



## 5 Minute Chakra Meditation

Meditation is an experience like no other. It enables you to experience complete peace. When you meditate on your chakras, you go beyond the ordinary limits imposed by time and space. Chakra meditations are simple, yet powerful techniques for helping you to develop inner poise and keep your life in balance. These meditations are most helpful when you reinforce them with self-analysis and positive activities throughout the day.

If you work with this meditation regularly, you may begin to notice that your awareness and "boundaries" are expanding and that you are doing things that you had previously perceived to be too difficult.

- Quiet yourself and let your body unwind. Create mental space for restorative energy to flow.
- Close your eyes and "reset" by taking 10 slow, deep breathes.
- Intentionally focus on your breathing, slowly inhale in peace, love and restoration. Exhale tension from every cell in your body.
- Gently place your left hand over your heart chakra located in the mid chest.
- Now, activate positive energy in this area. Focus on whatever makes you feel loved and restored.
- Next, intentionally send this energy from your root chakra all the way up to your crown chakra.
- Luxuriate in the positive energy flow and remain conscious in your breathing.
- Next, visualize this positive energy flowing from your heart space to all areas of your mind, body and spirit with ease and grace.
- Let this positive energy restore your whole being, bringing you to a state of total relaxation and restoration.
- Take a slow, deep intentional breathe, as you exhale, slowly open your eyes.

**\*\*Repeat Throughout the day as often as needed.**