

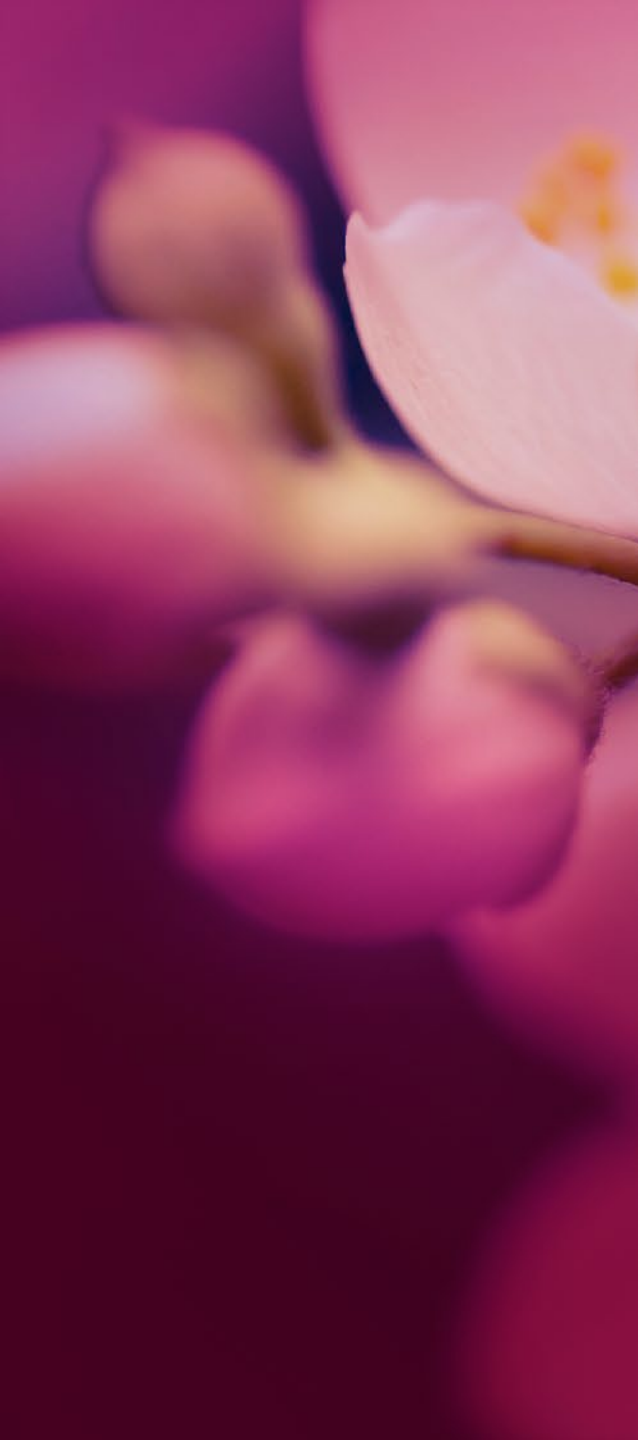


Bija & Mudra Chakra Balancing Meditation

A close-up photograph of pink cherry blossoms with yellow stamens, serving as the background for the text.

