

# Introduction to the 7 Chakras



This guide introduces the seven chakras and meditation techniques to balance your body's energy centers. It is designed for beginners and anyone exploring spiritual wellness.

# Crown Chakra Yoga and Meditation Guide

Sit comfortably in your normal meditation posture

Visualize a bright yellow chakra spinning between the navel and the base of the sternum, like a radiant internal sun

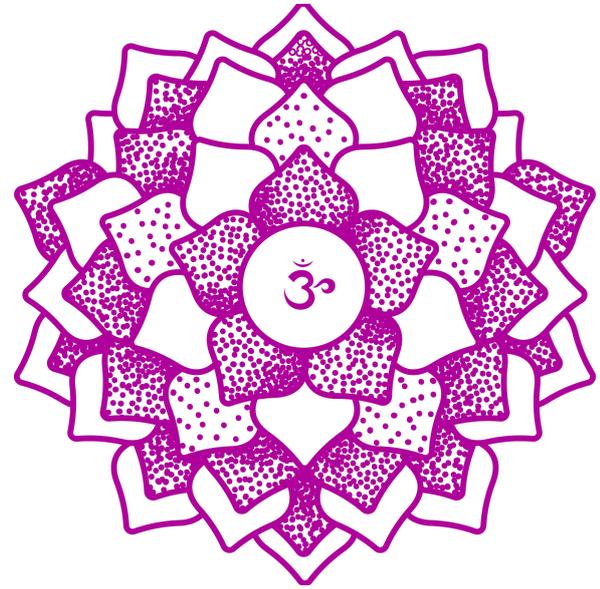
Imagine this internal sun nourishing your digestive organs by soaking them with yellow, energizing light just like the external sun nourishes all life on earth

Connect the two suns through the crown of your head

Visualize the energy transfer between the two making your chakra spin faster

Meditate on this 'exchange of fire' and feel a sense of benevolent power and confidence

Gently open your eyes after 30 minutes



## About the Crown Chakra

The crown chakra is the seventh chakra. Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations and visions. The function of the Crown chakra is driven by consciousness and gets us in touch with the universal.

*The seventh chakra is referred to as:*

Crown chakra | Sahasrara | Shunnya | Niralambapuri

The Sanskrit name "Sahasrara" is sometimes used to designate the seventh chakra. It can be translated as "Thousand petals".

## Step by Step Guide

Take a long and deep breath. As you exhale, move attention to the top of your head, and imagine a violet chakra. The dark violet glow of the chakra illuminates your mind and the rest of your body.

Imagine a big, white lotus with its petals closed in the same place as your crown chakra. Look at the lotus and contemplate upon its shape, color and texture.

As you pay attention, the lotus slowly starts to swirl along with the chakra.

One by one the petals of the lotus start to open. As the first layer flowers, you see uncountable rows of more petals still to open.

With every new petal opening the lotus starts spinning faster. You realize that every such opening leads to yet another layer of closed petals. The blooming of the lotus is an on-going process of infinite stages.

Now see your seventh chakra spinning with equal strength. The chakra's violet light washes over you and pervades every cell, every pore in your body.

Breathe deeply and feel the energy from your crown chakra connecting you to the sky above and to the earth below, and to everything in between, so you become one with existence.

Rest in this awareness.

When you are ready, open your eyes and arise.

## OM or AH - Crown Chakra

The mantras for your Crown Chakra, the connection to the divine.

A closed crown chakra brings about feelings of insignificance and pointlessness, leading to a disconnect from spirit (Universe/Source/God) and an overly strong attachment to possessions, relationships, and the physical world. Some find that silence is a more effective practice for opening the crown chakra but OM may be used to open it as well.

Chanting AH represents a release. Think about taking a deep breath, then letting it go. AH is the sound of releasing and letting go.





# What's revealed in my CROWN CHAKRA?

1 **ONENESS**  
Do I connect to my Highest Self, the Universe or Source?



2 **FAITH**  
Do I have faith and belief my Highest Self, the Universe, or Source?



3 **AWARENESS**  
Do I take some time to be aware of myself in the present moment? Do I pay attention to my mind, body, energy, and environment?



4 **ENLIGHTENMENT**  
Am I transcending my perceived limitations? Do I know my True Nature?



5 **VISION**  
Am I able to see the big picture?



6 **OPENNESS**  
Do I allow myself to learn, explore and grow? Can I let go of old ideas and perceptions?



7 **WISDOM**  
Can I learn through my experiences? Do I raise questions in order to learn?



