



Guided Chakra Meditation (short)

Explanation of and show of the places of the 7 main chakra's:

We get our energy from food, fluids (acids and enzymes), the sun, attention/love, our environment (habitat), etc..

Most of the time we are not even aware there are other (free of charge) inner energy sources available who can help us to feel good and stay healthy. We call them the Chakra's. When all the chakra's are open and connected inner energy is flowing. We can even expand this energy to/in our aura (a field of subtle, luminous radiation surrounding a person or object like the halo) so we do not only give energy to ourselves but also spread it to the world around. Other people and also animals can really feel it.

Our inner energy centers / Chakra's

The 7 main chakras are the energy centers in our body in which energy flows through (see picture below).



Basic preparation for the meditation session:

Please get yourself as comfortable as possible in a (Buddha) sitting position (or lay on the floor) and allow your muscles to relax.

Close your eyes. Take a deep breath pulling the air through your nose and exhale out of your mouth (you can exhale out of your nose as well). Take another deep breath.

As you take your deep breath imagine you are breathing in a warm light and that it is filling the body providing energy to all your chakra centers. Breath deep into the belly and not into the shoulders. Your stomach should move in an out and your shoulders not up and down.

Breath deeper, inhaling positive and encouraging energy, just picture it in your mind, the feeling of positive energy whatever that means to you. Do not worry if you are doing it right, the important thing is to just be doing it.

As you breath out release the stress in your muscles. You can picture this as a cloud of black smoke being exhaled. Breath in white light, breath out black smoke. Picture this the way that you feel most comfortable.

With each breath pay attention to your muscles relaxing, your mind slowing down.

Now bring your breath back to normal regular breaths, still breathing through your nose.



We will now start the guided chakra meditation portion of the session:

1. Take a long and deep breath. As you exhale, move attention to the base of your spine. Feel the weight of your body resting on your **Root Chakra** - your chakra of survival, support and belonging and your physical body connection to the earth.



2. See your root chakra connecting you to the ground below. Breathe into your 'roots' and see them taking in (pranic) *life* energy and nourishment from the Earth.
3. *[A blockage of the root chakra is related to **Fear**. Your vision can not be real. You are concerned of survival. To release: surrender those fears. Let fears flow.]*
4. Visualize the color red. See your roots slowly becoming red - grounding you in the 'here and now'. Feel the Earth supporting your existence and your being unconditionally.
5. Rest in the awareness.

6. When ready, move your attention to your lower abdomen, just below your navel, to your **Sacral or Passion Chakra** - the seat of your creative impulse, emotional intelligence, sensuality, sexuality and pleasure.
7. Breathe into your chakra, and see it gently expand like ripples on the surface of a lake. See it flowing and moving freely like Water.



8. *[A blockage of the Sacral or Passion Chakra is related to **Guilt**. To release this blockage: Forgive yourself.]*
9. Visualize the color orange bathing the ripples, and your chakra. Feel the Water nourishing and satisfying all your needs and creative urges.
10. Rest in the awareness. See the two colors, red and orange, and feel the support and nourishment of both the *root chakra and the sacral chakra*.

11. Move your awareness up to the area below your sternum, between your chest and navel, to the **Solar Plexus Chakra**, or your power chakra.
12. Breathe into your chakra, and see it fill up with fiery flames. Feel the transformational heat and energy of Fire, which changes everything that crosses its path.



13. *[A blockage of the Solar Plexus Chakra is related to **shame caused by letdowns and/or disappointments**. To release this blockage: Accept and love who and what you are and even your 'mistakes' (because you were only learning).]*
14. Visualize the color yellow bathing your chakra like bright sunshine, replenishing and nurturing it, like the sun nourishes all life on our planet. Feel your power getting stronger - power to serve, to help and to nurture other beings and your environment.
15. Rest in the awareness. See the three colors, red, orange and yellow, and feel the support, nourishment and strength of the *root, sacral and solar plexus chakras*.

16. When ready, bring your awareness up to the center of your chest, to your **Heart Chakra**, the chakra of love, compassion and empathy. The 4th Chakra is the bridge between the lower three Chakras (which pertain to the physical concerns of the world) and the upper three Chakras (which focus on the spiritual aspects of the *Self*).



17. Breathe into your chakra, and see it soften and lighten on your breath. Feel it expanding outward and gently caressing everything it touches, like moving Air.



