

Chakra Renewal Meditation

Turn your focus and attention to your breath.... Allow your consciousness to move with the rise and fall of your chest and the filling and release of the lungs.... Continue in this manner for several breaths... allowing each to become softer, smoother and slowernow shift your awareness to visualize seven clear glass spheres within your inner self ... each aligned with a specific chakra.....

Beginning at the root chakra... visualize the sphere filling with ruby red energy and light.... As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

Visualize this sphere filling with vivid orange energy and light As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

visualize the sphere filling with sunshine yellow energy and light.... As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

visualize the sphere filling with emerald green energy and light.... As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

visualize the sphere filling with sky blue energy and light.... As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

visualize the sphere filling with indigo blue energy and light.... As it continues to fill it becomes larger and more brilliant in color and form..... when it has reached capacity , turn your awareness to the sphere just above it.....

visualize the sphere filling with amethyst purple energy and light.... As it continues to fill it becomes larger and more brilliant in color and form.....

see all the spheres equal in size, perfectly transparent and colors clear and vibrant

allow this image to permeate your being for several minutes.....

visualize a line of energy moving upwards from the ruby red sphere of the root chakra... this energetic pathway is the same ruby red as that contained within the sphere itself... as it reaches upwards , it blends and mingles with the orange energy within the sphere of the belly chakra.... Allow this energy to build and circulate..

now.. extend this energy to move upwards towards the yellow of the sacral chakra... allow it to blend and merge creating an energetic column connecting each of the spheres in turn.... Continue in this manner all the way up- finally ending at the crown chakra..

when reaching the crown chakra, allow the purple energy to pulse and glow.... As this energy builds it begins to fade to brilliant white light... allow this energy to grow and expand til overflowing... allow this energy to wash down and through the spheres below... each in turn filling and replacing the color with a brilliance of white light filling each chakra... when it return to the root chakra allow this energy to circulate as long as is needed....

When you feel energized and a sense of energetic balance, beginning at the crown chakra... see the white energy slowly dissipate and return to clarity and transparency..... as the light is dispersed the sphere diminishes in size and returns to its original size....

Move downward from one sphere to the next.... Each in turn dissipating in brilliance, returning to transparency and size.....

When you have returned to the base chakra and the spheres are once again clear pure transparent glass... chant a sustained “ OM “ to complete the working....

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