8 **SURRENDER**  
Am I able to surrender to something larger than myself? Can I allow divinity to express itself through me?



# CROWN CHAKRA AFFIRMATIONS



- I am part of the Divine.
- I honor the Divine within me.
- I seek to understand and to learn from my life experiences.
- I cherish my spirit.
- I seek experiences that nourish my spirit.
- I listen to the wisdom of universe.
- I trust my intuition.
- I am open to letting go of my attachments.
- I live in the present moment.
- I am grateful for all the goodness in my life.
- I love and accept myself.
- I know that all is well in my world.
- I am connected with the wisdom of the universe.
- I am open to divine wisdom.
- My life moves with grace.
- I am at peace

# Third Eye Chakra Yoga and Meditation Guide

Sit comfortably in your normal meditation posture

Visualize a bright yellow chakra spinning between the navel and the base of the sternum, like a radiant internal sun

Imagine this internal sun nourishing your digestive organs by soaking them with yellow, energizing light just like the external sun nourishes all life on earth

Connect the two suns through the crown of your head

Visualize the energy transfer between the two making your chakra spin faster

Meditate on this 'exchange of fire' and feel a sense of benevolent power and confidence

Gently open your eyes after 30 minutes

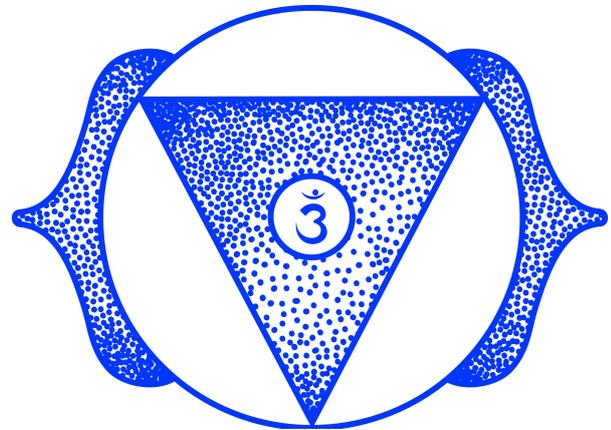
## About the 3rd Chakra

"Manipura chakra is as radiant and bright as the sun dominating the dawn.

Draw in the prana and hold it here while meditating on the fire element for two hours. The meditation dispels the deeply ingrained fear of death" -

*Gheranda Samhita*

Third chakra meditation on the manipura chakra endows you with the power to lead with authority and to command, organize and manage successfully. It is essential to leading a healthy, long and productive life.



## Step by Step Guide

- Sit comfortably in your normal meditation posture
- Make Agni (Fire) Mudra by closing your fists (release the thumbs) and resting them on your knees or thighs with thumbs pointing straight up (similar to the thumbs-up sign)
- Straighten the back and relax your shoulders
- Keep the head evenly balanced and tuck your chin slightly inwards
- Close your eyes
- Visualize a fire - if you need an aid, light a candle in front of you and gaze at it with half-closed eyes
- Meditate upon the purifying and transforming qualities of fire
- Make an offering of your past memories, present realities and future dreams to the fire
- Feel unburdened of the past baggage and current and future anxieties
- Allow the energy and ideas that will help you take action and manifest your desired reality to come to you
- End the meditation after 30 minutes

## RAM Meditation 3rd Chakra

- The seed sound or mantra of the Fire element is RAM (pronounced as rum). Chanting this mantra helps activate the chakra.
- Sit comfortably in your normal meditation posture
- Prop the image at the top of this page in front of you, slightly below eye level
- With half-closed eyes gaze at the ten petalled, blue lotus at the outer edge of the picture in a clockwise fashion
- After a few rotations, move attention to the downward pointing triangle that symbolizes fire
- Now focus on the ram below the triangle denoting head-butting strength and stamina
- Silently chant the beej mantra, RAM
- Meditate for 20 to 30 minutes
- Agni or Fire Meditation



# What's revealed in my THIRD EYE CHAKRA?

## 1 INTUITION

Am I in touch with my intuition? Do I trust and act on my inner knowing?



## 2 SELF-REALIZATION

Do I have faith and belief in my Highest Self? Do I know my True Nature?



## 3 AWARENESS

Can I recognize patterns in myself, in others and in my environment? Do I take time to reflect?



## 4 TRANSCENDENCE

Am I transcending my limitations? Do I know my True Nature?



## 5 IMAGINATION

Do I allow myself to visualize and create through imagination?



## 6 DREAMS

Can I recall my dreams? Can I interpret messages from my dreams? Can I see into the future?



