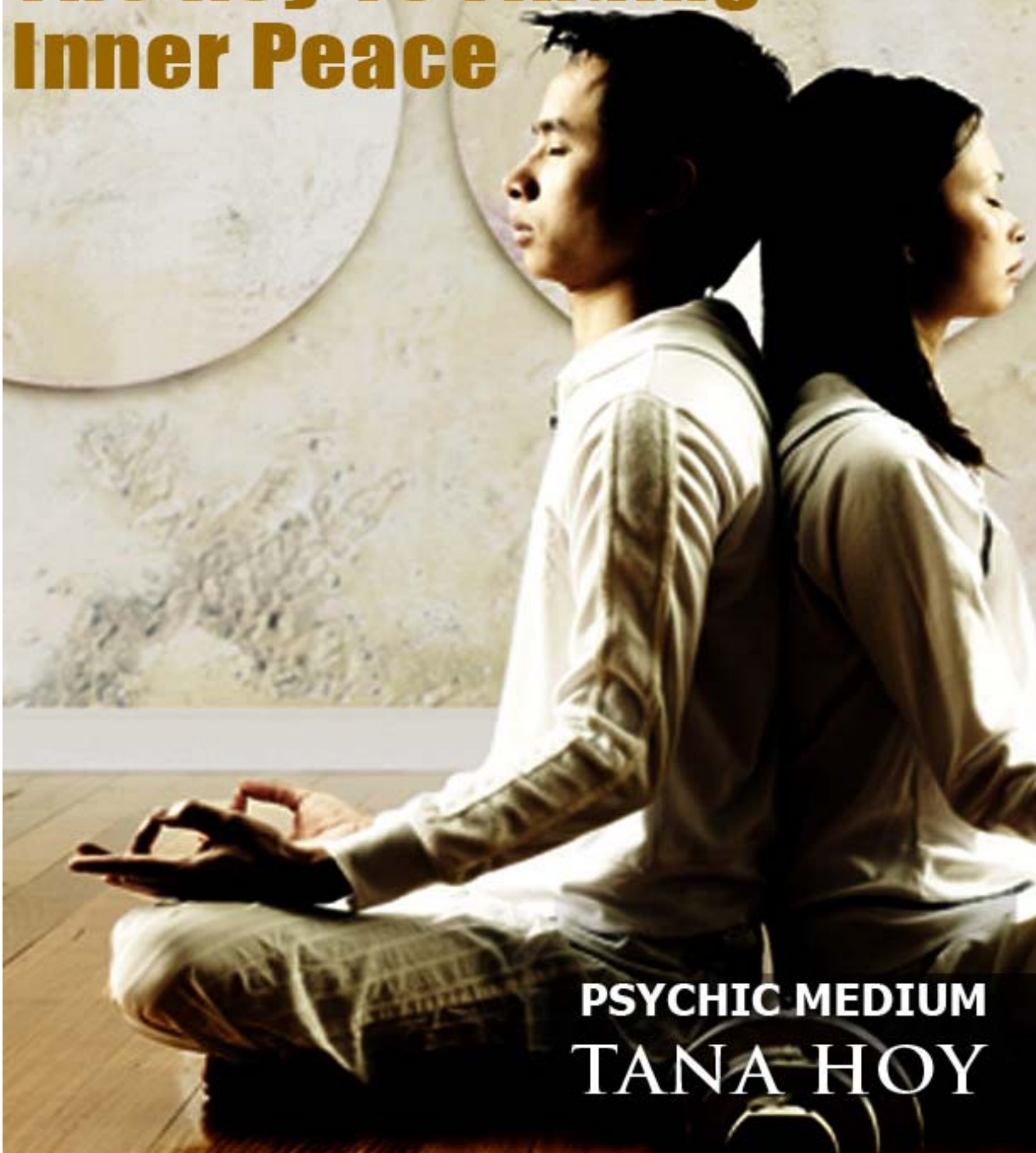


MEDITATION

**The Key To Finding
Inner Peace**



**PSYCHIC MEDIUM
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Meditation – The Key to Finding Inner Peace

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Meditation – The Key to Finding Inner Peace

How to use this book

This book on meditation will be your guide as you make the journey towards your inner self. As you begin to unlock your inner source of power through meditation, the contents of this book will become your most valuable reference.