18. *[A blockage of the Heart Chakra is related to **grieve**. To release this blockage: Release sadness and loss.]*
19. Visualize the color green - the rich, sprouting color of spring. Feel the fresh Air renewing your chakra and the color green healing and providing new life to it. See your heart expanding and sending loving-kindness and compassion to all creation.
20. Rest in the awareness. See the four colors, red, orange, yellow and green and feel the support, nourishment, strength and love of the *root, sacral, solar plexus and heart chakras*.
21. Now, move up to o your **Throat or sound Chakra** - the chakra of self-expression and your personal truth. Here is where you give back to the world, where you comfort and communicate, sharing with others the beauty that you see.
22. Breathe into your chakra and see it sending soft vibrations into the Space or Ether. Visualize the color blue, the color of lapis lazuli (deep dark blue), bathing your chakra. Feel the chakra opening and clearing, freeing your ability to express your truth.
23. *[A blockage of the Throat Chakra is related to **lies**. To release this blockage: Release your denial and the lies to yourself.]*
24. Rest in the awareness. See the five colors, red, orange, yellow, green and blue, and feel the support, nourishment, strength, love and truth of the *root, sacral, solar plexus, heart and throat chakras*.
25. When you are ready, move awareness to the centre of your forehead, in between your eye brows, to the **Third Eye Chakra** – the chakra of intuition and insight. An open 6th Chakra allows us to receive wisdom from our inner world – the world of our dreams, our unconscious and subconscious minds, and our imagination.
26. *[A blockage of the Third eye Chakra is related to **illusions**. To release this blockage: Release illusions within yourself, thoughts of separation, collective consciousness. See the holistic approach that all is one.]*
27. Visualize a deep indigo color bathing your chakra, bringing clarity, insight and understanding, and heightening your intuition.
28. Rest in the awareness. See the six colors, red, orange, yellow, green, blue and indigo, and feel the support, nourishment, strength, love, truth and insight of the *root, sacral, solar plexus, heart, throat and third eye chakras*.
29. Move up to the **Crown Chakra**, at the top of your head, your connection to the higher consciousness or divine spirit.
30. Breathe into the chakra and feel it opening up to the sky above. Your connection to the divine and spiritual, your gateway to Nirvana, to Heaven, to that greater power you are part of, that all is part of.
31. *[A blockage of the crown chakra is related to **earthly attachments**. To release this blockage: Release all your earthly attachments. Let go of all you have grown to love]*
32. Visualize a violet or a purple light, softly bathing your crown chakra, and gently harmonizing you with the rest of creation. Feel your 'oneness' with all there is. Enjoy your time here and feel enlightened, feel at peace with yourself and all of existence. You are part of the divine, you are divine.



33. Rest in the awareness. See the seven colors, red, orange, yellow, green, blue, indigo and violet, and feel the support, nourishment, strength, love, truth, insight and the connectedness of the *root, sacral, solar plexus, heart, throat, third eye and crown chakras*.
34. Feel your complete being as all 7 chakra centers glow together emanating a very strong power while they heal each other and heal you. Continue to breathe easily, allowing the energy you breathe in to fill each hole you may have in your chakras. You are healing.
35. ***[Realize that letting go does not mean it truly disappears. Connection will still be in touch but you do not any longer cling to the relationship with it. You are able to connect with your "higher" self. Body & mind (spiritual part) together. Free within yourself and in engaged connection with the world around.]***
36. Bring your focus back to the rising and falling of your breath. Feel the perfection of the moment and bask in your own perfection. You are perfect in this very moment.
37. Continue focusing on the breath.
38. When you are ready, open your eyes and arise.

You have completed the guided chakra meditation: peace and love.

