



## Self-Guided Chakra Meditation

The chakra meditation is a great way to reconnect with your chakras and clear them out. This helps you get and stay centered, while opening the chakras so energy flows through you easily and effortlessly.

### **Chakra Meditation:**

*Follow the breath. Focus on counting breaths and focus your awareness on the full experience of breathing. Thoughts, images, sensations and feelings may come up, and that's ok. Every time you notice your awareness on something other than your breath, bring your attention gently back to the full experience of breathing. Make sure to take deep, slow breaths. Once your breathing is slow and calm, go through all your chakras, starting with your root chakra, and spin them out and clear them until you feel them spinning clear and free. If a chakra feels blocked, send love and white light to the chakra until it feels unblocked and clear. Once all your chakras feel clear, bring each of them into your body to about the size of softballs. You want them all to be inside your body, so that you aren't accidentally picking up the energy of other people in your day to day life. If you'd like to take this a step further, you can then construct your mirror or bubble. This is a protective energy field around you that deflects any energy you do not want in your experience and allows the type of energy you do want in your experience. To set this up, simply focus on the feelings and vibrations you would like in your experience and imagine those coming into the bubble or going through the mirror easily. Also focus on the feelings and vibrations you would like deflected, and imagine those bouncing right off your shield.*