

guided meditation to cleanse, align & recharge

Chakras Your

(and a few other things)

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you are powered by the Universe.

meditation

Have you ever considered the impact that just one minute of focused meditation could have on your life? It may seem like a fraction of time, but when approached with dedication and consistency, it can be a catalyst for profound personal growth.

Initially, meditation might feel unfamiliar due to our disconnection from our higher selves. Yet, understanding the fundamental 'why' and 'how' behind this ancient practice empowers us to embark on a journey of self-awareness, tapping into the abundance of our vibrational potential.

The 'Why' of Meditation

In the realm of personal energy work, meditation stands out as one of the simplest yet most powerful methods to raise our vibration. It acts as a gateway to expanded states of consciousness, fostering a deeper connection with our higher mind, spiritual guidance, and higher-dimensional energies.

The 'How' of Meditation

It is essential to remember that there is no one-size-fits-all approach when it comes to meditation. Just like the numerous variations of your favourite recipes - each with their unique blend of flavors - meditation offers a multitude of paths suited to our individuality. It is about finding what resonates most with your beautifully unique self.

In the realm of meditation, there is no need to strive for perfection or compare ourselves to others. It is not about maintaining flawless posture or enduring marathon meditation sessions. Instead, we cultivate a gentle and non-judgmental attitude towards ourselves. Each meditation experience becomes an opportunity for self-exploration and growth, regardless of its duration, the ease of posture, or expected outcomes. Remember, there are no badges to earn; the true value lies in being the path of our intention and willingness to connect with our inner essence.

To embark on this transformative practice, dedication and consistency are key, particularly in the beginning until you find your rhythm. This does not entail spending years in silence under a freezing Himalayan waterfall, nor does it require the proverbial ten thousand hours of practice to reach a desired state. Instead, start by dedicating just one minute at a time to meditation and gradually build upon that foundation, adding more minutes as you become more comfortable.

Even a simple 5 to 10-minute practice can propel you into an amazing new reality. Here are a few helpful tips:

1. Ground Yourself: Recognize that you are an energetic being interconnected with the world and the planet. Use this awareness to ground yourself and anchor your experience in the present moment, and ground yourself into the experience and into the planet / Gaia itself.

2. Addressing Mental Chatter: Instead of attempting to control or silence your thoughts, gently bring yourself back to focus whenever your mind wanders. Over time, you will naturally become a detached observer, fostering a higher state of contemplation.

3. Find a Focal Point: Choose a point of focus such as the sound and movement of your breath, the rhythm of your heartbeat, ambient sounds, or even soothing music. Sound can serve as an anchor, redirecting your attention and maintaining a state of focus.

4. Embrace Mindfulness: Cultivate mindfulness by bringing fuller awareness to the present moment. Pay attention to the sensations in your body, the sounds around you, and the thoughts and emotions that arise without judgment. This state of presence enhances your self-awareness and aids in quieting the mind.