This book will show you correct meditation postures, proper breathing techniques, specific meditation exercises, and it will also discuss the many benefits you will receive from meditation. You are also going to learn about auras and chakras, and how daily meditation can become an immeasurable tool for keeping both of these energy systems flowing smoothly throughout your body.

The basic requirements for a joyful meditation experience are a peaceful environment and comfortable clothing, but at the end of this book, I have also included a list of meditation tools that you can also use to deepen your meditation experience. Using these tools will make your inner journey richer and deeper.

I also encourage you to use the Meditation Journal that is included in this course. Your Meditation Journal is where you can make notes about your meditation experiences, as you travel along your journey to discovering your inner self. In your journal, you can record your daily meditation experiences, as well as measure your progress as you go along. Your Meditation Journal is your reference for recording your personal experiences. I have included in your journal, meditation-inspired images and scriptures which you can use to reflect on daily.

The Benefits of Meditation

Hopefully by now, you can see some of the wondrous effects meditation can have on your life. By practicing meditation on a daily basis, you will come to personally experience the following, life-changing benefits.



You Will Have a More Relaxed Body and Mind

When you want to have some quiet time or some alone time, meditation can offer you that. When meditating, you will discover an inner peace, a sense of belonging, and a divine connection to the universe.

Whatever worries you have, they will no longer loom over you. You will no longer feel hurried or agitated. You will start to feel more fluid and flexible. Stress is something that will become a thing of the past!

You will feel more rested and refreshed – the same as you would after a full-nights sleep. After each meditation, you will be able to think more clearly, and have more energy!

You Will Gain Clarity of Mind

You will develop more control over how you feel and think. Control in this context does not mean repressing your thoughts and feelings. It means you will develop greater control over them, by being able to look at a situation or a problem, with greater clarity of mind. You will intuitively know how to balance the emotional and practical aspects of things. You will stop acting hastily, or out of clouded judgment. You will become fully aware of how you feel and you will be better prepared to determine the right courses of action.

You Will Experience Healing and Wellness

As your mind and body relaxes, your body also heals itself. With less stressful thoughts and negative thinking, your body reaches a state of complete rest. This allows your body the extra energy needed to help itself recover from any ailment or negative condition. Studies have shown that meditation can be more effective in lowering blood pressure than diet and exercise.

Greater Development of Your Brain

Studies have shown that being in a meditative state also aids in developing your brain. In keeping the mind still, your entire brain works and is exercised in its own way.

You Will Nurture Your Creative Mind

With your mind at peace, and being in touch with your deeper self, it will be easier to find inspiration. The practice of meditation allows your creative mind to open up, freeing your creative ideas. If you ever feel like your creative side has been locked up, proper meditation can release your mind, leading your thoughts to deeper creativity.

You Will Become More Self-Aware

As you meditate and go deep within yourself, you will begin to rediscover the beauty that lies within you. You will come to discover more of your own personal power, and get in more touch with all of the inner strength that you may have lost.

Meditation has many different benefits. People meditate for different reasons, whether it's to calm themselves down, or to eliminate stressful, negative emotions. But in the end, meditation has the same exact affect on every person who practices it - it allows you to go deep within, and realize the power that dwells there.

The Importance of Proper Breathing

As you know by now, proper breathing is essential to meditation. You have learned that it aids in calming your body and mind, and by using it properly, it serves as a focal point, helping to keep your mind from distractions. Breathing is the starting point of all meditation, and its effects are very powerful.



Whatever position you prefer to use when meditating, remember that the purpose of focusing on your breathing is to help you let go of any distracting thoughts or images. As your mind wanders during your meditations, gently bring your attention back to your breathing.

Allow your breathing to be slow and rhythmic, not quick and gasping. Remember, you are not in a hurry to fill your lungs with air, or to expel air quickly. Take your time and let your body feel as fluid as the air you breathe in and out.

As you continue with your breathing, you will feel your body becoming more relaxed, and your mind clearer, as fewer thoughts and distractions go through your mind.

Don't forget that you can also choose to use a mantra when meditating. The more you meditate, the more you will experience the wonderful effects of meditation.

Meditation Postures

During meditation, you should be able to relax and feel comfortable in your chosen posture. If you are having difficulty maintaining a certain posture, choose a different one that feels right for you. That way, you won't be distracted by any discomfort. If your body is too stiff or tense, this will take your mind away from your meditation. So you have to be able to relax with your posture. Remember, meditation is an easy, gentle, and natural process.

