

CHAKRA DHYANA



URBAN ONENESS

I tune-up my chakras daily. When I'm feeling formal, it's 40 minutes on my chaise, incense wafting, serene music, being all holy and dramatic... Honestly? I've probably done it more times in the backseat of a cab or on line at the post office. If you are unfamiliar...

Hello & welcome to your Chakras.

You've just downloaded an audio meditation, which I invite you to tune into at your leisure. You may hum along or just listen in and each of your chakras will spin towards alignment with each other.

Without getting too into it, these are the seven main energy centers of our bodies. If they're clean and open, life is beautifully spectacular. When clogged... not so much. Unfortunately, anything

can clog them: food, emotions, stress about the future, our mean 2nd grade teacher, the douche at work: all cloggers. This meditation is like draino for those clogs. Let's get the system functioning swimmingly again, shall we?

These are sophisticated (although absolutely natural) energetic vortexes. so don't get all discouraged if you don't "feel" anything at first. The secret with chakras is "fake it till you make it."

Your own intention and attention will organically open them

as you begin what I hope is a life-long love affair.

I lead you through this on the MP3, but so you have an overview, here's how it works:

Picture the color for each area, as you hum the word (mantra) associated to the area.

You can hum /
chant **1, 3 or 7**
times per
chakra.

Start down at your perineum (The base of your spine, kind of in the middle; if I were pointing to it, it would be a very awkward place in which to point; that's your perineum.) Go through each chakra, up to your head.

Some people like to picture little swirls of light or flowers opening...

I think of them as rainbow colored sparklers or pools of color. My favorite thing about this meditation is, you can't possibly do it wrong because this energy has its own intrinsic intelligence and will go to the proper spot *for* you. All you have to do is intend and it goes all 'chakra cruise control.' Yay for that.

Using this on a regular basis can and will change your life. #justsayin

So, not to get all sentimental right away, but I wanted to say I'm glad that we're sharing in this path together. I truly believe it's the most important stuff around and it means so much that you can feel it too. By shifting your own consciousness you are changing the world.

Awaknings,
onwards.
Namaste.

CHAKRAS CHART

	COLOR	LOCATION		MANTRA
7	Violet	Crown of head		Ogum sathyam aum
6	Indigo	Third eye		Aum
5	Blue	Throat		Hang
4	Green	Heart		Yang
3	Yellow	Solar plexus		Rang
2	Orange	Genital region		Vang
1	Red	Perineum		Lang