



Chakra Fundamentals

CROWN - BLISS FROM WISDOM

Basic Qualities: Shiva, Pure Consciousness, Bliss, Sacred Alignment

Sanskrit: Sahastrara

Color: Purple

Seed Sound: OHM

THIRD EYE - WISDOM FROM TRUTH

Basic Qualities: Intuition, Wisdom, Dreams, Psychic Ability, Sixth Sense

Sanskrit: Ajna

Color: Indigo

Seed Sound: AIEE or AUM

THROAT - TRUTH FROM GRACE

Basic Qualities: Speaking & Hearing Truth, Expression, Communication

Sanskrit: Vishuddha

Color: Blue

Seed Sound: HAM

HEART - GRACE FROM COURAGE

Basic Qualities: Compassion, Forgiveness, Grace, Gentleness, Love

Sanskrit: Anahata

Color: Green

Seed Sound: YAM

SOLAR PLEXUS - COURAGE FROM PASSION

Basic Qualities: Courage, Personal Power, Manifestation

Sanskrit: Manipura

Color: Yellow

Seed Sound: RAM

SACRAL - PASSION FROM PURPOSE

Basic Qualities: Passion, Creativity, Sensuality, Sexuality

Sanskrit: Svadhishthana

Color: Orange

Seed Sound: VAM

ROOT - PURPOSE THROUGH SAFETY

Basic Qualities: Shakti, Pure Energy, Purpose, Belonging, Meaning, Safety

Sanskrit: Muladhara

Color: Red

Seed Sound: LAM



Chakra Meditations

FROM THE VIGYAN BHAIKAV TANTRA

VIVIDLY IMAGINE A WARM LIGHT BOUNCING BETWEEN YOUR CHAKRAS.

As though lightning itself could be gentle, allow it to enter into the crown of your head with a deep inhale, igniting a spark of pure consciousness. With your next breath feel that spark bounce to and awaken your third eye, the intuitive center between your brows. Breathe again as warm light jumps into your throat chakra, the realm of hearing and speaking truth.

Notice the light ricochet around and land in the center of your heart chakra, illuminating pure love, compassion, and forgiveness. It then moves down into your solar plexus and awakens a sense of courage and personal power. With another exhale, the light moves down to your sacral chakra, home to your sexuality, passion, and creativity.

Lastly, let your breath and the warm light ease into your perenium, the root chakra. Feel it connect you to a sense of purpose and belonging on this planet. Now notice what seeds grow within you when you try this exercise in reverse.

ENVISION A BRIGHT, CLEAR LIGHT MOVING UP YOUR SPINE AS YOU BREATHE.

Constantly shifting experiences of daily life can leave you feeling ungrounded, disjointed, or totally disconnected from your innate spiritual power. Tantra teaches of a central channel of energy that runs the length of the spine and can support you in healing this disconnection. The channel, Sushumna, reconnects you to heaven and to earth, to divine masculine and divine feminine, and to pure consciousness and pure energy.

Invite your awareness to drop into your root chakra at the base of your spine. Taking a deep breath, let your focus visualize a bright shaft of light. With your next breath, feel this light begin to grow up and around your spine. Take your time, deepen your breath even more. Stay connected to this imagery of light rising and glowing within you as it grows into each Chakra.

Notice your body rise as the beam reaches your head. Exhale deeply and see it blossom from your crown, unfolding its petals to the sky, and connecting you both above and below.

WHAT DO YOU NOTICE IN YOUR BODY?

Allow yourself to fully melt into these exercises. Use the tools of your breath, your focus, and your sacred imagination to connect deeply with the subtle experience of working with your body's natural electromagnetic energy. If you feel blocked or can't connect with yourself on this level, seek out support in the form of a teacher or guide.