical body, is as ONE.

4-Your move up the central column now – from your belly through the naval and into the spinning vortex of golden yellow sunshine within your solar plexus spins, attracting more sunshine towards it. As you move into this yellow you feel a sense of confidence and strength - letting go of self-doubt, of nervousness, of fear, letting go of self-blame - and as you let go of these a sense of freedom blossoms within the sunshine chakra, and your strength begins to radiate into your aura.

You step into your power as you know yourself and accept yourself just as you are on a personality level - accepting your strengths, your gifts, and your weaknesses just as they are right now.’ I am FREE!’ I am free to do whatever I choose. This knowing of your free will dissolves control issues, power struggles -and you experience yourself as autonomous, free and powerful. See this golden yellow ball of energy at your solar plexus directly aligned above the orange in your belly and the red at your root - building this rainbow within you now – of power, strength, trust, and freedom.

5-Move through the veil now at your diaphragm up the central column and into the heart chakra. Repeat the mantra out loud – YAM – and feel yourself melting into the emerald green vibration of the Heart. The open, balancing, the blissful energy of unconditional LOVE.

Your personal Heart center Anahata is the place from which you give and receive love in your close personal relationships. As you melt into Anahata, feel any hurts from past relationships dissolving, so that your heart center is open and receptive. Anahata is your own balance point, dear ones = balancing the physical aspects of yourself below and the spiritual above. Melt into this emerald green energy now, so that you know once for all – ‘There is nothing that I need to do, nothing that I need to have, and nothing that I need to be, other than exactly who I am right now.’ Love and acceptance for yourself at this moment blossoming in your heart.

6-Move upward now into the throat - into the sky blue swirling vortex of throat chakra. As the bright sky blue of the Throat chakra opens now, feel all blocks to speaking your truth dissolving. As it opens you are able to talk about your needs,

your desires, and your dreams openly without hesitation. You speak words of integrity only, allowing this to be the place from which truth arises within you and is expressed through your words, written and spoken. 'I represent TRUTH!' 'My words hold light.' 'My words seed the Age of Light in humans.' 'I am integrity personified.'

7-Move upward through the gateway chakra of the throat and into your third-eye chakra. Third-eye chakra is the seat of your Spirit; the place from which you know 'I am that I am.' Opening your psychic abilities so that you may see through the veils - so that you may feel the energy - so that u may know the deepest truths that are seeded within you - so that your intuition may guide u forward.

8-Move upward now, to the crowning Jewel of Sahasrara at the crown. Violet, amethyst crowning jewel, tipped with white light. Say out loud – OM – the mantra of the crown chakra while opening your awareness of this portal between your physicality and spirit. As the thousand-petalled Sahasrara open to the Universe, you feel how energy is able to enter your physical body from the Higher Realms here - so that you may experience 'WE ARE ALL ONE.' The portal of crown chakra connects you with all that is above – so that you may hear messages of wisdom from your Guides and Angels; so that you may feel and experience Source Energy, which you are a part of.

The rainbow within you is ignited now - red, orange, yellow, green, blue, indigo and violet igniting into WHITE LIGHT now. Feel the White Light of Creator pouring in through your body and soul, cleaning all chakras within your body and filling you with light, so that your feet, legs, torso, arms, neck and head are now filled with White Light. And you are in the place of peace, and balance. And so it is.

Now you are successfully a new person connected with your higher self and the world. Make sure to practice daily and be patient to reach the exceptional status of being united with yourself and the world.

History

Chakras are introduced in the eighth-century Buddhist Hevajra Tantra and Caryāgiti. The modern popularity, however, is traced by David Gordon traces to Arthur Avalon's *The Serpent Power*, which was Avalon's translation of late work, the *Satcakranirupana*. Moreover, there are several models and systems present in Hindu tantric literature, as White documents that mentioned chakras.

In the East Chakras are part of many religious and philosophical disciplines; chakras are essential in completing the practices of Indian Vajrayana, Tibetan Buddhism, and it influences the quality of Bon tradition. Furthermore, the Chinese Qigong has the same concept of energy flow through channels. In Malay and Indonesian metaphysical theory, the chakras' energy rotates outwards along diagonal lines. Defensive power emits outwards from the centerline while offensive energy moves inwards from the sides of the body.

In 1918, the shakta theory of seven main chakras had become most popular in the West as it was introduced in a book titled *The Serpent Power* through the translation of two Indian texts: the *Sat-Cakra-Nirupana* and the *Padaka-Pancaka*, by Sir John Woodroffe, alias Arthur Avalon.

During the 1970s, many books mentioned chakras and the energy channels. The chakras have been described as being aligned in an ascending column from the base of the spine to the top of the head. New Age practices often associate each chakra with a certain color. In various traditions, chakras are also associated with multiple physiological functions, an aspect of consciousness, a classical element, and other distinguishing characteristics.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to learn about 7 chakras and how to meditate.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!