## 7 CLARITY

Can I see my life's experiences with an inner knowing? Am I decisive?



## 8 CONNECTION

Can I receive guidance from higher beings or realms?





My spiritual vision is clear.  
I always follow and honour my intuition.  
I see divine light in everybody.  
I look at low energy situations from my higher  
self before I choose how I react.

I AM  
*spiritually awake.*

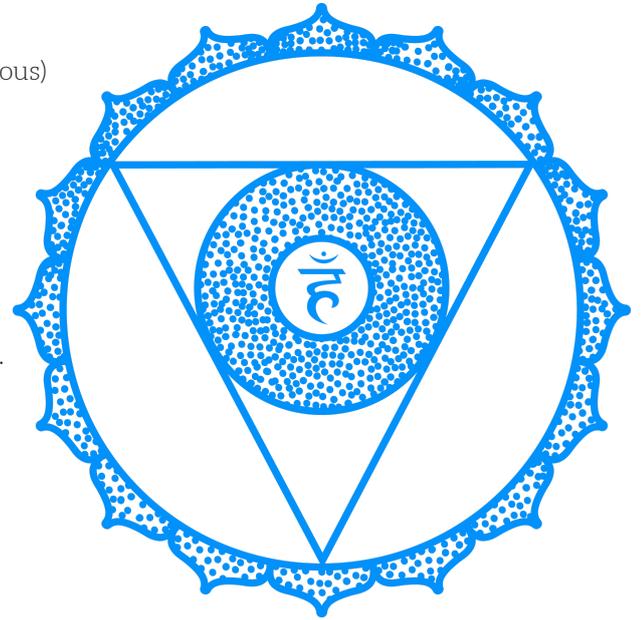
# Throat Chakra Yoga and Meditation Guide

- Record these instructions in your own voice or ask someone you trust to read them to you while you meditate. Do it at a slow pace
- Take a long pause (5-10 seconds) between two paragraphs
- Begin by sitting in your normal meditation posture - preferably cross legged on the floor, and if that's difficult, sit on a chair with your back and your shoulders straight
- Alternatively, you could lie down on the floor (as is done in yoga nidra meditation), but you run the risk of dozing off
- Take a few deep breaths and calm your body and mind
- Close your eyes
- Listen to the directions and follow them (pardon me for stating the obvious)

## About the Throat Chakra

"Know all things to be like this, a mirage, a cloud castle, a dream, an apparition, without essence, but with qualities that can be seen" - Buddha  
Use this throat chakra guided meditation for activating your fifth chakra, which governs your ability to express and to communicate with the world.

With its element as Ether or Space, it signifies your 'purity' or vishuddha (Sanskrit name for the chakra).



## Step by Step Guide

- Take a long and deep breath. As you exhale, move attention to your throat, and imagine a sapphire-blue chakra. The blue glow of the chakra spreads like a vibration or a pulse from your throat to fill your neck and head first and then the rest of your body.
- Imagine walking through a forest on a narrow path that is lined on both sides by huge shade-giving trees. You hear the sounds of insects, of small animals scurrying around and of happily chirping birds. In the distance, a stream flowing over its rocky bed makes a pleasant gurgling sound.
- You find a small clearing against a giant log that has fallen on the forest floor. You walk up to it and sit with your back resting against the log.
- The sounds of the forest become even more evident to you. There is a magical quality to them and you can now hear the faintest of sounds. The whole forest is playing a symphony, especially for you.
- Now see your fifth chakra spinning and gaining strength. As it spins faster, a blue light washes over you and pervades every cell, every pore in your body.
- Breathe deeply and feel the energy funneling into your throat, which is bursting with dazzling blue light.
- Rest in this awareness.
- Gently stand up and start walking back from the fallen log to the edge of the forest, where you first started. Look back at the singing forest and feel one with it.
- When you are ready, open your eyes and arise.

## HAM Throat Chakra

HAM – Throat Chakra

The mantra to unblock your Throat Chakra. This is your physical and spiritual voice, your means of

- communicating who you are and what you need and want from yourself and the universe.

The throat chakra governs your ability to express yourself. If it's closed, you will find yourself frequently

- frustrated as you cannot voice your needs and desires (closing yourself off to opportunities and having your needs met). A closed throat chakra makes honesty and integrity difficult traits to embody.

The vibrations from "RAM" will open your throat chakra so that your communication energy can flow

- strongly.



# What's revealed in my THROAT CHAKRA?

## 1 **EXPRESSION**

Do I express myself clearly and honestly? Is it safe for me to express myself?



