

How to Clear Your Chakras in 30 Minutes

By Gabriel Nelson

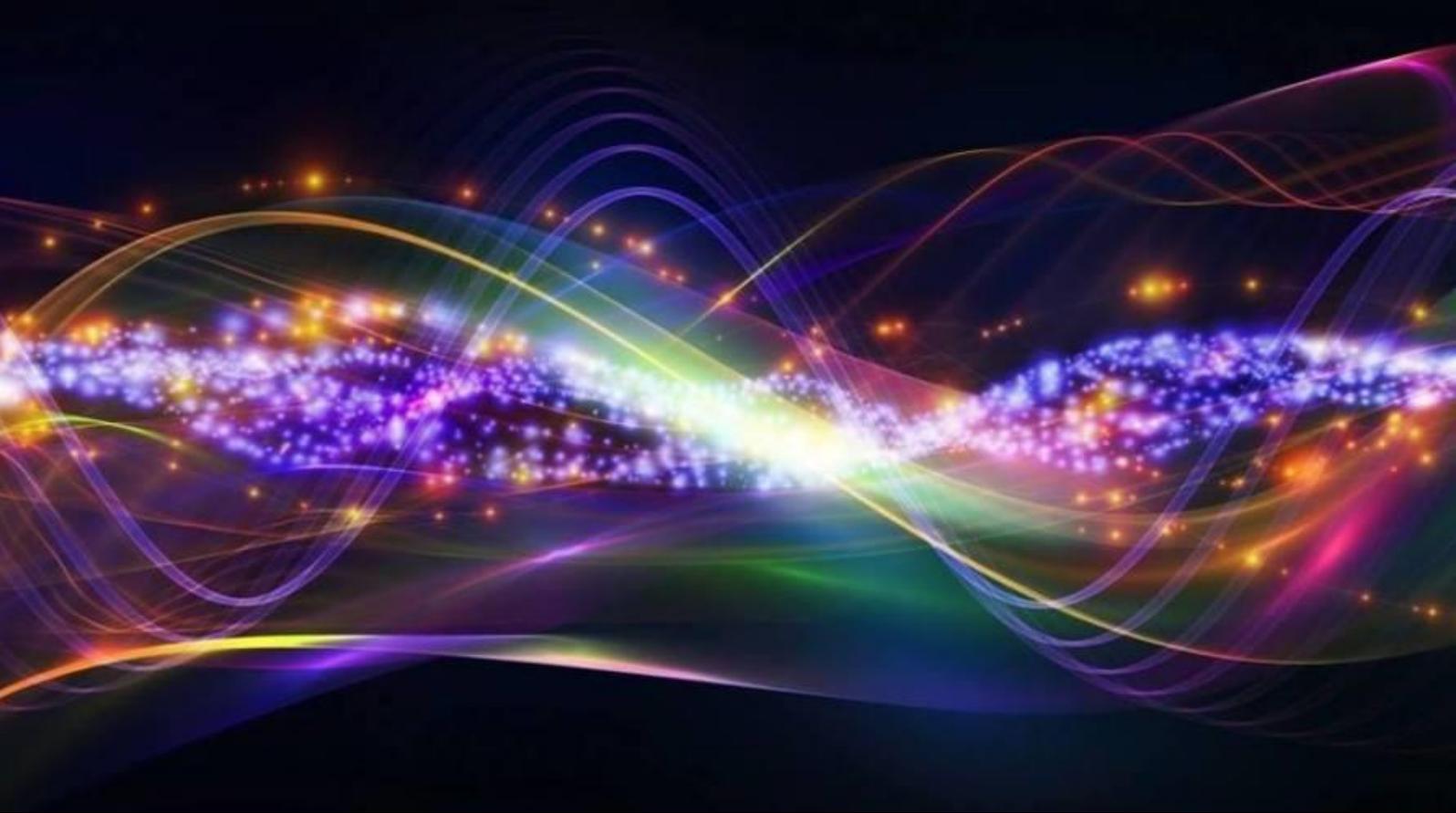


Gabriel of the Light

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Sound - Color - Creative Visualization

This meditation for scanning and clearing the chakras uses intuition, creative visualization, chanting and a sacred sound instrument like Himalayan singing bowl or Tingsha.



A favorite sound meditation when you need to balance the chakras is to chant the Sanskrit seed sounds for each major chakra. I include the Earth Star, Soul Star and Ear chakras as part of this meditation along with the color associated with each one. There is a section at the end with some basic information about the chakras and their body positions. Please use the visual chart on the next page as a sound and color reference guide.