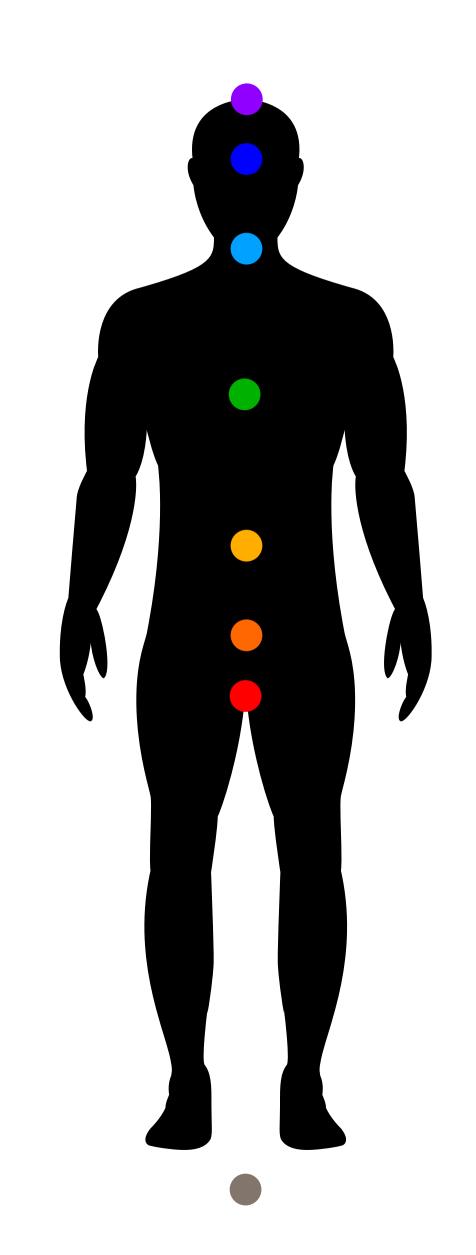
5. Harness the Power of Visualization: Engage your imagination during meditation. Visualization techniques can help shift your focus away from mental chatter and into a more relaxed state. Recognize that your imagination is a potent energetic force, a tool of creation flowing from your higher mind.

It is important to note that meditation is not solely about training yourself to visualize extraordinary scenes or direct narratives. While visualization can be a helpful tool during this practice, meditation primarily revolves around the concept of contemplation, allowing for profound self-reflection - and thus awareness of self.

Remember, you can start with just one minute. By gradually honing your meditation practice, one minute at a time, you are well on your way to rediscovering a whole other level of yourself;

The awesome you.

Chakra Chakra System



The idea / concept of the development and elaboration of the chakra system in its current iteration occurred within the post-Vedic texts & Tantric traditions, likely between the 6th and 8th centuries CE.

That's roughly 1200-1400 years ago.

This is the current version of the chakra system as understood by most. However, as a universal mechanism, it is timeless, eternal and all-encompassing.

We are beings made-up of energy. For that matter, everything in the Universe is made-up of energy;

You can call it by any of its many names: prana, chi / qi / ki or source energy, quantum energy, zero-point energy, omega energy, aether, mana, or even the force - all point towards the same understanding; that it is the primordial energy of the Universe, the original power of creation, the essence of all energy constantly flowing throughout the entire Cosmos, the fundamental building block of everything.

And thus through this universal energy, everything is connected.

what are chakras?

Chakras are energy centers or 'vortices' that permeate and link all our energy bodies together, from the highest energies / vibrations all the way down to the lower densities of our physical body.

So in that sense, the chakra system is a gateway for Universal energy.

Chakras are energy engines, accumulators, batteries, regulators and diffusers. Each one with its specific frequency / vibration / 'signature' / role.

In today's understanding of the chakra system, 7 main chakras are unanimously recognized. There are other systems which feature 12, 15 or 22 and more, and it is commonly accepted that there are hundreds of minor chakras, as well as chakras that are 'active' only at higher dimensions.

the 8th chakra

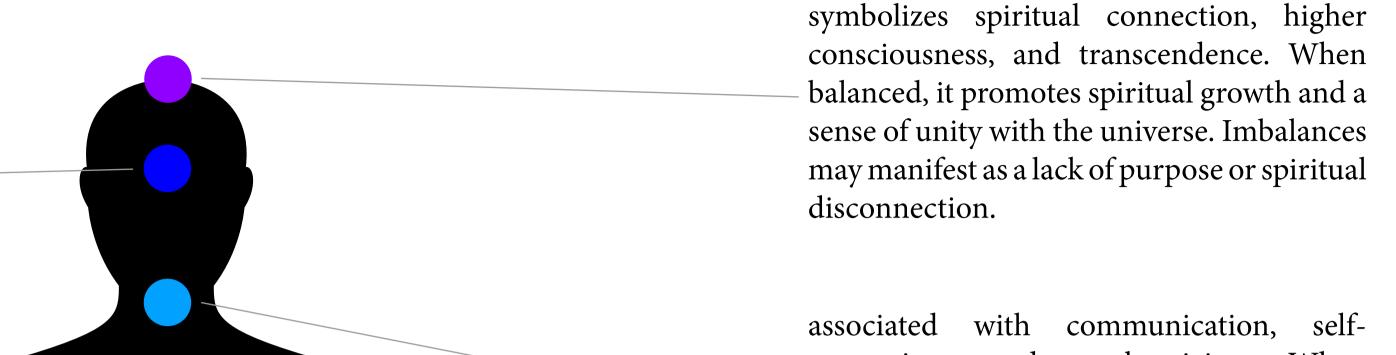
There is an 8th one worth mentioning – what is referred to as the 'earth chakra'; often overlooked as placed within the purview of the root chakra.

