



Chakra Meditation - Breath in 7 counts. Hold 7 and exhale slowly.

Build in the vibrant nourishing color red starting from your root chakra.

Pattern 1: Your Foundation And Feeling Of Being Grounded
Focus: Survival Issues, Financial Independence, Money And Nourishment

People Need Your Help Healing/Building A Foundation And Feeling Grounded

How do you feel grounded? Notice how you help people with: Survival Issues, Financial Independence, Money and/or Nourishment?

Bath your new experience in the bright color of orange in your sacral area at the base of your spine.

Pattern 2: Your Connection And Ability To Accept Others And New Experiences
Focus: Sense of Abundance, Well-Being, Pleasure And Sensuality

Experience Wellbeing As You Feel Connected, Accept Others and New Experiences


Surround navel, yourself and love ones in golden yellow.

Pattern 3: Your Ability to Be Confident A In Control of Your Life
Focus: Your Self-Worth, Self-Confidence And Self-Esteem

Be a beckon of light radiating Self-Worth, Self-Confidence And Self-Esteem.

Open your heart to the healing joyful peaceful color of green.

Pattern 4: Your Ability To Love
Focus: Love, Joy And Inner Peace





People Want to Experience More Of Your Love.

Your Gifts and Offerings Increase Love, Joy and Inner Peace.

Wrap your throat in blue waves of truthful self-expression and communication.

Pattern 5: Your Ability To Communicate

Focus: Communication, Self-Expression Of Feelings And Truth

People Wants Better Communication

Offer Events, Models And Tools To Express Your Truth. Use Effective Communication And Self Expression.

Focus indigo rays from you third eye.

Pattern 6: Your Ability To Focus On And See The Big Picture

Focus: Intuition, Imagination, Wisdom, Ability To Think And Create

People Come To You To Help Them Focus On and See The Big Picture

Honor your Intuition, Imagination, Wisdom And Ability To Think And Create To Help Yourself And Others.

Bath you crown in violet light.

Pattern 7: Your Ability To Be Fully Connected Spiritually

Focus: Inner And Outer Beauty And Connection To Spiritual Bliss

People Want More Ways To Be Fully Connected Spiritually

Offer Yourself And People Around You Ways To Enjoy Inner And Outer Beauty And Connection To Spiritual Bliss

Breath deeply. Notice your focus returning to your body. Wiggle your fingers and toes. Bring your attention to outer awareness. When you are ready, slowly open your eyes.

Download a free audio of this guided Chakra Meditation. Go even deeper with the 7 Chakras. [Check out Miracle Mondays](#). **Circle Map ©2013**