

# Chakra Awareness Meditation

First come to a physically comfortable position sitting or lie down on your back (lying down works very well for the first time). Next begin to notice your breath; inviting your mind to continuously follow the breath. As your mind settles into the breath it will become steady and comfortable. Try to maintain this breathing throughout the entire meditation. After the breath has become established begin by directing your attention to the area at the base of your spine (first chakra). Continue to keep your attention here for about two or three minutes, while breathing slowly and steadily. As you breathe; with your concentration on this area; invite your breath to move through it as though it was a porthole for awakening energy. It's important to stay focused on an area; and if need be, you can take your hand and touch this particular area to bring your attention there. That way, there is a physical awareness to concentrate on. Focus your attention there as you breathe and invite that area to expand, to open.

When your awareness has confirmed the presence of something happening, you are ready to move to the next chakra. Shift your attention up to the second chakra, and as before, focus your attention on this area for two or three minutes as you breathe rhythmically in and out. Hold your attention here on the area of the second chakra. Again it can be helpful to just take your hand and gently touch that area so you have a better idea of exactly where it is. As you breathe in and out with your attention on the area (chakra) allow it to expand; to turn, and to open.

Continue to do this for all of the chakras. Work your way up through the seven chakras; holding your attention on each one for two to three minutes. After you have been breathing and noticing the seventh chakra you may feel as though the crown chakra is actually opening and you become aware of the presence of the energy around you, your aura. Notice the increase in energy and awareness within the aura around you and sit with it quietly breathing slowly and steadily. Allow your entire system to assimilate the energy that flows as a result of this practice. Invite your mind to be as quiet as possible, expect nothing and try not to provoke any particular experience. Instead, be as aware as you can of being in the present moment and of your body and the breath as it flows in and out. You will notice a presence of energy flowing in and around you bathe in the energy and sit with it for a few minutes.

This meditation opens the chakra system, infusing it with energy. Steady breathing and well focused attention are important to its success. At each chakra, keep your attention as focused as possible. Avoid straying from the chakras. If you find your mind drifting away, bring your attention back to the area you are working on. Do not hurry. Take time to feel each center vividly. Over time, you will find it increasingly easy to feel the locations in the body, and to feel energy flowing through you. Eventually you will be able to instantly awaken any or all of the chakras at will.

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