At first, you may experience some feelings of unnaturalness. For example, if you are not used to sitting with a straight back because you are normally slouching, your body may feel slightly unnatural at first. Gradually, as you practice meditation more often, you will notice that keeping a straight back does not require much effort anymore.

Also, while you are advised to be relaxed in your meditation posture, your mind should still be present in the meditation, and fully awake.

The Sitting Posture

You can follow these guidelines when meditating in a sitting position:



Try to keep your back, neck, and head in as straight of a line as possible. A straight spine helps your breathing to flow more easily. Make sure that as you sit with your back straight, the muscles of your shoulders and back are relaxed and not stiff.

Once you are in a comfortable sitting posture, you should be able to sit still. Your face muscles should also be relaxed. You can easily tell when your face is not relaxed, because your jaw will be clenched or stiff. Allow your jaw and your chin to relax, along with your shoulders and neck. Your ears should not be pulled back by your ear muscles. Simply relax.

Your hands should be placed on your knees or your lap, allowing your shoulders to relax even more.

You can place your hands together, just under your navel, with the fingers of one hand, resting on top of the fingers of the other hand, with your palms facing upwards. Next, allow your thumbs to connect in the center, forming a triangle. This is called the Meditation Mudra.

Make sure your elbows and arms are relaxed as you do this, and that your hands are resting in your lap.



Although the sitting posture is the most commonly thought of posture used while meditating, there are a number of meditation postures you can use. You can experiment with the following meditation postures to help you decide upon the right one for you.

The Lotus Pose

The Lotus Pose is a classic meditation posture, which you may have seen in yoga books.

The Lotus Pose can be done in two different positions – a Full Lotus Pose or a Half Lotus Pose. You should only use the Full Lotus Pose if you are flexible, and be able to hold the pose for the duration of your meditation, without the pose distracting you.

Otherwise, you should use the Half Lotus Pose, because you will be more relaxed in this position. You can always practice the Half Lotus Pose, and work your way up to the Full Lotus Pose.

The Half Lotus Pose

First, sit on the floor or a mat, with your legs stretched out in front of you.



Bend your knees outward, bringing both of your feet inwards, toward your groin area. This is called an Indian Sitting Position.

With both hands, grab your left foot and gently lift it up onto your right thigh. Your left foot should rest just right above the right side of your groin. The sole of your left foot should be facing upward.

If you are doing the Half Lotus Pose, you can leave your right foot underneath your left leg. The sole of your right foot should also be facing upward.

The Full Lotus Pose

If you are doing the Full Lotus Pose, you will need to place your right foot in the same position as your left, so that your feet are crossed. To do this, take your right foot and gently lift it up onto your left thigh. As you do this, you may need to lean back a little to balance yourself. Your right foot should then rest just above the left groin.

You can also try doing the Lotus Pose with the right foot first, then the left.

Don't worry if you are not able to do the Full Lotus Pose right away. This may take some time, but with consistent practice, you may discover that you are able to do a Full Lotus Pose sooner than you expected. Once you are able to do the Full Lotus Pose, the length of your meditation will depend on how long your body can sit comfortably in this pose.

It is perfectly fine if you are not able to do the Full Lotus Pose at first try. With practice, you will be able to do a Full Lotus Pose and be able to hold it for the full duration of your meditation.



Once You Are Sitting In The Lotus Position:

After you have positioned your feet into the Lotus Pose, you will need to relax your shoulders and arms. You can place your hands in front of you, using the Meditation Mudra explained above. You can also rest your palms on your knees, with both palms facing upwards. Always place your hands in the position that is most comfortable for you.

Once you are in the Lotus Pose, you will notice that your body will become very relaxed, yet energized and awake at the same time! You will feel this even more as you progress in your meditation.

Once you are in the Lotus Pose, you can either close your eyes, or let your eyes gently focus on an object or image that has been placed in front of you. The image that you use should be something that helps you to feel relaxed and peaceful.

Next, you should start observing your breath, just as I had taught you earlier in my audio lecture, inhaling and exhaling slowly. As you breathe, notice how your abdomen rises and falls with each breath. Remember, you can count as you breathe in and out, to regulate your breathing at first, or until your body becomes adjusted to this gentle way of breathing.