The earth chakra is your connection to this world, this planet's energy - and serves as an anchor to your physical being in this physical reality.

governs intuition, insight and spiritual awareness. When balanced, it enhances intuition and inner wisdom. Imbalances can lead to a lack of clarity or disconnection from one's intuition.

represents love, compassion, and emotional well-being. When balanced, it nurtures love, empathy and harmonious relationships. Imbalances may result in emotional pain, heartache, or difficulties in connecting with others.

governs creativity, sexuality, and emotional well-being. When balanced, it promotes passion, joy and healthy relationships Imbalances can manifest as emotional instability or issues with intimacy.



associated with communication, selfexpression and authenticity. When balanced, it facilitates clear communication and creative expression. Imbalances may manifest as difficulty expressing oneself or fear of speaking up.

governs personal power, confidence, and self-esteem. When balanced, it fuels a sense of empowerment and assertiveness. Imbalances can lead to low self-esteem or controlling behavior.

represents stability, security, and survival instincts. When balanced, it fosters a sense of grounding, confidence and physical vitality. Imbalances can lead to fear, insecurity, and a lack of stability.



So chakras are energy centers that act as gateways or portals through which the energy of the Universe flows in and out of the body.

Each chakra has a specific role in regulating the flow of energy and maintaining balance within the body, and each chakra is associated with a particular color, sound, and vibration, as well as specific physical, emotional, mental, and spiritual functions.

When the chakras are in balance, energy flows freely, and the body, mind and spirit are in harmony. However, when the chakras are imbalanced or even blocked, this can lead to physical, emotional, and spiritual issues.

The following are some more casual, personal notes on each chakra; a bit of the takeaway to keep in mind.

As mentioned on the opposing page, chakras have unique physical attributes (ie. colour / sound) that we can 'tap into' in order to align more closely to their unique signature frequencies;

This is just the proverbial tip of the iceberg - once you start vibrating at a higher frequency, you will discover that these physical attributes expand even further:

Chakras have a lot more colour nuances than their basic chromatic scale, their sound vibrations is not limited to one frequency but broaden into harmonics, and they also have their individual tastes and smells, as well as feelings / emotions.

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Earth Chakra

You are a being of energy, but you're still here in physical form, on this planet - which is an even bigger energy 'being'. So the planet's energy – and your willingness to connect to it – is one of your biggest allies here in this physical reality 'life' experience you're having.

Connect more with nature, this Earth was made just for you. Ground yourself to this life experience here on this amazing planet, and thus resonate in greater harmony with the physical world.



Root Chakra (Muladhara)

At your core, the fundamental values that make you strong. Usually from birth; such as the idea of family or tribe, notions of good & bad etc. – the base of your sense of safety, security & freedom in the world.

Also, as mentioned earlier, the idea that the earth chakra is oftentimes placed within the purview of the root chakra is not coincidental: as both chakras are closely linked, and your grounding to this Earth (through the earth chakra) is facilitated by your root chakra (which is the foundation of your 'you' energy).



Sacral Chakra (Svadhishthana)

If only one idea was to stick, let it be 'creativity' (not that other one, there's way too much focus on that one). Creativity is one of the most direct connections / communication / expressions of your Higher Mind (the physical mind being incapable of generating creative thought).