## 2 **COMMUNICATION**

Do I speak honestly? Do I hear others out?



## 3 **PURPOSE**

Am I sharing my messages, skills and talents?



## 4 **INTEGRITY**

Do I act and speak with sincere morality?



## 5 **CREATIVITY**

Do I have an outlet to express myself? Am I inspired and do I act on my inspiration?



## 6 **ACCEPTANCE**

Do I allow myself to feel my feelings? Am I open to differing points of view?



## 7 **HONESTY**

Am I honest with myself? Can I be more truthful with others? Do I express my needs and desire?



## 8 **AUTHENTICITY**

Am I genuine? Do I respect others when they are authentically expressing themselves?



# Throat Chakra Affirmation



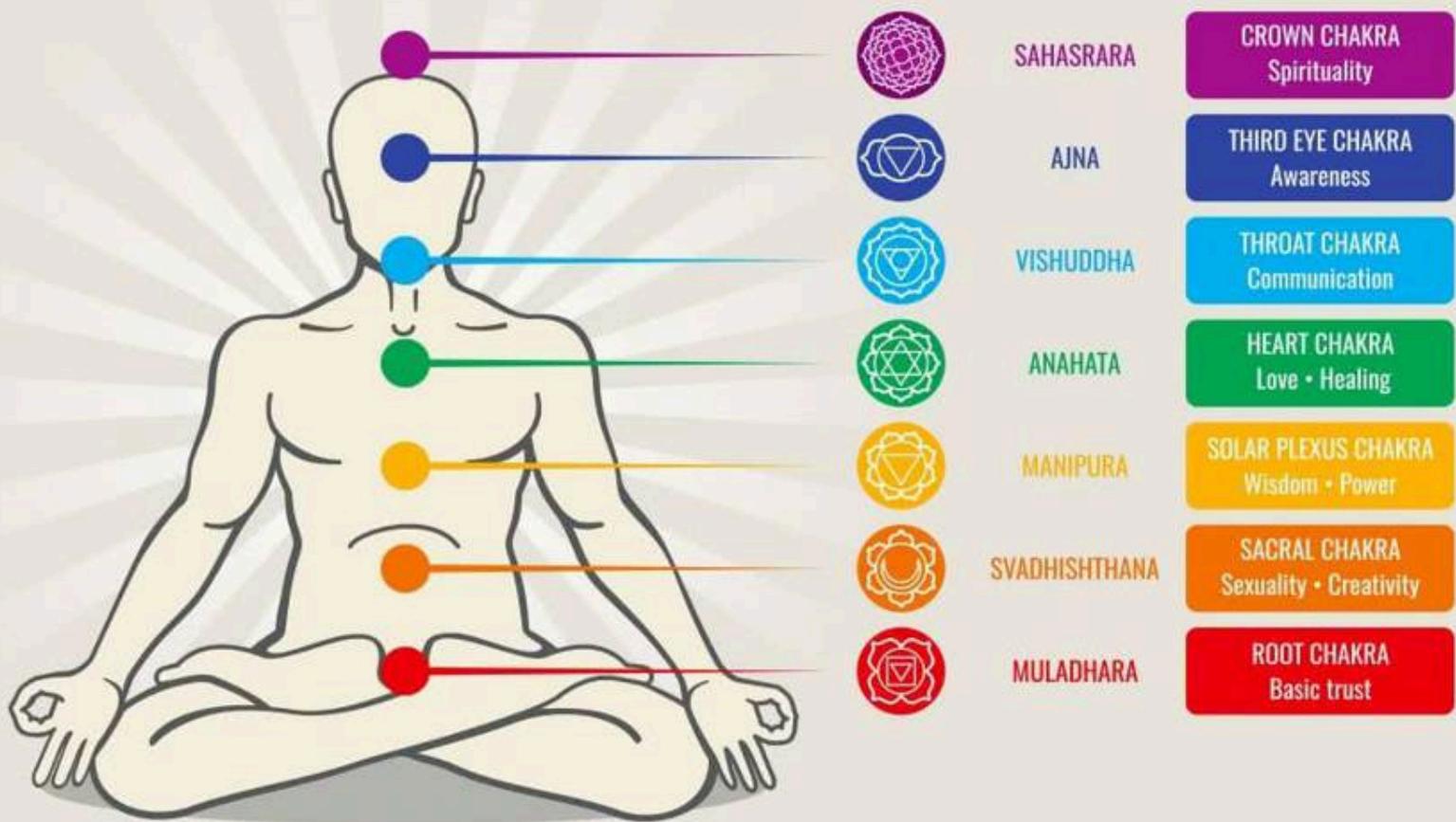
As I strengthen my bond with  
God's Divine Energy:

I have mastered creative expression through  
speaking, writing, artistry or thought.