Breathing is an essential part of meditation and should not be hurried. Your breathing will aid you in relaxing your entire body, while emptying your mind of random thoughts. As you meditate, always maintain your focus on your breath. This focus will also cause all tension to leave your body.

Remember, you can also use a mantra as you meditate, by reciting the mantra softly in your mind.

If you find mental images entering your mind, or if you become distracted by random thoughts, the moment that you realize this, gently bring your focus back to your breathing. The same as sitting in the Lotus Pose while maintaining a proper meditation posture, you also need to practice focusing on your breathing, and it will eventually become more naturally and easy.

During meditation, you will find your body and mind in a complete state of relaxation. Try not to be distracted by everyday concerns. Your mind will be clear and peaceful. Your body will feel weightless, and after meditating, you will feel energized and refreshed.

The Cross-Legged Position



A meditation pose that can also be used is to simply cross your legs. Again, what matters here is the proper alignment of the spine, and your breathing.

The Seiza Position

The Seiza Position is a lot like a kneeling position, except that your body is resting on your lower legs and feet. The Seiza Position can be done on the floor, or by using what is called a seiza bench or a zafu.



Sitting on a Chair



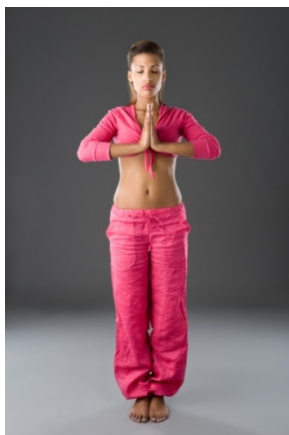
You can also practice your meditation while seated on a chair. It is important to note though, that the height of the chair and its back should be taken into consideration. The back of the chair should be straight. The height of the chair should also allow your legs to form a 90° angle to the floor, with your feet flat on the ground, and relaxed. If your chair does not allow you to sit comfortably in this manner, you should find one that does.

As with the other meditation techniques that are practiced while sitting, your hands should be placed comfortably on your lap or in Meditation Mudra. Make sure to breathe as explained above.

Using a Zafu

You might find it difficult to meditate on the floor, in which case, you can use a firm cushion specifically used for meditation called a zafu. When using a zafu, make sure that the height allows you to be able to easily sit up straight. If the zafu is too high, it can cause strain on your back. If it's too low, your body will bend and you will find it difficult to keep your back straight.

Standing Meditation Posture



When using the Standing Position, the back has to be straight and the facial muscles relaxed, the same as in the Sitting Position. Your arms can be placed on your sides or they may be put together in front of you, the same as when you pray. Your weight should be distributed evenly on each foot.

Standing Meditation can be good exercise, while at the same time strengthening your focus and concentration. In the Standing Position, it is more common to meditate with your eyes open, and fixed on an image or spiritual object in front of you. Breathe the same as in all positions.

Standing meditation uplifts you and balances your energies. As you focus on your breathing, you will feel your entire body being renewed as you stand and open yourself up to the process. Even though you might think that you will feel tired from standing for a long time, you will find your body becoming very relaxed, even if you have been standing the whole day! While standing, your body is being stretched and your sense of balance and stability is strengthened.

While in the Standing Position, you should acknowledge the strength in each part of your body. If there are any parts of your body where there are minor discomforts or aches, imagine these pains slowly dissipating as you exhale. The more you exhale, the more the aches and pains will be gently released from your body.

While in the Standing Position, by focusing on your feet, your whole body will feel grounded, allowing any excess or unpleasant energy to be released, leaving you feeling recharged and energized.

Standing Position While Holding Your Arms Up

This form of standing meditation may be done for up to 15 minutes, or for as long as you can hold the position. At first, this may cause your arms and shoulders to ache, but with practice, you will be able to do it easily. Practicing this position regularly can strengthen your entire body.

As with any meditation pose, give yourself time to gradually adjust. Do not force your body. In time, you will see a remarkable difference, and be surprised at what your body can do. Standing meditation also develops your body's ability to move in a more fluid motion.

To do a standing meditation with your arms up, stand with your weight evenly distributed on both feet. Start your breathing, allowing your body to become more attuned to the meditation, and your mind to become clear and relaxed.