with
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March 30, 2020



GABRIEL OF
THE LIGHT

Root

Lam

Sacral

Vam

Solar Plexus

Ram

Heart

Yam

Throat

Ham

Third Eye

Om

Crown

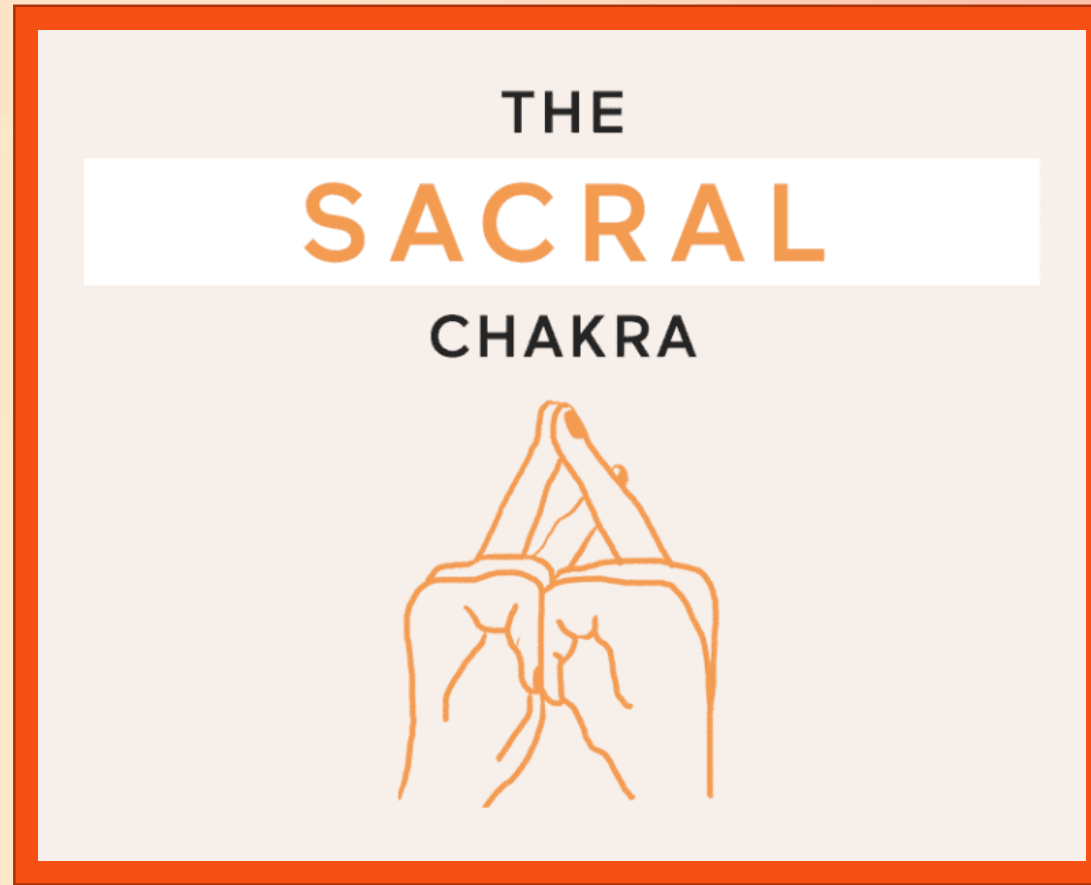
So Hum/So Ha

Bring your palms together in a prayer at your heart, then interlace the pinky and ring fingers so they fold inside of the palms. Extend the middle fingers so the tips touch and then interlace the thumbs and index fingers so they form rings around each other, with the fingertips touching. Optional step: Flip this mudra upside down and lower your arms slightly, so the middle fingers are pointed downward at your pelvic region.