And if the other one comes to mind, associate it more with the idea that you help create / bring new life - physical-energy beings into this world.

You are a being of pure creation - in all dimensions / realms. Here in this physical 'life' expression and extension of the Universe's experience of All That Is, your job is litterally to create your unique reality.



Solar Plexus Chakra (Manipura)

To simplify, associate that with your sense of self / ego. Balancing that one is all about transmuting your ego into the beautiful tool it was originally intended to be (think of a harmonious ego as your trusty engineer, while the All You Are is the pilot).

Your ego is an integral part of you, an important facet that has its rightful place in the All That You Are. Connect with it instead of following / fighting it. You ego is your greatest ally.



Heart Chakra (Anahata)

Love with a capital L, unconditional compassion, the highest vibration in the universe, the key to higher levels of consciousness & self-awareness. This is also the seat of your connection to your Higher Mind.

Its physical 'placement' - in the center of the chakra system - is symbolic to both its core nature as well as importance to your 'physical being' experience. And perhaps of equal note, it also represnts a higher understanding of trinity rather than duality, where the balance point is that 3rd state of awareness.



Throat Chakra (Vishuddha)

Associate it with the idea / concept that individual thoughts have their unique energy signatures / vibrations, and sounds / words have that same power, plus their sonic energy (harmonic resonance) in this physical dimension.

Along with our 5 physical senses, our (true) voice is an incredible power we wield to interact with our experience of physical reality.

Speak your Truth - and be your true self.



Third Eye Chakra (Ajna)

This is the seat of intution and inner guidance, associated with the ability to percieve beyond the physical senses - to tap into higher knowledge; for which visualization & imagination are excellent tools for 'training'.

And it's the gateway to most psychic abilities / gifts and modalities / practices, anything that borders on higher realms of consciousness / dimensions... As well as the seat of your connection to your Higher Self.

As an example, this is the highway I 'connect' to, to communicate / focus / guide Prana / pranic energy.



Crown Chakra (Sahasrara)

Oftentimes a bit confusing as there's some overlap with the third eye. One way to look at it is this: If the Heart is about connecting (inwards) to your higher self and the Third Eye is about connecting to other (in-between) dimensions / states of consciousness, then the Crown is for connecting (outwards) to the All That Is / Universe / Source etc.

channelled Pranic enamelled Pranic enamelled Pranic

Universal source energy (or however you wish to call it) is the building block of everything, as everything in the entire Universe is made-up of energy.

Your body's chakra system is just an extension of this expression into physical reality, those 'gateways / portals' through which Universal energy flows into your body.

Through your own conscious intent and growing ability to manipulate this energy (using tools such as the following meditation), your are channelling this energy into your chakra system - just like drinking water to quench your thirst and replenish your dehydrated body.

I am grateful that you are here, intent on balancing and increasing your energy / vibration, because in doing so you are also increasing the energy 'level' of the collective on this world - and as such you are a lightbringer. By allowing yourself to shine more and to be more of your Self, you are (shining by example and) allowing others to do the same.

For this gift you share, allow me in turn to share a gift with you.

I have infused this meditation - which as a 'creation' has its own energy and vibrates at its own unique frequency - with channelled Pranic energy specifically with the intent to 'faciliate your access' and to give you greater ease in your own channelling of this energy into your chakra system.

A simple little 'boost' to your own natural abilities.

This 'added' energy is available to you, anywhere in the world, at any time, and to use as often as you want when performing this meditation.

As you further your practise and recharge / balance your chakras, your energy vibration will gradually increase. The energy I have channelled here will each time match your increased vibration, to continuously further you along your path.

This energy will also stay with you for a couple of days after each meditation - imagine a bubble / cocoon of light surrounding you, and slowly resorbing itself into your body over the course of this period.