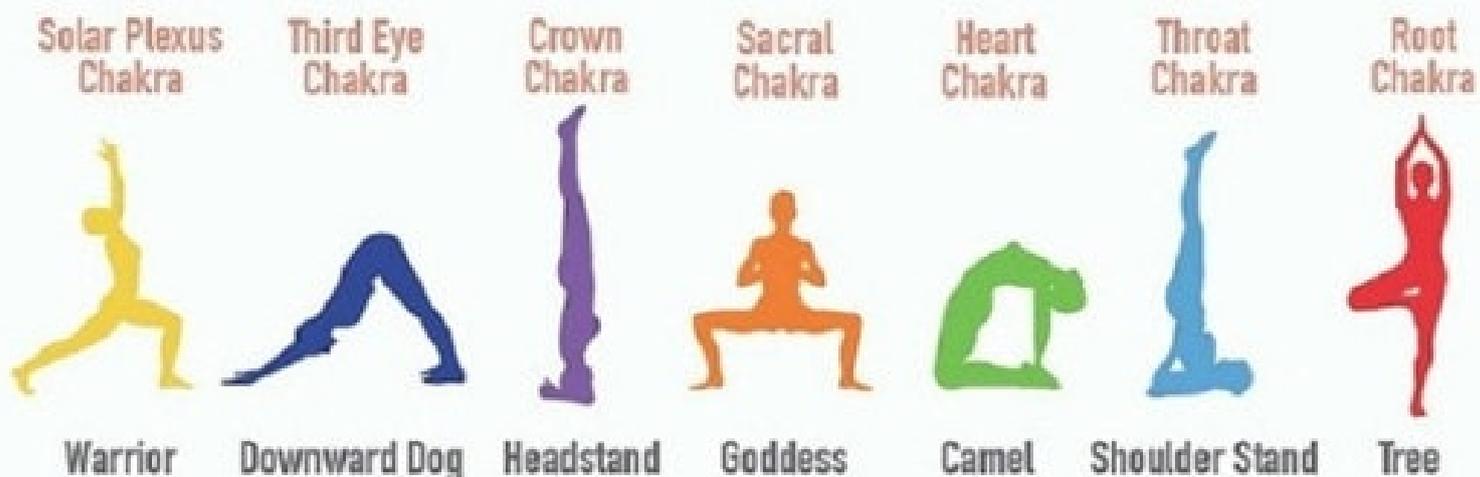
I listen to hear.

I take responsibility for my own needs  
and with positive thought I express myself  
effectively and honestly.

I express my gratitude towards life.



## A GUIDE TO YOUR CHAKRAS



# Chakra Affirmations

\*\* I have everything that I need.  
\*\* I love and trust myself.  
\*\* I forgive myself and others.  
\*\* I am peaceful, tranquil, and serene.  
\*\* I am not fearful of those around me.

Crown Chakra  
\*\* I experience everything as grace.  
\*\* I am grounded to the earth and connected to the heavens.  
\*\* I understand deeper truth and connection.

## Third Eye Chakra

\*\* I dwell in the present time.  
\*\* I clearly see the challenges set before me.  
\*\* I am open to the wisdom of elders.

## Throat Chakra

\*\* I can say 'no' when it is necessary.  
\*\* I will think before I speak.  
\*\* I listen to my intuition.

## Heart Chakra

\*\* I sense that everything is interconnected.  
\*\* I accept myself and others as we are.  
\* I am open to healthy and nurturing relationships.

## Solar Plexus Chakra

\*\* I am connected to a greater life.  
\*\* I feel valuable, just being me.  
\*\* I am powerful because I am gentle.

## Sacral Chakra

\*\* I am kind and compassionate.  
\*\* I feel good about my body.  
\*\* I express my feelings in a positive way.

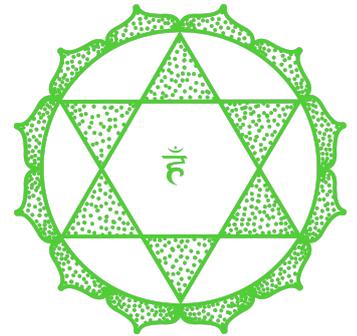
## Root Chakra

\*\* I am grounded and connected to the earth.  
\*\* I am open to new ideas.  
\*\* I let go of my past.