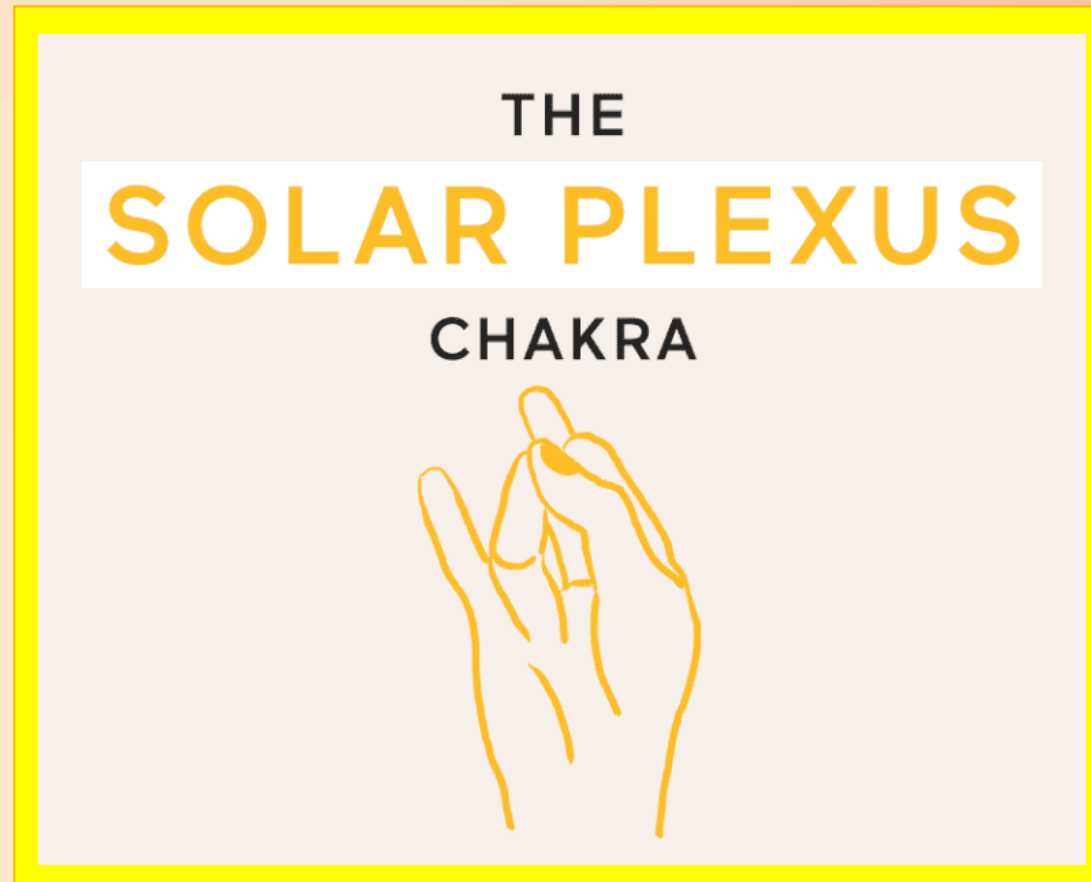
Lam

With your palms in front of your chest, press your pinky and ring fingertips together. Fold your thumbs into your palms, inside of your index and middle finger. You can then press the knuckles of these two fingers together (pictured) or keep them separate. Optional step: Lower the hands to just below the navel.



Vam

Place your palms face-up on your thighs. Touch the tips of the thumbs, index fingers, and ring fingers together, straightening through the pinky and middle fingers.



Ram

With your palms at your heart, touch the outer edges of both pinky fingers and thumbs together. Keep the heels of the palms pressed together as you blossom open through your hands. Extend through the tips of all 10 fingers.



Yam

Interlace your last three fingers (middle, ring, and pinky) together inside of your hands. Interlock the index fingertips and thumbs to form two rings, and hold this mudra in front of the base of your throat.