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Chakra Centers										
Each CHAKRA is associated with special aspects of human awareness. Blocks on the Mental-Spiritual-Emotional-Physical levels can cause problems.										
Number	CHAKRA Sanskrit Name Color - Location	Prime Function Main Issue	Divine Principle Goal	Physical Property Sense	Anatomical Connections Gland	Emotional Connections Sign	Planet	Element	Aromatherapy	Planet
7	Crown Sahasrara VIOLET TOP OF HEAD	ENLIGHTENMENT & TRANSCENDENCE SPIRITUAL Understanding, Cosmic Consciousness	DIVINITY and HIGHER VALUES WISDOM, Inspiration, Higher Reason and Awareness	METABOLISM, RNA-DNA, Spiritual Connections. Thinking	CROWN: CENTRAL NERVOUS SYSTEM, Head, Cerebral Cortex, Upper Spine, Pineal Hair.	SPIRITUAL LOVE and COMPASSION: Peace, Harmony, Loving, Thoughtful, Focused, CONSCIOUSNESS, COSMIC LOVE.	Uranus	Thought	Jasmine	Uranus
6	Third Eye Ajna INDIGO THIRD EYE	INTUITION and UNDERSTANDING CLAIRVOYANCE & IMAGINATION, Seeing Beyond the Five body senses, The Psychic sense	SIXTH SENSE and CLAIRVOYANCE IMAGINATION, Knowing and Seeing Intuitively	ENDOCRINE SYSTEM and NERVOUS SYSTEM, Awareness, Meditation, Intuition	BROW: AUTONOMIC NERVOUS SYSTEM, Hypothalamus, Eyes. Pituitary	PSYCHIC Awareness and INTUITION: Big Picture, Service, Imagination, Focuses on the Good; CLAIRVOYANCE.	Jupiter	Light	Lavender	Jupiter
5	Throat Visuddha BLUE NECK - THROAT	COMMUNICATION and HEALING CREATIVITY, Seeing the whole individual, Seeing the One Will	SPEECH and EXPRESSION SPEECH, Articulation and Creative Communication	PARATHYROID, Balance of YIN and YANG, and the Male-Female. Hear	THROAT and NECK: Parathyroid, Ears, Sinus, Respiratory System. Thyroid	FEELINGS and OPENNESS: Ideas, Healing Nature, Life Force, Creativity, COMMUNICATION.	Mercury	Ether	Eucalyptus	Mercury
4	Heart Anabata GREEN HEART	BALANCE, LOVE and CONNECTION LOVE and Compassion, Ego, Hope, Positive Attitude	WARMTH, ESTEEM and FORGIVENESS MOTION, Sharing and Relating, Respecting Self and others	CENTER of LOVE for Self, others, God, Emotional Balance. Touch	HEART: LUNG, Lymph and Immune System, Allergy, Blood Pressure, Circulation. Thymus	SHARING and TRUST: Flexibility, Growth, New Ideas, Coping Skills, Balance; LOVE.	Venus	Air	Heliotrope	Venus
3	Navel Manipura YELLOW SOLAR PLEXUS	ENERGY and VITALITY WILL POWER, Desire and Power, Personal Authority	INNER STRENGTH SELF CONTROL PURPOSE, Metabolism and Motion, Energize Emotions	VITAL ENERGY, The Body's Battery, Gut Instinct, Low Intuition. Sight	SOLAR PLEXUS: DIGESTIVE SYSTEM, Stomach, Liver, Gall Bladder, Bile, Small Intestine. Pancreas	SELF CONTROL: Efficiency, Purpose, Strive for Perfection, Details, Mental and WILL POWER; ANGER.	Mars	Fire	Ginger	Mars
2	Sacral Svadhishthana ORANGE BELOW NAVEL	RELATIONSHIPS and EMOTIONS SEXUALITY and Intimacy, Expressing Needs: Emotional, Sexual	SENSUALITY and SENSUAL DESIRE, Reproduction, Responding, Giving-Receiving	COLDS, Life Force, Aliveness, Energy, Sex, Creativity. Taste	SACRAL: ABDOMEN, Spleen, Urinary Tract and Kidneys, Ovaries, Uterus, Blood Sugar. Gonads	INTIMACY and LETTING GO: Taste, Emotional Needs; Emotional Cleansing, Warmth; DESIRE.	Moon	Water	Dragons Bid	Moon
1	Root Muladhara RED BASE OF SPINE	GROUNDING and SECURITY SURVIVAL, Primal Energy, Taking care of self and others	SIMPLICITY and BASICS STABILITY, Self Preservation, Awakening Primal Instincts	ANXIETY, Dyslexia, Grounding in Physical Plane. Smell	REPRODUCTIVE SYSTEM, SEX: Testes, Vagina, Pelvis, Legs, Feet and Tailbone. Adrenals	PHYSICAL NEEDS: Base Needs of Safety and Security, Being Grounded, Behaviors; SEXUALITY, FEAR.	Saturn	Earth	Cinnamon	Saturn

Cleanse Chakras by using the healing properties on any of the energy planes, senses and subjects to bring balance.

- Gemstones
- Incense
- Fragrance
- Angel
- Food
- Sound
- Metal
- Aromatherapy
- Planet
- Element