# Heart Chakra Yoga and Meditation Guide

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- Begin by sitting in your normal meditation posture - preferably cross legged on the floor, and if that's difficult, sit on a chair with your back and your shoulders straight
- Alternatively, you could lie down on the floor (as is done in yoga nidra meditation), but you run the risk of dozing off
- Take a few deep breaths and calm your body and mind
- Close your eyes
- Listen to the directions and follow them (pardon me for stating the obvious)



## About the Heart Chakra

"The quintessence of air is to be visualized as a glowing speck of smoky grey, symbolized by the mantra Yam. Deep meditation here gives one control over the Air element" - Gheranda Samhita. Fourth chakra meditation builds a bridge between your physical and spiritual dimensions by activating and opening your heart or love chakra. The Sanskrit name for the chakra is Anahata or 'un-struck' - some scholars call it the place of the unstruck sound because 'the heart sings without having to be played.' Located in the middle of the chakra system, it leads to a step-change from the 'grounded,' three lower chakras to the 'lofty,' three higher chakras. Even the element of the Fourth chakra, Air, is 'subtle' and invisible compared to its 'grosser' companions Earth, Water and Fire from the lower chakras. Prana or the vital life-force resides in the heart chakra. The color of nature, Green, is the color of the chakra, and a twelve petalled lotus in the centre of the chest guards the chakra's beej mantra, Yam. Anahata chakra controls heart and lungs as well as shoulders, arms and chest. An unbalanced chakra could lead to coronary conditions, bronchitis, asthma, shoulder and upper back pain and even lung and breast cancer.

All love and compassion is experienced from your anahata or heart chakra. A blockage here could result in withdrawal from people and from real connection. It makes you judgmental and shy away from intimacy. It bars the connection between your body and your mind and may even arrest your spiritual connection with God or the higher power. On the other hand, an overactive heart chakra may find you stuck in a one-sided, dysfunctional relationship where you have lost all your sense of individuality and independence. The following fourth chakra meditations will help you unplug your heart chakra and get a 'change of air' to bring your life back into balance.

## Step by Step Guide

- Sit comfortably in your normal meditation posture
- Visualize an emerald-green chakra spinning slowly in the centre of your chest
- Imagine the chakra radiating a circle of green light that fills your chest and melts away all the hardness
- Feel warm waves of love and compassion emanating from the chakra filling up your whole body
- Meditate like this for 20-30 minutes

## YAM Heart Mantra

The cleansing mantra for your Heart Chakra. You give and receive love through the energy center that is your heart chakra.

If you're not feeling loving, lovable, compassionate or experience relationships difficulties, you could use some YAM!

Chant "YAM" to heal both the physical heart and the spiritual (emotional) heart center and open yourself up to unconditional love and compassion.



# What's revealed in my HEART CHAKRA?

1 **COMPASSION**  
Can I be compassionate to myself and others?



2 **LOVE**  
Do I allow myself to give and receive love? Can I love without expectations?



3 **FORGIVENESS**  
Is there someone or something that I need to release? Can I release previous hurts?



4 **JOY**  
Is my heart filled with happiness and content?



5 **ACCEPTANCE**  
Can I love myself as I am and others as they are? Am I worthy of my own love?



6 **GRATITUDE**  
Do I have gratitude for my many blessings?



7 **EMPATHY**  
Is it safe for me to feel for others? Do I feel connected to others?



8 **GENEROSITY**  
Am I comfortable with giving?



# HEART CHAKRA

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*Healing affirmations*

I AM KIND TO MYSELF.

I ALLOW LOVE TO FILL ME UP AND  
GUIDE ME IN ALL MY ACTIONS.

I AM ABLE TO LET GO OF THE PAST,  
TO FORGIVE MYSELF AND OTHERS.

I LOVE MYSELF & OTHERS FEARLESSLY.



# Solar Plexus Chakra Yoga and Meditation Guide

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- Begin by sitting in your normal meditation posture - preferably cross legged on the floor, and if that's difficult, sit on a chair with your back and your shoulders straight
- Alternatively, you could lie down on the floor (as is done in yoga nidra meditation), but you run the risk of dozing off
- Take a few deep breaths and calm your body and mind
- Close your eyes
- Listen to the directions and follow them (pardon me for stating the obvious)



## About the Solar Plexus Chakra

"One should speak the truth and speak it pleasantly; one should not speak the truth in an unpleasant manner nor should speak untruth because it is pleasing; this is the eternal law" - Manu

Fifth chakra meditation focuses on the Vishuddha or throat chakra - first of the three spiritual chakras in our body.