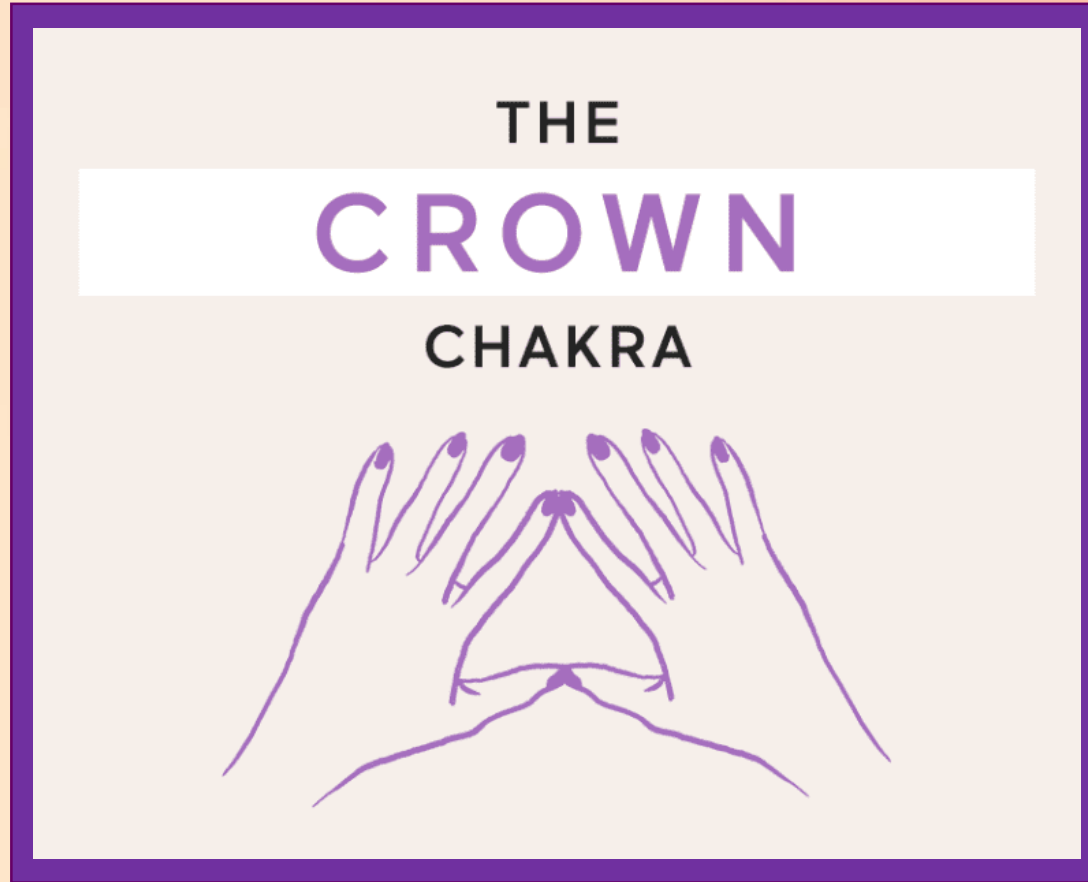
Ham

Take your right hand just in front of the space between your eyebrows and curl the ring finger into your palm. Bring the tips of the thumb, middle finger, and index finger to touch, and keep the pinky finger extended long. Place the tips of the three fingers that are touching to your third-eye focal point. The left hand can remain on top of the left thigh, palm face-up.



Om or Aum

Place the tips of your index fingers and thumbs together to touch, forming a pyramid shape. Allow the remaining fingers to extend upward, keeping them straight. Raise this mudra to about 6 to 7 inches above the crown of your head.



So Hum or So Ha



A lit candle with a flame, surrounded by a network of glowing orange stars and lines on a dark background. The candle is positioned in the lower center, with its flame pointing upwards. The background is dark, and the stars and lines create a sense of connection and light. The text "Be connected from the Source of who you are." is overlaid on the image.

Be connected from the Source of who you are.

A lit candle with a bright flame is positioned in the center of the frame. The background is dark, filled with numerous glowing orange and yellow stars of varying sizes, each with a long, thin tail of light radiating from it, creating a starburst effect. The overall color palette is warm, dominated by oranges, yellows, and deep blacks.

See from the Source of who you are.

The image features a central lit candle with a bright, yellow-orange flame. The candle is set against a dark, almost black background. Surrounding the candle are numerous glowing orange stars of varying sizes, each with multiple points and a bright center. These stars are interconnected by a dense web of thin, light-colored lines, creating a complex, star-like pattern. The overall color palette is dominated by warm oranges, yellows, and reds, contrasting sharply with the dark background. The text "Speak from the Source of who you are." is written in a white, serif font, positioned in the lower-middle part of the image, partially overlapping the candle and the star pattern.

Speak from the Source of who you are.

A lit candle is positioned in the lower center of the frame. A bright, elongated flame rises from the candle. A series of eight star-like shapes, each with multiple points and a glowing orange-yellow center, are arranged in a curved path that starts from the candle's flame and extends towards the upper right corner of the image. The background is dark, and the overall color palette is dominated by warm tones of orange, yellow, and red, with fine, radiating lines emanating from the stars and the candle flame.

Love from the Source of who you are.

The image features a central lit candle with a bright flame. The background is dark, filled with a complex network of thin, glowing orange lines that radiate from several star-like points. These stars are also glowing orange and yellow, creating a sense of light and energy. The overall composition is symmetrical and visually striking.

Act with intention from the
Source of who you are.

A lit candle is positioned in the lower center of the frame. From the candle, a series of bright, multi-pointed stars trail upwards and to the right, creating a path of light against a dark background. The stars vary in size and brightness, with the largest and brightest ones at the end of the trail. The overall color palette is dominated by warm tones of orange, yellow, and red, with the dark background providing a stark contrast for the light elements.

Create from the Source of who you are.

A lit candle with a flame, surrounded by a network of glowing orange stars and lines on a dark background. The candle is positioned in the lower center, with its flame pointing upwards. The background is dark, and the stars and lines create a sense of depth and light. The text "Be supported from the Source of who you are." is overlaid on the image, with the word "Be" in a larger, bold font.

Be supported from the Source of who you are.



Namaste and Sound Blessings!

Online donations gratefully accepted at
www.gabrielofthelight.com