

7 Chakras

When we meditate, we provide an opportunity for our body and mind to connect with the universal oneness that brings us all together on this planet right now. As good as meditation is for each of us, it is good for the world!

Meditation on our chakras helps bring balance also in specific areas. Chakra, an ancient sanskrit word, means vortex or wheel. There are seven main energy centers in our body; each one corresponds to an area on our body and has emotional implications.

Unbalanced, or blocked, chakras can cause emotional and physical problems. Meditation helps bring our chakras in balance, which enables our body and mind to function ideally, and be calm, healthy, and compassionate.

The seven chakras

Red – Muladhara / Root Chakra – Meditation: “Vam” / “I am”

Located at your root; represents grounding, survival, fatigue, inner state is stillness and stability, balancing this chakra gives energy to the physical body, controls fear, increases overall health and helps in grounding. Imbalance: low self esteem, low energy, lack of trust

Orange – Swadisthana / Sacral Chakra – Meditation: “Lam” / “I feel”

Located just above root of genitals; biji (seed) mantra, sacral, desire, pleasure, sexuality, passion, creative block, low sex drive, balancing associated with sexual vitality, physical power. Imbalance: feeling uncreative

Yellow – Manipura / Solar Plexus Chakra – Meditation: “Ram” / “I do”

The abode of fire just above the navel center; confidence, intuition, will, wisdom, power, poor digestion, low self-esteem, inner state is laughter, joy, anger. Balancing this chakra helps calm emotions and tension to help better use intuition. Imbalance: angry and helpless, unable to finish tasks

Green – Anahata / Heart Chakra – Meditation: “Yam” / “I love”

Located at the heart center, in center of chest, above of air, *jiva* (individual soul), form of flame , heart, love, compassion, heart disease, fear of intimacy, helps to balance circulatory system, heart and thymus, also promotes universal oneness. Imbalance: feeling unloved

Blue – Vishuddha / Throat Chakra – Meditation: “Ham” / “I speak”

Located above of ether at base of throat, power , expression, creativity, communication, blue, thyroid problem. Imbalance: difficulty expressing feelings

Indigo – Ajna / Third Eye Chakra – Meditation: “So hum” or “Om” / “I see”

Located between the eyebrows, realm of mind, imagination, psychic ability, intuition, awareness, headaches, depression, poor intuition, balances pineal gland. Imbalance: indecision

Violet – Sahasrara / Crown Chakra – Meditation: “Hamsah” / “I understand”

Located at the crown. Visualize *jiva* in the form of a flame. Visualize white light, connection, wisdom, spirituality, understanding, will, promotes thought. Imbalance: loneliness, depression, apathy

Allow your thoughts to leave your mind. Incorporate chakra breathing into your meditation practice occasionally and see how powerful it can be.

Start slowly. Pick one of these chakras that you see having a slight imbalance. It might be an area in your body where you have a pain, or it may be an emotional issue. Reflect on your individual self and see where you can use some focused attention and self-compassion.

Sit in a position in which you can be comfortable for 20 minutes. With your eyes closed, allow your mind's eye to focus on the chakra that you want to bring in balance. Breathe into the chakra. Inhale deeply, exhale slowly. Keep breathing, and then say the associated mantra above. Go ahead and speak it out loud. If that feels awkward, say it in your mind. On every exhale, for 16 times, say the mantra and keep your mind focused in that area of your body.

Be mindful of the feelings that emerge. There may sometimes be difficult memories or regrets that come to mind. See these as opportunity for growth. Let them be in the past, and use them as a lesson to be better next time and feel the equilibrium emerge. The more often you can give attention to your imbalances, the sooner you will be fully balanced. Give yourself the time to sit often and focus on areas of disruption in your life and give yourself balance. Constantly work at it and you will reap the rewards. And those around you will reap the benefits as well.

If you care to go beyond meditation to balance chakras, you can also consider chakra stone healing, reiki, and crystals.