Inhale deeply and slowly, and then lift your arms straight up over your head. Try to hold this position for at least 15 minutes. At first, you may feel tension in your shoulders but this will gradually disappear with more practice. When you finish this pose, your body will feel relieved of stiffness. In time, you will be able to appreciate this pose as a form of stretching, helping your body to release tension and become more relaxed.

Standing Position Variation

Stand with your feet shoulder-width apart, distributing your weight evenly on both feet. Keep your back and neck straight and aligned. Allow your shoulders to relax, and place your arms gently to your sides.

Once you feel comfortable, lift your left hand and place it just below your navel, so that the edge of your left thumb rests just below it. Next, place your right hand over your left hand. As you breathe, feel your hands rise and fall with each breath.

As you continue breathing in this position, if any fleeting thoughts or mental images surface, gently release them by gently bringing your concentration back to your breathing. You can stay in this state for as long as you like.

This form of standing meditation helps you to learn how to breathe properly.

Supine Meditation Posture

If you have back problems or are not feeling well, you can also meditate in a Supine Position. This is also an excellent position to use at night if you are about to go to bed.

As with all meditation postures, you should make sure that your back is flat, and aligned with your neck and head. You should use a pillow or folded blanket to support your head. Your head should **not** be

thrown back, which can make it difficult for you to breathe in this position. Nor should your head be pushed down, as this can cause your neck and shoulders to ache or become stiff.

When lying down in the Supine Position, stay still and straight. As you slowly allow your body to become totally relaxed, let your feet and arms naturally lie away from your sides.



If you experience back pain when lying down with your legs straight, you can also bend your knees. To keep your legs from falling to the sides, you can turn your toes outward a little, and keep both feet flat on the floor, to keep your bent legs balanced. You can also allow your legs to form a 90° angle by resting your calves on a chair, with your upper body lying down.

You can close your eyes when meditating in the Supine Position or you can let your eyes rest on a specific point on the ceiling, to prevent yourself from falling asleep. Since you will be directly facing the ceiling, the lighting should not be too bright, or glaring into your eyes.

It may be easier for you to relax your entire body as you are lying down. However, your mind should be kept awake and focused. Again, if any distracting thoughts or images surface in your mind, gently let go of these thoughts, by bringing your awareness back to your breathing.

How Meditation Benefits Your Aura

What is An Aura?

An aura is a field of energy radiating from every person. Your aura is oval in shape. It surrounds your entire body, and it has all of your thoughts, feelings and emotions projected onto it. The aura is full of colors - it often called the rainbow to your soul.

The colors in your aura can tell a lot about you, such as your current emotional state, your intentions, and your deepest feelings. The colors in your aura tell what physical, mental, or emotional state you are in.

By understanding the aura, you can become more self-aware, because the colors of your aura show what emotional state you are currently in. The different colors in your aura can also show you what you might need to do based on those colors. For example, if the colors of your aura show you are feeling angry deep inside, even if you are acting polite on the outside, by becoming aware of your anger, you can learn how to address it. By becoming more in control of your true emotional state, you learn healthier ways to calm yourself down, and release the anger from your body all-together. Releasing the anger is where meditation can help.

Believe it or not, most people can sense the auras of others, yet most people are not aware that they can even do this! You should at least have a basic understanding of what the different colors in your aura

mean. When you feel a certain emotion related to one of the colors listed below, you can counteract the emotion, by focusing on a different color that expresses how you would like to be feeling instead.

The Different Meanings of the Colors of Your Aura

The colors in the aura can signify different things to different people. Below are some of the basic meanings. You can use this list of colors as a guideline to help you to change any negative emotions you may not want to have or feel.

By understanding your aura and what its colors signify, you can determine what your current emotional condition is. You can then use meditation to either enhance or develop a more desired state, or shift your state from a negative one to a more pleasant, or just a more neutral one. By being able to determine the current nature of your aura, you can use this knowledge to change the energy around you.

If your aura shows that you are in a problematic, unwell, or disturbed state, meditating can ease your mind and body, and help to change and balance your aura. Meditating will make you feel better and more at peace, and will affect your aura in a very positive way.

If your aura shows you that you are in a happy or contented state, you can meditate to enhance the joy that you feel. Of course, it is always better to meditate regularly, regardless of your mood or condition. The daily practice of meditation helps keep your energy balanced.