Vishuddha in Sanskrit means "pure." It is the seat of our truth. Of who we are and what we say.

Ether or space is the element associated with the fifth chakra. The pure medium through which sound travels. For Hindus, space contains the entire universe in its womb. And the primordial sound, OM, is what brought the whole existence into being (think Big Bang). The color of the chakra is Blue and a sixteen petalled lotus signifying Vani, goddess of speech, symbolizes the chakra. Vishuddha chakra controls mouth, tongue, throat, ears and neck. An unbalanced chakra could lead to laryngitis, throat problems, eating disorders, tinnitus and hearing loss. Negative habits like gossiping, substance abuse, over-eating and obsessive behavior are usually a result of an imbalance in the throat chakra. It could also stymie your ability to communicate, thus frustrating your ability to take a stand and realize your dreams. An overactive chakra will make you a loquacious, poor listener who ends up alienating people due to his or her incessant chatter. The following fifth chakra meditations will help you activate and balance your throat chakra while working with 'ether' in bringing an optimal balance between speech and silence into your life.

## Step by Step Guide

Sit comfortably in your normal meditation posture

Prop the image at the top of this page in front of you, slightly below eye level

With half-closed eyes, gaze at the sixteen blue petals at the outer edge of the picture in a clockwise fashion

After a few rotations, move to the downward pointing triangle that symbolizes lower chakra energies moving up to the higher chakras

Next, look at the circle inside the triangle representing a sacred void beyond the elements - this void is pregnant with infinite possibilities for creation

The seven-trunk elephant connects the earth to the heaven

Look up to the seed mantra, HAM, and start chanting it silently

Meditate for 20 to 30 minutes

## HAM Solar Plexus Mantra

HAM – Throat/Solar Plexus Chakra

The mantra to unblock your Throat/Solar Plexus Chakra. This is your physical and spiritual voice, your means of communicating who you are and what you need and want from yourself and the universe.

The Throat/Solar Plexus Chakra governs your ability to express yourself. If it's closed, you will find yourself frequently frustrated as you cannot voice your needs and desires (closing yourself off to opportunities and having your needs met). A closed Throat/Solar Plexus Chakra makes honesty and integrity difficult traits to embody.

The vibrations from "HAM" will open your throat chakra so that your communication energy can flow strongly.



# What's revealed in my SOLAR PLEXUS CHAKRA?

## 1 DETERMINATION

Do I have will power?



## 2 SELF-DISCIPLINE

Do I take responsibility for my actions?  
Am I reliable? Do I have morals that I  
stand by?



## 3 MOTIVATION

Am I proactive? Am I consistently  
motivated? Do I empower myself?



## 4 TRANSFORMATION

Do I allow for change? Am I evolving for  
the better?



## 5 BOUNDARIES

Am I able to set healthy boundaries?  
Can I stand up for what I believe in?



## 6 AUTONOMY

Do I recognize my independence,  
freedom and ability to choose?



## 7 CONFIDENCE

Do I have a healthy self-esteem? Can I  
recognize and release shame and  
pity?