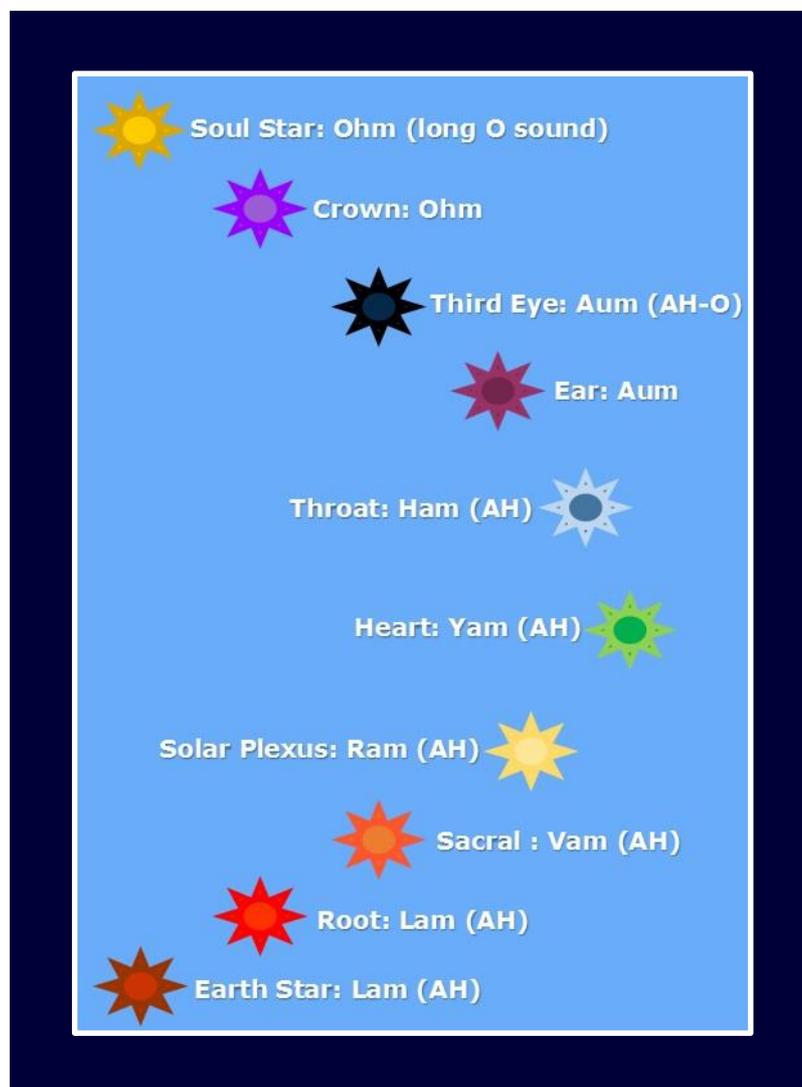


Sanskrit Seeds Sound Reference

The chart below identifies the name and color of each chakra along with the associated Sanskrit Seed sound. As you chant, think of elongating the vowel sounds throughout the exhalation of breath. Practice the sounds before your first meditation. Ideally, the tip of the tongue is placed gently against the top of the soft palette. However if this is uncomfortable or brings you out of the meditation, discontinue. You can practice the tongue placement later as a stand-alone activity and try it again during your next meditation.

Allow your breathing to be relaxed and from the diaphragm. Keep your throat open, head level. Think of the breathe and sound as being hot. Try to aim the sound at the tip of your nose and feel the buzzing sound tickle your nose.

Above all, please remember that chanting is not singing and the “quality” of the sound does not matter. So lovingly acknowledge then release any thoughts or judgements about the sound or your voice that may arise during the meditation and affirm that it is your intention that matters.





Before You Get Started



Sage smudge stick and abalone shell

Many people smudge before a meditation to bless the space and clear energy. Angel tuning forks or a Himalayan singing bowl can be used as well.



Himalayan singing bowls and tingshas

Light a candle or your favorite incense before you begin. Sit on the floor or chair in a comfortable position, gently hold your singing bowl or tingsha in your hands or resting it in your lap.



Meditation Sequence

Inhale three times through the nose and exhale through the mouth. As you inhale, imagine a white stream of light above your head flowing down your spinal column out through your feet. As you exhale, imagine a stream of red light flowing from the Earth up through your feet, up the other side of the spinal column, and out your crown.

Loop the two lights and continue with this breathe work and imagery for a few minutes.

Gently sound your bowl, bell or tingsha and bring your attention to the first chakra. You can start either at the top of your head or at the base on your feet. Again, follow your intuition. Slowly repeat the Sanskrit sound for the chakra. Elongate the vowel sound.

