

Day 10: Chakra Meditation (Part 2)

Today's challenge is an extension of **Day 9: Chakra Meditation**. Please refer to Day 9 for a brief description of Chakra Meditation.

The Focus for Today

Location	Function
Heart	love, forgiveness, harmony
Solar plexus/navel	curiosity, awareness, knowledge, wit
Sacral	freedom, sensuality, intimacy
Root	survival, vitality, grounding, individuality



The Practice of Chakra Meditation

Step 1: Sit comfortably with your spine straight.

Step 2: Close your eyes and envision vibrant energy spiraling up and down your spine in a vertical double helix.

Step 3: Take a deep breath and think about pulling down the energy to the base of your spine (Root chakra).

Step 4: When you breathe out, relax your toes, feet, legs; all muscles in your lower body.

Step 5: Take another deep breath and focus on where your body makes contact with the earth.

Step 6: Exhale slowly and imagine the energy flowing through your body from the very center to the earth.

Step 7: Feel the power and energy from the earth's surge at the base of your spine.

Step 8: Continue to focus on drawing up the power of the earth, and with each breath, picture the energy as pure light that increases in intensity and gets stored in your body's "root."

Step 9: Think about the earth spinning beneath you, the gravity pulling you towards the center of the earth, and focus on the sensation in your lower body.

Step 10: Continue to breathe down through your base, as you relax and become one with the earth.

Step 11: When you feel relaxed and secure enough focus on shedding the protective layer you put on in your daily life. Take a deep breath and sigh it out.

Step 12: Continue this practice. Progress to the sacral chakra, followed by solar plexus/navel, and lastly heart.

Resource: www.meditation-nation.com