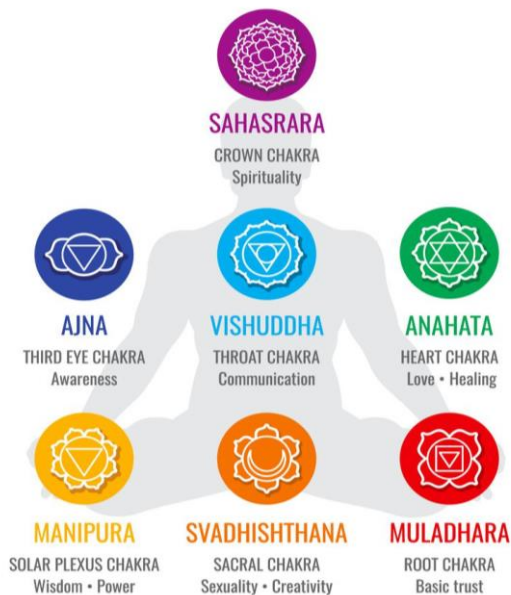


THE 10 DAY MEDITATION CHALLENGE

DAY 9 – FINE-TUNE YOUR ENERGY



Energy is always moving. Stagnant energy, even in the physical world, will create blockages. The same thing can happen in our bodies. **Chakras**, circular vortexes, are energy centers or openings residing in our bodies that control the flow and distribution of energy. Our body is believed to have seven chakras. Each chakra corresponds to a colour, and area and function of the body. An imbalance in one or more of the chakras may result in problems related to an individual's physical, mental, or emotional well-being. Keeping the seven main chakras open, aligned, and fluid can aid in creating a more balanced mental, physical, and spiritual state of awareness.

A BEGINNER'S GUIDE TO CHAKRA MEDITATION

Chakra Meditation can help to bring the entire energy system into balance. Respecting that each chakra is part of an intimately connected system, it is best to meditate on all of them at once. Once you are able to fine-tune the meditation, you can begin to sense an imbalance and direct your meditation to specific areas. To get started, all you need to do is find a peaceful place where you won't be disturbed for at least a half hour.

Step 1: Sit comfortably with your legs folded in front of you. Sit tall, but not rigidly. Breathe deeply.

Step 2: Start at the root chakra and visualize the chakra as a swirling wheel of red energy moving through that area of your body.

Step 3: Move through each chakra and its corresponding colour. Devote a few minutes for each area, keeping the energy and colour vibrant and flowing.

Step 4: By the time you reach the crown chakra, you should have a clear mental image of positive energy flowing all the way through your body. If an area feels "stuck," return back to that chakra and try to release the flow and initiate balance in the system as a whole.

Sources: http://chopracentermeditation.com/assets/getting_unstuck/Chakraca.pdf
<https://blog.mindvalley.com/chakra-meditation/>