After the initial 'boost' of a session and the energy work it does on you right there & then, this is the true 'real life' part of your energy bond with the Universe, as this is the time when the energy will surround and sink-in to you, to crystallise the shift in your energy vibration.

Be mindful of your intuition and the coincidences (synchronicity) & opportunities that present themselves to you in whatever form during this period, as this is the Universe - working in tandem with you and this new energy / level of vibration (your new 'state of Being') to bring about the beautiful change engine that you are.

Although the energy always works 'positively' (for your growth and ultimate benefit etc.), you might not always perceive it that way;

Indeed, the energy flux surrounding you after a combined session of channelled Pranic energy + chakra meditation (and in this case an energy vortex boost) will naturally increase your vibration and thus facilitate a higher state of abundance.

This may come in the form of 'what you want', but more often than not these synchronistic 'opportunities' will focus on areas of resistance (i.e. what you don't like) so as to gift you the opportunity to dissolve those.

As such, you might find that over the course of the next few days, things will pop-up that would usually tend to give rise to a lower energy / vibration, through a pattern of experience & behaviour that you encounter regularly.

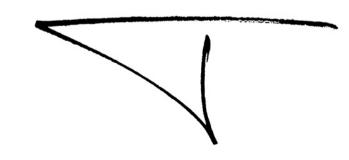
This is your opportunity to create change, by being aware of what you do not prefer, your reaction to it (which usually stems from a negative belief about yourself), and how to go about changing this so that your energy focus shifts from a lower to higher vibration - on any particular issue / experience / pattern.

what you love you empower

what you fear you empower

what you empower you attract

As an energy being, whatever you focus on, you power with energy to bring it into creation. That is your Universal role: you are a creator - and this applies here too.



guided meditation to cleanse, align & recharge

Chakras Your Chakras

















let's get started

visualisations & affirmations

The meditation process that follows contains the idea of visualisation and positive affirmation, so it is important to understand what these represent:

Everything is energy / vibration. Actions, words, thoughts, symbols, representations - everything vibrates with a certain (higher or lower) energy and at a certain frequency.

The Universe and its energy respond to those by resonating those same frequency ranges back at us - that's the (over-simplified) real Law Of Attraction.

So using visualisations and positive affirmations as part of your energy work during the following meditation (and it is indeed energy work, specifically as this meditation is geared towards your body's energy centers) will help increase the energy / vibration, and allow the Universe's energy to respond in kind.

Find a quiet and comfortable place where you won't be disturbed for the duration of the meditation.

Depending on your level of practice, you're welcome to start-off with just a short 5-10min session, and gradually build-up your comfort for a more sustained 15-20min practice.

Sit or lie down in a comfortable position, with your spine straight and your arms and legs uncrossed.

Although the Lotus or Burmese poses are considered the mainstream postures for meditation, there are a variety of postures that can be adopted - depending on what feels more comfortable for you.

Ultimately, whatever allows you to have a fully relaxed body (without falling alseep) while maintaining an altert state of consciousness.

Take a few deep breaths, inhaling through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed and centered.

Visualize a column of bright silvery-white shimmering light descending from above you and entering the top of your head. This light represents Universal energy, the highest vibrational energy available to you, and it will help to cleanse and re-energise your chakras.

Imagine this light flowing down through your body, enveloping you like a bubble / cocoon, and filling each of your chakras in turn.

You will now bring yourself and this light focus on each of your chakras, one after the other. You can imagine your chakras as being either small spheres of pulsing light, spinning wheels / discs, or any circular symbol you wish to visualise.

Spend as much time as you want on each of your chakras, as some will require more focus than others. A general rule of thumb is that once you start 'feeling bored' on a particular chakra, the energy work is done (for now) and you're welcome to move-on.