The state of your aura and your regular meditation works together – your aura tells you where you are currently, and meditation brings you where you should be.

Purple or Violet

Purple or violet is a spiritual color. If your aura shows purple, it can mean that you or your thoughts are currently focused on your spirituality or your spiritual needs. It means you are very in touch with your spiritual side, and on a path to spiritual development.

Blue

A blue aura shows your physical and mental wellness. If your aura is blue, you are feeling relaxed, and your mind and body are in a balanced state. You are feeling serene, and feeling inner peace. You can focus on keeping yourself feeling serene by remembering what it feels like to be in this state whenever you are feeling stressed. Thinking about the color blue will help you return yourself to that pleasant state of peace and serenity.

Turquoise

Having a turquoise-colored aura denotes an active and strong part of you is taking control! When turquoise is present in your aura, you will be very influential because your sense of clarity, order and

management will be very strong. It can signify excitement, and a determined focus on desired results. You will become very charismatic in this state.

Green

Green is nature's color. A green aura means you are greatly attuned to nature. Not just nature in terms of the environment, but also be your inner nature, or the nature of your actual self. Working with the color green, you will feel at peace, comfortable with yourself, and also at peace with your self-image. You will not feel a need to pretend to be anything other than what you are. Green places you in a state of comfort and contentment, both within yourself, and with your environment. If you are feeling in a state of discomfort or personal crisis, visualizing green in your aura will help to place you into the process of natural restoration.

Yellow

Yellow is all about optimism. If your aura is yellow, then you are in a state of happiness, contentment, and freedom from any burdens that can cloud your mood. You are in a very good place, so to speak. With yellow in your aura, you will not be dragged down by worries, and you will be more open to the good things in life. Yellow helps you to move forward towards further spiritual development, and provides you the strength to work on the desired goals in your life.

Orange

Orange means you are at the peak of a powerful feeling or state, and that you have a strong desire to exercise this power. It shows that you have a lot of energy, and that you expect other people to share the same desire for action and results. It's about wanting things the way you want them to be.

Red

A red aura means high energy levels and the driven desire to acquire more. High energy may mean being extra energetic, overly ecstatic, or madly furious. It can symbolize any emotion that may be too much, or at least higher than normal. The acquiring of things can refer to the realization of a goal, obtaining an actual item, winning someone's vote or favor, or any other thing, situation, or person. In addition, fiery passion for an object of affection will be reflected in your red aura.

Pink

A balance between the material and spiritual aspect of your life is denoted by a pink aura. However, this is not very common, since maintaining a perfect balance between the material and spiritual aspect of your life takes a higher level of self-awareness, along with consistent practice in order to achieve this.

Brown

Brown in your aura shows some form of disturbance within. You may be feeling overwhelmed, or preoccupied with an issue or a problem. Brown serves as a reminder that you need to address something

that is affecting you negatively. You need to stay put, determine what the problem is, and then decide what solutions there are to resolve your internal struggle.

Gray

A gray aura indicates that you are in a state of feeling in-between. You may be confused or unsure about something that is very unsettling for you. Gray in your aura can drag you down, even bringing you to a completely negative state. It can also indicate the possibility of your darker side taking over. Gray is in your aura when you are in a weak phase of your life.

White

White in your aura indicates that you are paying attention to your spiritual well-being. A white aura is like a light showing that you are taking care of your inner and outer self. White can be used when you have been neglectful to your body, or you have been overworking to the point of exhaustion. It can also be used when you need to reconnect with the spiritual side of your life. White is the water that your inner self may be thirsting for, and can open your being up to a higher form of wisdom

Meditation and Your Chakras

What are Chakras?

Your chakras are wheel-like energy centers that run along the spine of your body, through which energy is transmitted. There are seven major chakras, and each chakra correlates to a physical, spiritual and emotional function in your body. Being energy centers, chakras need to be open and aligned to allow the free and smooth flowing of energy in your body.



The Types of Chakras and Where Each Chakra Is Located

Below are the seven major chakras.

The Root Chakra



The Root Chakra is located at the base of the spinal cord. It is the chakra that involves sexuality and obsession. If your Root Chakra is open or aligned, it means you are comfortable and well connected to your physical body. If your Root Chakra is not aligned, you may tend to be insecure and anxious. A possible sign of a closed chakra is that you are always seeking security from people or things. This can be to the point of obsession.