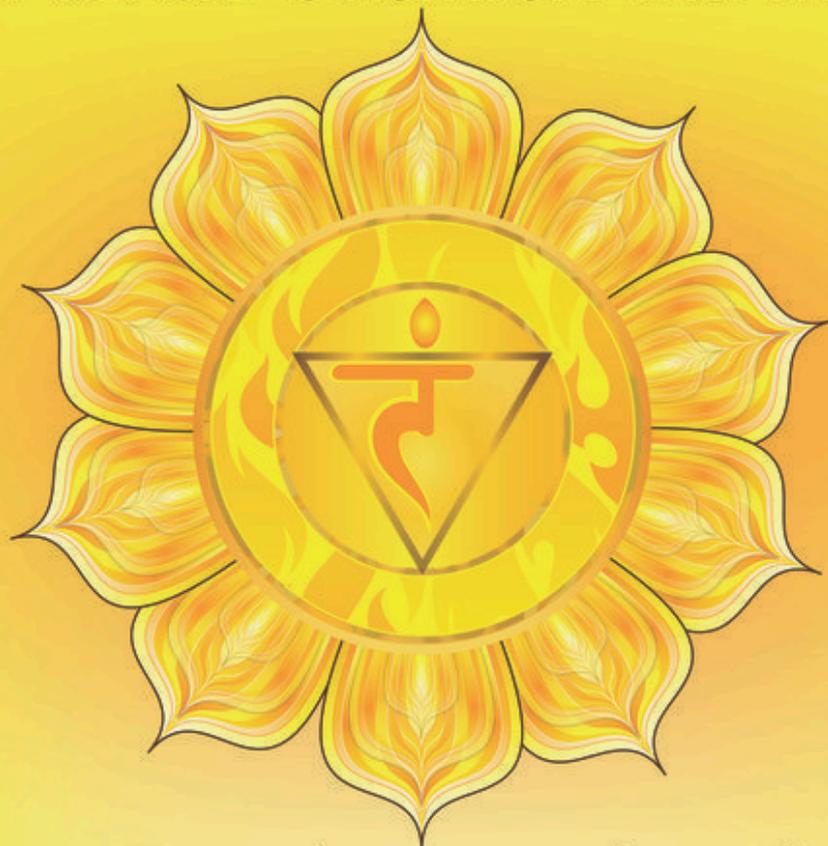


## 8 EGO

Am I conscious of my ego? Am I able to  
surrender to something larger than  
myself?



# Solar Plexus Chakra Affirmation



**As I strengthen my bond with  
God's Divine Energy**

**I have the ability to be confident  
and in control of my life.**

**I have respect for the emotions of others.**

**I am positively empowered and  
successful in all my ventures.**

**I feel tranquility and  
great purpose and passion for life.**

**I am a responsible being.**

**I am authentic.**



# Sacral Chakra Yoga and Meditation Guide

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- Take a long pause (5-10 seconds) between two paragraphs
- Begin by sitting in your normal meditation posture - preferably cross legged on the floor, and if that's difficult, sit on a chair with your back and your shoulders straight
- Alternatively, you could lie down on the floor (as is done in yoga nidra meditation), but you run the risk of dozing off
- Take a few deep breaths and calm your body and mind
- Close your eyes
- Listen to the directions and follow them (pardon me for stating the obvious)



## About the Sacral Chakra

"Here the seed of immortality bursts forth, like an autumn moon. One who meditates on Ajna can extract the milk of Reality from the concoction that is the world phenomena" - Shiv Samhita Sixth chakra meditation focuses on the Ajna or third eye chakra, the chakra of perception, imagination and visualization. It is the seat of our inner voice or conscience as well as our "sixth" sense. That is why, it is often referred to as the psychic chakra. Ajna in Sanskrit means "command" or "summon." Ajna chakra is located at the centre of the forehead, in-between the brows and just above the brow line.

It is at the junction of the three nadis or energy channels - ida, pingala and sushumna - thus making it a particularly important chakra. Another not so well-known name for the chakra is jnana-padma or 'knowledge-lotus.' It bestows upon you the wisdom to act rationally and without judgment and it helps you "see" and plan for the future. The traditional element associated with the sixth chakra is called mahat, meaning supreme, a culmination of all the elements into one. But it is easier to think of the associated element as 'Light,' without which the 'third eye' would be unable to 'see' or perceive things. The color of the chakra is Indigo while a lotus with only two petals symbolizes the chakra. Ajna chakra controls the eyes, nose, pituitary gland, pineal gland and the base of your skull. An unbalanced chakra could lead to headaches, nasal congestion, vision problems, sinus infection, poor memory and even insomnia. Lack of imagination and intuition result in poor decision making and self-deception. On the other hand, overactive imagination due to an overloaded chakra can lead to hallucinations, disconnection from reality and psychosis. 'Living in your head' can be a serious problem indeed.

The following sixth chakra meditations will help you activate and balance your third eye chakra, which many yogis believe to be the easiest chakra to rouse.

## Step by Step Guide

- Sit comfortably in your normal meditation posture
- Visualize a deep-indigo luminous chakra spinning slowly at the centre of your forehead
- Imagine indigo light from the chakra filling up your head
- Now visualize a beam of indigo light shooting down from the chakra to the lower five chakras - vishuddha, anahata, manipura, swadhishtana and mooladhara chakras
- Imagine the light filling up your entire body with a radiant energy
- Meditate for 20-30 minutes

## HAM Solar Plexus Mantra

HAM – Throat/Solar Plexus Chakra

The mantra to unblock your Throat/Solar Plexus Chakra. This is your physical and spiritual voice, your means of communicating who you are and what you need and want from yourself and the universe.

The Throat/Solar Plexus Chakra governs your ability to express yourself. If it's closed, you will find yourself frequently frustrated as you cannot voice your needs and desires (closing yourself off to opportunities and having your needs met). A closed Throat/Solar Plexus Chakra makes honesty and integrity difficult traits to embody.

The vibrations from "HAM" will open your throat chakra so that your communication energy can flow strongly.