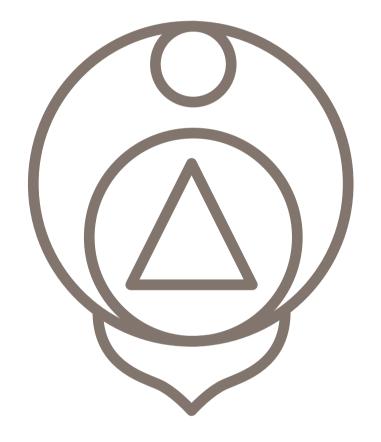












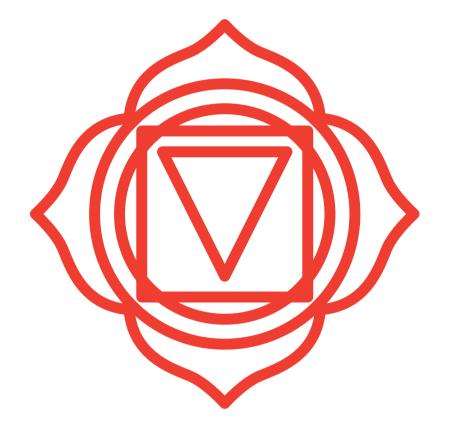
Begin a few inches under your feet with the earth chakra, and visualize a rich earthy light glowing brightly at this point.

This chakra is associated with your grounding to the planet and physical reality.

Imagine a white-silvery light flowing up through your earth chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am alive
I am here
I am grounded to Earth / Gaia



Move your attention up to your root chakra, located at the base of your spine, and visualize a red light glowing brightly at this point.

This chakra is associated with grounding, survival, and physical needs.

Imagine the white-silvery light flowing down through your root chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am safe
I am secure
I am grounded in the present moment



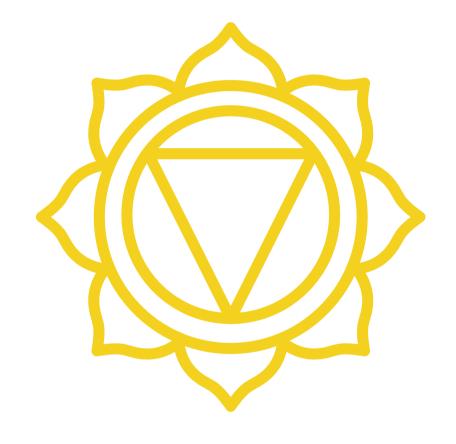
Move your attention up to your sacral chakra, located just below your navel. Visualize an orange light glowing brightly at this point.

This chakra is associated with creativity, sexuality, and emotional expression.

Imagine the white-silvery flowing down through your sacral chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am creative
I am passionate
I am connected to my emotions



Move your attention up to your solar plexus chakra, located just above your navel. Visualize a yellow light glowing brightly at this point.

This chakra is associated with personal power, confidence, and self-esteem.

Imagine the white-silvery light flowing down through your solar plexus chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am powerful
I am confident
I am worthy of love and respect



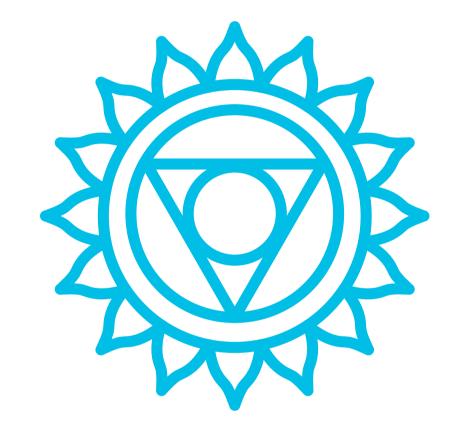
Move your attention up to your heart chakra, located in the center of your chest. Visualize a green or pink light glowing brightly at this point.

This chakra is associated with love, compassion, and forgiveness.

