



Center for Inner Wellness presents

10-Minute Time Out: A Chakra Meditation for Releasing Stress

Chakra Meditation mp3 and Supplementary Resource

Welcome!

Daily meditation is an essential part of Self-Care. So congratulation yourself for taking this important step in taking care of YOU!

Meditation is also the best kept 'secret' for reducing stress and anxiety that I know. As well as increasing a sense of inner peace and tranquility, it helps to reduce the mental clutter that often consumes our mind-space. When this usually negative and self-depreciating mind-chatter begins to clear, it allows us the opportunity to connect more to our "higher" consciousness, and to the Divine Presence within us. Then we are able to let our thoughts and emotions come and go freely without judgment.

When this happens, we're well on the way to tapping in to the many benefits meditation practice has in store for us. As we learn to calm our hearts and minds, not only do we feel better on the "inside", but our "outer" world begins to change as well.

"What you are, so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and colored accordingly."

– James Allen, *Path to Prosperity*

There are many ways to meditate, from simply focusing on the breath to elaborately guided meditations. The **10-Minute Time Out: A Chakra Meditation for Releasing Stress**, incorporates the elements of visualization or imagination, color, and sound, and was designed to be used as a quick de-stressor or "regroup" during the day. It can also be use as part of your morning ritual to set a calming "tone" for your day. Or it is great in the evening for helping to clear out "stuff" collected during the day, preparing you for a relaxing night's sleep.

However you decide to use it, using this meditation as part of your daily meditation practice can help bring a greater sense of calm and balanced into your life.

I hope you enjoy using this Chakra Meditation and that your life is blessed.

Becky

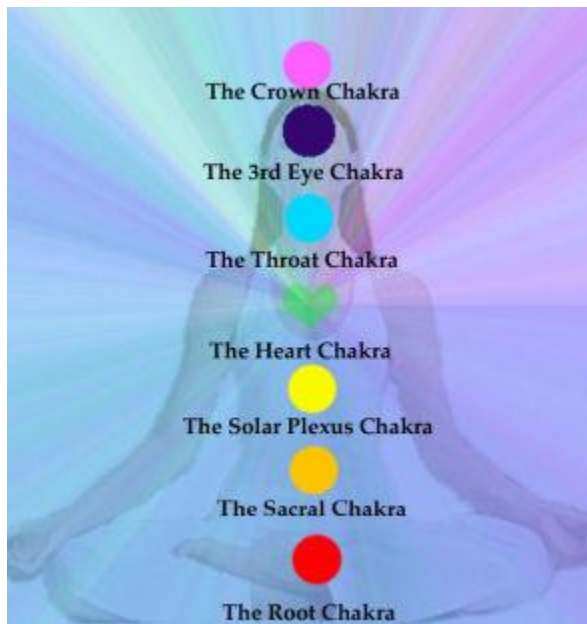
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10-Minute Time-Out: A Chakra Meditation for Releasing Stress

Staying grounded and in-the-present-moment is the highest form of self-care we can give ourselves. It not only helps us stay calm in the middle of life's storms, helping us to function at our best, it brings a sense of peace and balance to both our inner and outer world.

Practice this visualization meditation every morning and throughout the day when you find yourself stressed or upset or dwelling on past hurts. The audio recording is 10 minutes. However, without the audio, the visualization process can be done in 5 minutes or less, or longer as you have the time.

The word chakra (pronounced sha-kra) is a Sanskrit word that means "*wheel*" and typically refers to the seven most common energy centers in the body. They work



like power stations in the body pulsing Life-force energy or vitality which energize many of our physical, emotional, and mental states.

Each chakra corresponds to different vital organs, nerves, and muscles in the body. They are like colorful spinning wheels of light that when awakened, restore inner balance and revitalize our health.

Our chakras can become under-active, unbalanced, or shut down due to negative energy or unhealthy lifestyle and diet. This blocks the flow of life energy to the

associated parts of the body. This can result in feelings of tiredness or depression, negative attitudes, fear, doubt, feeling out of touch, anger, inability to think clearly, feeling unhappy for no reason, or other things.

When our chakras are in balance and functioning normally, we feel a sense of peace and well being.

This Chakra visualization meditation will help keep your energy flowing smoothly, as well as help to keep you grounded and in-the-present-moment.

Directions (These are also included in the audio)

- Sit comfortably and close your eyes. Take several deep breaths to relax your mind and body.
- Visualize or see in your mind's eye a tail or rope going from your tail bone down into the center of the Earth, anchoring you securely to Mother Earth.
- Beginning with the Root chakra, visualize a stream of red energy coming up from the center of the Earth. Watch as this red energy enters your pelvic area from behind, going through your body and coming out the front then circling back down to the center of the Earth. Visualize this complete circle 3-7 times as you continue to breathe deeply.
- Repeat this process visualizing orange energy. Have it enter into your abdominal area from behind then go out the front.
- At the 3rd chakra, visualize yellow energy coming into your solar plexus area.
- 4th chakra visualize green energy coming into your chest area.
- 5th chakra, light blue energy
- 6th chakra, indigo energy
- 7th chakra, purple (or white) energy
- Finish by envisioning 6 spheres of white light/energy circling your body, each layering on top of the other. Feel a sense of "stretch" or expansion from the top of your head to the bottom of your tail bone connection to the Earth.
- Take a few more deep breaths and become aware of where you are sitting. Wiggle your fingers and toes. And when you are ready, gently open your eyes.



You may want to continue to sit for a few moments of quiet reflection or journaling after the meditation. I especially encourage you to add at least a couple of minutes for quiet reflection time when you do the audio version of this meditation.

"True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment."

- William Penn

"God cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon, and the sun, how they move in silence.... We need silence to be able to touch souls."

- Mother Teresa

Additional Resources

Please check out additional Inner Wellness resources and programs on my website, www.CenterforInnerWellness.com.

The purpose and intention in my business, as well as in my personal life, is to assist people in moving away from fear-based thinking and into love-based thinking.

I believe that as we practice letting go of the "struggle" we naturally fall into more Joy and begin to create fulfilling, happy, successful lives from the inside-out. I have witnessed this in myself as well as in my clients.

If you enjoyed this Chakra Meditation and found it beneficial, please spread the word!
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Many blessings on your Journey,

Becky

Becky Waters, CHT, MM, CLC, B.Msc
Professional Catalyst for Change

P.S. Let me know how it goes as you work with this meditation. I love getting feedback! Also, if you have suggestions for other meditations or other products, let me know that too!

All of my products are created and blessed with the intent that YOU reconnect with your Divine Essence and with your Personal Power. My sincere hope is that as you use these tools, you will be motivated and inspired to use this reconnection to grow and to move into the direction of what you truly want in life - moving toward wholeness and living from Your Truth.

~ Namaste, Becky

Your Notes...