



CHAKRA HEALING GUIDED MEDITATION

Allow your eyes to close comfortably and come down into your breath and your body, relaxing your belly and softening your mind.

Feel the support beneath you, connect with the ground below. And let it take your weight.

Become aware of the sounds around you - let them be there.

Notice the light and shade, the air touching the surface of your body.

Sense the sky above, and the horizons stretching all the way round you, the earth below, supporting you.

Allow your mind to empty of what it no longer needs to hold on to; let it go, flow out, and away. Allow your body to release what it no longer needs to hold on to, let it go, flow out and away.

Draw yourself back from where you've been in your day. Draw your energies back home to your centre. Ground yourself in this moment, here.

Begin to sense the space around you. Breathe with the space, and become aware of the rise and fall of your breath, its coming and going, the sensation, sound, and temperature.

Breathe down to where the weight of your body rests, below the base of your spine – to your root - your Chakra of Belonging. Breathe into your Root. Let it soften and gently expand with your breath, taking in nourishment and life-force energy.

Allow your Root to connect down, down to ground below, deep into the earth. And invite in the colour red – the colour of the earth. Bathe your Root with red: empowering, embodying, grounding you in the 'here and now'. Let your Root take what it needs. And say the words: "I am here" "I have a right to be here, as I am", "The Earth supports me".

When you are ready, allow your awareness to move up to your belly, just below your navel – to your Hara - your chakra of emotional intelligence, choice, creativity, movement and pleasure.

Breathe into your Hara; let it gently soften and expand with your breath, taking in nourishment and life-force energy. And invite in orange – the colour of the setting sun, Bathe your Hara, with orange, balancing, empowering, motivating. Let your Hara be fed and say the words: "I honour my needs", "I allow myself to be nourished".

And when you are ready, move your awareness up to the soft area below your breast bone, to your Solar Plexus - your chakra of personal power.

Breathe into here, allowing your solar plexus to soften and expand on your breath. And invite in the colour yellow – the colour of sunshine. Bathe your Solar Plexus with sunshine, replenishing, restoring, nurturing and letting your Solar Plexus take what it needs. As you say the words, "I value myself", "I am enough", "I am more than enough" "I am worth my weight in gold".

When you are ready, bring your awareness up to the centre of your chest - to your Heart – your chakra of self-development and unconditional love.

Gently breathe into your Heart, letting it soften and expand on your breath. And invite in green - the colour of spring, or rose pink – whichever feels right. Bathe your heart centre with nourishment, renewal, and healing. Let your Heart take



what it needs and say the words “I am greatly loved”. “I allow myself to give and receive love freely”. “I am nourished by the power of love”.

In your own time, move up to your neck – to your Throat - your chakra of self-expression and personal will.

Allow your throat centre to soften, expand and b-r-e-a-t-h-e. Inviting in blue – the colour of the sky. Breathe sky into your throat centre, clearing, opening, softening the need for control, freeing self-expression and creativity. Let your Throat take what it needs. And say the words “I hear and speak my truth”, “I express myself freely”. “I allow myself to go with the flow of life”.

When you are ready, take your focus up to your forehead - between your eyebrows - to your Third Eye – your chakra of wisdom and intuition, gently allowing it to soften, expand, and breathe.

Inviting in indigo - the velvety colour of the night sky. Bathe your Third Eye with indigo, soothing, balancing, bringing clarity, insight and understanding. Let your Third Eye take what it needs. And say the words: “Everything is unfolding as it should”.

Moving up, in your own time, to the top of your head- to your Crown, your chakra of ‘oneness’, allowing your Crown to breathe.

And gently invite in a light violet, softly bathing your Crown, balancing, restoring, harmonising. Let your Crown take what it needs. And say the words “I am one with the Universe”. “I am one with the Whole”.

When you are ready, come back to yourself as a whole, back to the ebb and flow of your breath, back to your centre. Breathe in to your core. And say the words “I am whole”. “I am perfect just as I am”.

Allow the energy of the words to bathe your body, mind, emotions, and spirit. And take what you need.

And, in your own time, become aware of the air on the surface of your body. The sounds around you, near and in the distance.

Close your chakras down a little - just having the intention is enough. Become aware of the support beneath you. Notice how you feel. And hold yourself with loving kindness, for the beautiful, unique being that you are.

When you are ready, you can draw this meditation to a close.