

## Chakra Balancing Meditation

*Accompanied by chakra beads*

*Use the bead representing each of the Chakras and progress to the next bead as you progress to the next chakra.*

Sit up straight but comfortably and relaxed. Take a deep cleansing breath, and then another and another. Feel your body relaxing deeper and letting go of all stress and worries with each breath. Feel the earth, your chair or sofa under you. Feel your arms relaxing in your lap or along your sides. Feel completely present with yourself, enjoying your aliveness and relaxed state of being.

Put your attention on the Root Chakra at the base of your spine. Its energies are most associated with your core identity, who you are and how you survive. It has a lot to do with your tribal roots, thoughts and your ability to take action. It rules the nervous systems, spinal column, urinary systems and adrenal glands. Visualize the root chakra as a bright **RED** ball spinning clockwise - as you focus on the base chakra - breathe in red - breathe out red. Breathe red in and out as many times as you feel necessary. See the red ball's energy spinning at the Root chakra and also flowing down through your legs into Mother Earth like a tree spouting its roots and connecting with the center of the earth and grounding you. Know you are strengthening your own identity and trust in yourself. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to a normal spin. Trust your feelings or visualization here. Each person is different and sometimes chakras spin clockwise, or counterclockwise. They might have a different feel, size, shape, color. Feel what is right for you.

Now, to the second chakra located in the pelvic area. Its energies are most associated with primal elements, fear, aggressiveness, anger, lack of trust. It rules emotions and sensuality, sexual organs. This is your area of creativity and sexuality. Visualize the sacral chakra as a bright **ORANGE** ball spinning clockwise - as you focus on the sacral chakra - breathe in orange - breathe out orange. Breathe orange in and out as many times as you feel necessary. See the orange ball's energy spinning at the sacral chakra. Allow yourself to receive more creative energy, trust in them and in your sexuality. Feel trust in yourself, let go of any fear that stands in your way. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

The third chakra is located just above the navel, in the solar plexus region. This chakra helps you **FEEL** your way through life with your will, power and feelings. This chakra gives you your perception of others' energies. It also acts as a filter to defend against energies, helps one adjust to places, people, situations. This chakra can adjust to suit whatever environment it is in; it regulates energy. The essence of your spirituality begins with this positive energy source. This is the center chakra so it receives energy and filters it through to the other chakras. This chakra also works with the digestive system, pancreas, solar plexus, circulation, autonomic nervous system. Visualize the solar plexus chakra as a bright **YELLOW** ball spinning clockwise - as you focus on the sacral chakra - breathe in yellow- breathe out yellow. Breathe yellow in and out as many times as you feel necessary. See the yellow ball's energy spinning at the solar plexus chakra. Feeling more self-empowered, truly knowing and trusting in yourself and your divine connection which never leaves you. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

The fourth chakra is located at the heart. This area is your connection with compassion and all of life. It is the source of active love that is in everything you do. Your ability to love comes from here and includes your capacity for empathy, sympathy, forgiveness and allows the abundance

of all life to be available to you. It works with blood circulation and the heart and thymus gland. Visualize the heart chakra as a bright **GREEN** ball spinning clockwise - as you focus on the heart chakra - breathe in green - breathe out green. Breathe green in and out as many times as you feel necessary. See the green ball's energy spinning at the heart chakra. Open up so you can receive and transmit more love and compassion. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

The fifth chakra is located in the throat area. This chakra is responsible for your ability to express yourself spontaneously, your creativity, your voice, feelings. It is the vocal chords, thyroid gland, throat, breathing passage ways. Visualize the throat chakra as a bright **BLUE** ball spinning clockwise - as you focus on the throat chakra - breathe in blue - breathe out blue. Breathe blue in and out as many times as you feel necessary. See the blue ball's energy spinning at the throat chakra filling with more energy that enables you to speak your truth and express yourself. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

