

# **Meditating on the Seven Chakras**

by Bruno Gideon

If you wish to get creative with meditation, try Chakra Meditation. It has many advantages, is well structured, and what I like most about it is that it leaves room for free meditation.

The Chakras are the seven energy centres in our body, located along the spine. Interestingly, the places where the Ancient Hindus located the Chakras are identical to the places where modern medicine identifies the glands responsible for our metabolism and energy level.

The most important benefit you will get from Chakra Meditation is that you can personalize it. At the end of every Chakra, you will ask yourself questions that are related to your personal life. And because meditation is a private matter, you can be absolutely open without fear that someone else will ever know about to your thoughts and feelings.

You may believe in the Chakras literally or only take them for their symbolism – it doesn't matter. The main goal is that they will help you to think about the various areas of your daily life. I will make some suggestions about these questions further down but you are absolutely free to choose whatever is important in your life at this moment.

Before we start, please sit down in a comfortable position; don't cross your legs or your arms. This will allow energy to flow freely through your body. Take a few deep breaths, in and out, close your eyes, and you are ready to start.

## **The first Chakra is called the Root Chakra.**

It is located at the base of your spine and represents materiality and your connection to Earth. By bringing your attention to the base of your spine and the area of your body known as the perineum, you can meditate on how well

grounded you are and how you deal with your material needs.

Here are some ideas for questions you could ask yourself, but they are just suggestions. Elaborate on them as you see fit.

- Am I firmly grounded in my life?
- Do I have a healthy connection to money, or does it dominate me?
- Do I value my material needs correctly?
- Do I learn from the opportunities that come my way?

### **The second Chakra is called the Sacral Chakra.**

It is located in the centre of your abdomen, just below your navel. It represents emotions, creativity, sexuality, and survival. Here are some ideas for questions you could ask yourself:

- How is my emotional health?
- Is my sexuality in synch with my personality?
- Do I allow my creativity to find expression in my life?
- How do I deal with my emotions like love, fear, or hate?
- Do I accept my reality or do I have a blind spot?

### **The third Chakra is called the Solar Plexus Chakra.**

It is located in the area of your diaphragm. It defines our self-esteem, our ego, our willpower, and our gut feeling. Ideas for the questions we could ask ourselves are:

- Do I impose my will on others?
- Do others impose their will on me?
- Do I accept it against my will?

- Does my ego make me do things that I shouldn't?
- Can I rely on my gut feeling, my intuition?

### **The fourth Chakra is called the Heart Chakra.**

It is located in the middle of the chest – the heart. It symbolizes emotions such as love, compassion, acceptance, and generosity toward others and ourselves. Ideas for questions are:

- Do I allow love to be in my life?
- Do I express my love to others?
- Do I have to forgive someone for something I did?
- Do I have to forgive someone for something they did?
- Do I accept myself as the person I am?
- Is there negativity in my life? What can I do?

### **The fifth Chakra is called the Throat Chakra.**

It is located in the area of your throat and vocal cords. This Chakra symbolizes communication – the ability to speak and to express your thoughts assertively. Meditating on it will help you consider when in your life you need to speak up, how you use your voice, and what words to speak and not to speak.

This Chakra is an excellent meditation tool in your quest to gain self-confidence and to avoid being taken advantage of. Possible questions you could ask yourself are:

- Was I verbally aggressive toward someone and do I need to correct that?
- Did I say things that I shouldn't have said?
- Did I have the courage to speak up?
- Am I giving enough praise?
- Can I accept critique?

## **The sixth Chakra is called the Third Eye Chakra.**

It is located in the centre of your forehead between your eyebrows. This Chakra symbolizes insight and clarity. By meditating on it, you consider where in your life you need more insight – where you need to trust your own wisdom for what is best for you. In the tradition of meditation, this Chakra is associated with the “sixth sense”, meaning the inner voice and what some consider the universe within us. Questions you could ask yourself:

- Is the universe trying to tell me something?
- Am I living in synch with my environment?
- Do I get any premonitions about my life?
- Is my inner voice trying to tell me something?
- Do I know what is best for me?

## **The seventh Chakra is called the Crown Chakra.**

It is located at the top of your head and symbolizes your connection to God. Some people don't meditate on this Chakra because God is not part of their spiritual system.

By meditating on the seventh Chakra, you consider your purpose in life and how you are connected to the world. Questions you could ask yourself are:

- Do I have God in my heart?
- What does God want me to do in my life?
- Am I living in synch with my higher power?
- Do I follow the commands of my religion?
- Can I accept that God is managing my life?

If you practice Chakra Meditation on a regular basis, you will be more and more balanced and find solutions to personal problems that you wouldn't find otherwise. Chakra Meditation might also have an impact on your personal health and warn you of dangerous developments in your body. But it can't, of course, replace your doctor, but it might give you a hint as to what he should look at.

If you are interested in going further into Chakra Meditation, there are many books about it and if you Google "Chakra" you will find more than 15 Million hits which shows how popular it is.

I wish you good success with Chakra Meditation.