The Sacral Chakra



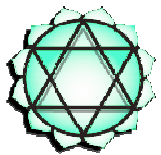
The Sacral Chakra is located about 2 inches below your navel. This chakra involves pleasure and emotional needs. When your Sacral Chakra is open, you are passionate and emotionally balanced. You are able to experience and appreciate pleasure without being addicted to it or fixated on it. Your emotional responses are natural, healthy, and flowing. Any imbalance in your Sacral Chakra would make you overly detached and unresponsive. It could also make you emotionally needy, having a constant need for sexual pleasure, or becoming quickly involved in relationships, forming fast emotional attachments.

The Solar Plexus Chakra



The Solar Plexus Chakra is located just below the center of your chest. This chakra involves personal power. An aligned Solar Plexus Chakra is displayed through your ability to lead and assert your power in a positive and balanced way. Clearly, an imbalance in this chakra would make you too domineering and aggressive, or would make you too afraid to speak out for what you think or want.

The Heart Chakra



The Heart Chakra is located at the level of the heart. It is involved with the emotions and with compassion. Harmonious relationships and connection with other people is the result of a balanced Heart Chakra. An imbalance will make you emotionally unresponsive and distant, or make you possessive of the people you have relationships with, to the point of smothering them with your emotions.

The Throat Chakra



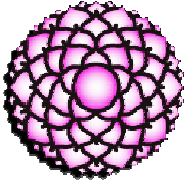
The Throat Chakra is located at the level of the neck and throat area. It involves communication. An open or aligned Throat Chakra allows you to be able to communicate effectively. You will have no difficulty conveying your thoughts or expressing your feelings. If your throat chakra is imbalanced, you can be painfully quiet and refuse to share your thoughts, or you can become too talkative, dominate conversations, and not allow other people to talk.

The Third Eye Chakra



The Third Eye Chakra is located between the eyebrows, right in the center of your forehead. This is where the third eye is located. It involves trusting your inner guidance. An aligned Third Eye Chakra provides you with a good intuition about things, and you are usually comfortable with trusting and following it. However, an imbalanced Third Eye Chakra may cause you to be confused and indecisive, to the point that you cannot think for yourself. Or you may be too overwhelmed by everything that goes on in your mind. This can cause you to start losing touch with reality, or you can develop the inability to discern what your intuition is telling you.

The Crown Chakra



The Crown Chakra is located at the top of the head and it is involved with inner wisdom. When your Crown Chakra is aligned, you are perfectly connected to your self and the world in which you live. You are able to balance your physical self with your spiritual one. An imbalanced Crown Chakra will cause you to neglect physical yourself and become obsessed with your spirituality. For example, you may be extremely focused on spiritual growth and fail to take care of your physical body and health.

How to Align Your Chakras through Meditation

An energetic imbalance in the chakras causes you feelings of discomfort and anxiety. When this happens, you start looking for fulfillment or security in the external world, rather than seeking it within. This causes you to feel “empty” or “incomplete”. When this happens, you may try to look for answers or solutions in the external world around you, or from other people who cannot fulfill your needs.

Energetic imbalances happen when too much energy flows to one chakra, and less energy flows in another. In this case, your chakras are not aligned, because some are open to the flowing of the energies and other chakras are not.

When this happens, what you need to do is to balance the flow of energies in your chakras. When your chakras are correctly aligned, you are fully in touch with yourself, how you feel, and the world around you! You feel less need to find security outside of yourself, or to look to others for the assurance and fulfillment they cannot give.

The positive effects of aligned chakras can have many of the same benefits of meditation. Thankfully, any imbalance in your chakras can be corrected by proper meditation.

There are meditations involving mantras, which you can use for balancing your chakras. Once you realign your chakras, you will experience inner peace, balance, and bliss. You will no longer experience the discomfort and anxiety caused by unaligned chakras.

The Mystical, Powerful Mudras

Mudras are hand formations that direct and align the flow of the body's energy. By using these mudras when you meditate, you will redirect the flow of energy in your body to the proper chakra, causing any imbalances to be corrected, and causing realignment of that chakra. You can use the following mudras during your meditation to open your chakras.