Imagine the white-silvery light flowing down through your heart chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am loving
I am compassionate
I forgive myself and others easily



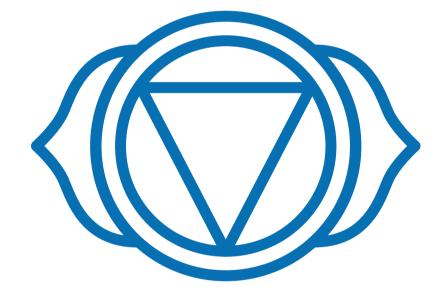
Move your attention up to your throat chakra, located at the base of your neck. Visualize a blue light glowing brightly at this point.

This chakra is associated with communication, self-expression, and truth.

Imagine the white-silvery light flowing down through your throat chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I communicate clearly and effectively
I express myself truthfully and authentically



Move your attention up to your third eye chakra, located in the center of your forehead. Visualize an indigo or purple light glowing brightly at this point.

This chakra is associated with intuition, perception, and spiritual insight.

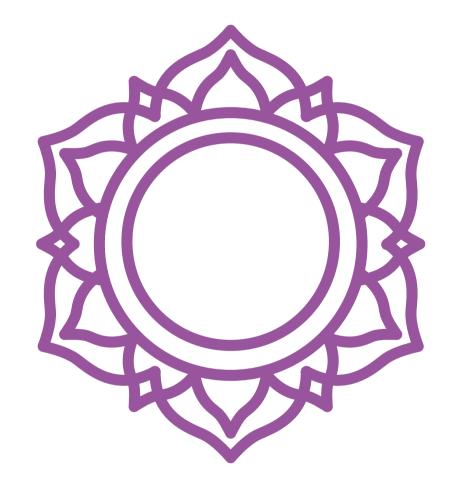
Imagine the white-silvery light flowing down through your third eye chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I trust my intuition

I see the truth of all situations

I am connected to the divine



Finally, move your attention up to your crown chakra, located at the top of your head. Visualize a purple or white light glowing brightly at this point.

This chakra is associated with higher consciousness, spiritual connection, and transcendence.

Imagine the white-silvery light flowing down through your crown chakra, dissolving any blockages or negative energy that may be present - then visualise that light re-energising your chakra, like a power cell / battery being fully recharged.

As you do this, repeat the following affirmations to yourself:

I am one with the Universe
I am open to divine guidance
I am connected to All That Is

post-session

Take a few deep breaths and allow yourself to feel the energy of the white light flowing through your body, cleansing and re-energizing your chakras.

Take as much time as you want to bask in this moment & feeling, enjoying the experience as Universal source energy is 'polishing that final coat of wax' to a beautiful shine.

When you feel ready, slowly open your eyes and take a few moments to fully come back to the present moment.

Remember to drink plenty of water or white / green / red tea throughout the course of the day and rest after this meditation - to allow your body to integrate the energy shifts.

You are welcome to repeat this meditation as often as you like to maintain balance and harmony in your chakras.













recap meditation guidelines step-by-step

Find a quiet place. Sit or lie down in a comfortable position, with your spine straight and your arms and legs uncrossed.

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Take a few deep breaths, inhaling through your nose and exhaling through your mouth. With each breath, feel yourself becoming more relaxed and centered.

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Imagine a white light flowing down through your body, enveloping you like a bubble / cocoon, and filling each of your chakras in turn.

You will now bring yourself and this light focus on each of your chakras, one after the other. Vizualise each chakra in its corresponding colour vibration as the white light flows through - dissolving any blockages or negative energy that may be present - then visualise that light re-energising each chakra, like a power cell / battery being fully recharged. Incorporate positive affirmations.

Take a few deep breaths and allow yourself to feel the energy of the white light flowing through your body, as it 'finishes-up' cleansing and re-energizing your chakras.

When you feel ready, slowly open your eyes and take a few moments to fully come back to the present moment.

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You are very much encouraged to use the knowledge & process shared in these pages and adapt this methodology to what resonates most for your beautifully unique Self.

We each hold our own unique truth(s) and can intuitively 'feel' the best way to move forward, expand our self-awareness and grow.

we are each not <u>on</u> our path, but we <u>are</u> our own path.

tristanlaurensbernard