Visualize the color of that chakra and see it expand as a vibrant clear color as you continue chanting the seed sound.





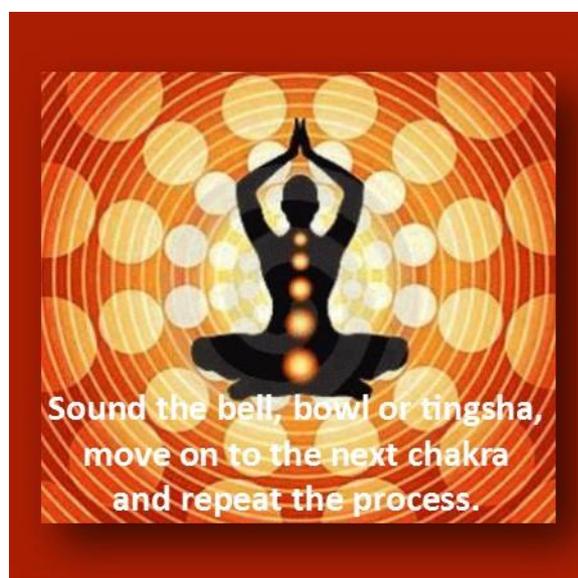
Meditation Sequence

Note any sensations in your body, mind or bioelectromagnetic field surrounding the body. These are all clues about that energy center. Sometimes the color may seem muddy or small which may be an indication of blocked, stale energy. If it feels blocked, you may also use your singing bowl or other sound instrument.

Allow the sound vibration to penetrate the chakra and hear the seed sound merge with the sound of the bowl or bell. Breathe them both in.

Stay with the chakra until the color is vibrant, clear and expands 2-3 feet out from the front and back of your body.

Once the chakra and color have expanded and feel clear, gradually visualize the color reducing to about the size of a tennis ball. Work your way in this manner through each of the chakras.





Closing the Meditation

When you have finished, give thanks and return to the Ohm mantra for a few minutes.

Gently sound the bell, bowl or tingsha three times, give thanks and open your eyes.





The Chakras

There are seven major chakras or energy centers in the body. However there are many other minor or secondary energy points/pathways. Three additional ones that I focus on with clients are the Soul Star, Ear and Earth Star chakras. Here is a brief description and location for these ten chakras.

Soul Star – Transpersonal connecting the soul to enlightenment.

Crown – Connection to Source and divine purpose. Associated with the cerebral cortex, central nervous system and the pituitary gland.

Ear - Connection to clairaudience and hearing messages from Source.

Throat – Connection to communication, creativity, self-expression and judgement. Associated with neck, shoulders, arms, hands, thyroid and parathyroid glands.

Heart – Connection to compassion, love, harmony and peace. It is the connector between the lower and higher charkas. Associated with thymus gland, responsible for hormone production and important in the regulation of the immune system.

Position

Soul Star: 6 inches above the crown

Crown: Top of head

Third Eye: Forehead, between eyebrows

Ear: Middle top of both ears

Throat: Neck

Heart: Chest



The Chakras

Solar Plexus – Connection to feelings of personal power and seat of emotional self. Sensitivity, ambition and ability to achieve are stored here. Associated with digestive system, muscles, pancreas and adrenals.

Sacral – Connection with emotion, desire, pleasure, sexuality, procreation and creativity. Associated with lower abdomen, kidneys, bladder, circulatory system and reproductive organs and glands.

Root – Connection with earthly grounding and physical survival. Associated with legs, feet, bones, large intestine and adrenal glands.

Earth Star - Subpersonal connecting the body, soul and mind into the grounding power of the earth.

Position

Solar Plexus: 2 inches above navel

Sacral: 2 inches above groin

Root: Coccyx bone

Earth Star: 12 - 18 inches below the feet



About Gabriel Nelson



Gabriel Nelson has studied and practiced meditation for over thirty years. He is a certified Vibrational Sound practitioner through the Vibrational Sound Association, a graduate of the Earthsong Sound Mystery School, and advanced Usui Reiki practitioner.

Gabriel Nelson co-founded the Bowl Strong Sacred Sound Practitioners Group and created the Sacred Sound Ensemble at the Trinity Center for Spiritual Living in Atlanta. He is a member of the International Sound Therapy Association and the International Association of Reiki Practitioners.

In addition to his private practice, Gabriel Nelson facilitates group sound meditations for people and pets, teaches classes on vibrational sound and is a guest speaker at numerous venues throughout the United States, Costa Rica and Ecuador. For additional information, please visit www.gabrielofthelight.com.