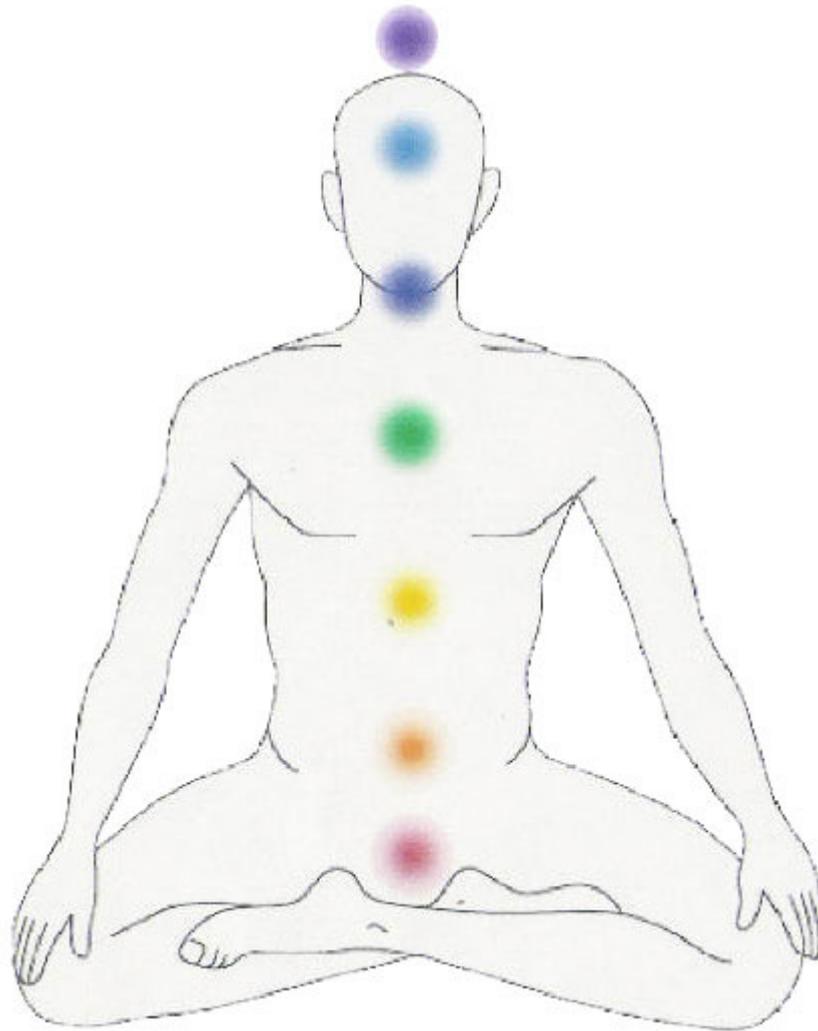
The sixth chakra is located at the centre of the forehead. This chakra has to do with your thinking processes, intuition and inner vision. It works with the pituitary gland, left eye, ears, nose and motor abilities. Visualize the third eye chakra as an **INDIGO** ball spinning clockwise - as you focus on the third eye chakra - breathe in indigo - breathe out indigo. Breathe indigo in and out as many times as you feel necessary. See the indigo ball's energy spinning at the third eye chakra giving you sharper thinking skills, more intuitive abilities. Enabling you to focus on the future you wish to create for yourself. See it unfolding for you. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

The seventh chakra is located at the top and centre of your head. This chakra is your spirituality center, universal energies, spiritual mind and body. It works with the right eye, pineal gland and higher mental activity. Visualize the crown chakra as a **VIOLET** ball spinning clockwise - as you focus on the crown chakra - breathe in violet - breathe out violet. Breathe violet in and out as many times as you feel necessary. See the purple ball's energy spinning at the crown chakra. Feel more and more a connected with higher spiritual energies filling you with love and wisdom. Visualize this as your chakra spins faster with this new energy. (At least 1 min) Then, gradually slow it down to normal spin. Trust your feelings and breathe.

Now, beginning with your base chakra, move up your chakras one by one and connect all of them together, as they ALL expand and spin faster and faster in their respective colors becoming a rainbow of color and energy. Remember to breathe. Go with your feelings during this time. Feel this focus for at least a minute, then slow them down and let the chakras get back to normal spin. Feel all your chakras in balance, operating to their maximum abilities, healthy and harmonious.

You may take however long you like, at this time, to remain in this relaxed state and just receive, connect with whatever you wish to connect with. You may do this by allowing energies to blend with yours, or to receive telepathic messages knowing you are in a place of safety and love. Allow yourself to be a clear channel for the source to come through you. You may ask questions or merely bask in this wonderful feeling. Breathe. Or, you may decide to gradually shift your focus back to your body, mind, and place where you sit.

When you feel ready to come out of your meditative state, begin to feel your feet on the ground. Feel your body and what you are seated on. As you count yourself back from five to one, with each decreasing number you are back more fully aware of yourself, your surroundings and begin to move your hands, arms, legs, feet, head.



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