To Open Your Root Chakra



Sit in your meditation pose. Place your hands on your lap with the tips of your thumb and index finger touching each other. Let your other fingers rest naturally. Close your eyes and shift your focus to your Root Chakra, located at the very base of your spine. As you do your breathing exercises, recite the mantra LAM.

To Open Your Sacral Chakra



Sit in your meditation pose. Place your hands in front of you with your right fingers resting on the left, with the palms facing up. Let your thumbs touch at the tips. Close your eyes and focus your attention to the spot about 2 inches below your navel. As you do your breathing exercises, recite the mantra VAM.

To Open Your Solar Plexus Chakra



Sit in your meditation pose. Bring your hands together in front of you, right at your solar plexus, with all your fingers pointing forward. Next, cross your thumbs so that your right thumb is on top of your left thumb. Close your eyes and focus on your spine, at the level of the center of your chest. As you do your breathing exercises, recite the mantra RAM.

To Open Your Heart Chakra



Sit in your meditation pose. Rest your left hand on your left knee. Lift your right hand and bring it in front of you, to the center of your body, right below the breastbone. Let the tip of your thumb and the tips of your index fingers meet, and then touch the center of your chest. Close your eyes and bring your attention to your spine, at the level of your heart. As you do your breathing exercises, recite the mantra YAM.

To Open Your Throat Chakra



Sit in your meditation pose. Brings your hands towards your body, and allow your fingers to rest on top of each other, letting the tips of your thumbs meet. Open your hands some more and let them rest in front of you. Close your eyes and focus on the base of your throat. As you do your breathing exercises, recite the mantra HAM.

To Open Your Third Eye Chakra



Sit in your meditation pose. Straighten your middle fingers and let their tips touch, pointing away from you. Fold your other fingers and let them meet and rest against each other. Next, straighten your thumbs and let their tips touch, pointing towards you. Keep your hands in this position in front of you. Close your eyes and focus your attention on the point between your eye brows, where your third eye is located. As you do your breathing exercises, recite the mantra AUM.

To Open Your Crown Chakra



Sit in your meditation pose. Cross all your fingers except your little fingers. Let your little fingers touch at the tips, pointing away from you. Your right thumb needs to be over your left thumb. MAKE SURE that you cross your thumbs in this way. Close your eyes and shift your focus to your Crown Chakra, which is at the top of your head. As you do your breathing exercises, recite the mantra NON. When doing this meditation, it is important to start opening your lower chakras first, before opening your upper chakras.

A Chakra Meditation Using the White Light

You can use this meditation for opening your chakras. Use it anytime you feel out of balance.

1. Select an undisturbed location for your meditation.
2. Choose a meditation pose that you are comfortable with.
3. Adjust your posture and relax your position.
4. Start with your breathing exercises.
5. As you focus on your breathing, you can start the alignment of your chakras once you feel relaxed.
6. Visualize a pure white light shining over you, flowing downwards, toward your body.
7. As you inhale, visualize this white light opening and filling up each of your chakras, starting with your Crown Chakra, then slowly working your way down to your Root Chakra.
8. As you inhale, visualize that the white light is opening each chakra. Feel it removing any blockages and feel the energy flowing smoothly. Keep doing this until you can feel that the energy in that chakra is flowing properly.

9. Continue to do this for as long as you like or until you feel that each of your chakras have been aligned and opened.
10. Once all of your chakras are properly aligned, you will be able to feel the natural and easy flow of energy running through you again.

Feel free to use either the mudra hand positions, or the chakra meditation - whichever one is most comfortable for you. What's important is that your chakras are aligned and the flow of your body's energy is properly balanced. This will allow you to experience the full benefits of each working chakra.

You will soon discover how your inner balance affects your outside world.

Any thoughts, observations, and developments you experience during your chakra meditations can also be written, and reflected upon in your Meditation Journal.

Meditation as a Part of Your Life

Learning about meditation does not stop here; it is a practice that you will always continue. As you continue meditating, you will progress on your journey to the Self.

The fruits of your meditation practice extend from within, and expand outwards to everything around you. Meditation makes you whole and connects you to the Universe. This connection becomes stronger as you continue on your journey.

Always remember: Be mindful of the present. Let go of the past, and do not worry about the future. This is what you do in meditation. Do it at all times. Live in meditation.

"Meditation is the comfort in Life."

~ Sri Sri Ravi Shankar