

# Balancing Your Energy - A Guided Chakra Meditation for Beginners

## Intro & Grounding - 3 min

Begin by finding a comfortable seated or lying position. Gently close your eyes.

Take a deep breath in... and exhale slowly.

Feel the surface beneath you, supporting you completely.

With each breath, allow yourself to soften. You are safe here.

Now, imagine gentle golden light beginning to pour down from above your head, washing over your body like warm sunlight. Let it calm and prepare your energy field.

## Root Chakra - 5 min

Bring your awareness to the base of your spine.

Visualize a deep, glowing RED light, like the warmth of the earth's core.

Affirm: "I am grounded. I am safe. I belong here."

Imagine roots growing from the base of your spine, extending deep into the earth. With every breath, feel more steady, more supported, more connected to the ground.

## Sacral Chakra - 5 min

Now shift your focus to the space just below your navel.

Visualize a warm, glowing ORANGE light, like the setting sun over calm water.

Affirm: "I honor my emotions. I allow joy and creativity to flow freely."

Feel this center awakening with gentle waves. Imagine your body as a river-fluid, alive, and beautiful in its movement.

## Solar Plexus Chakra - 5 min

Bring your attention to the area of your stomach, just above the navel.

See a bright, radiant YELLOW light, like sunlight shining on a clear morning.

Affirm: "I am strong. I am confident. I stand in my power."

Let this yellow energy expand with each breath, filling your whole torso with courage and warmth. Feel your personal power being activated.

### **Heart Chakra - 5 min**

Now place your awareness at the center of your chest.

Visualize a glowing GREEN light, soft and vibrant, like spring leaves or emeralds.

Affirm: "I give and receive love freely. My heart is open."

Let this green light radiate outward. Imagine it touching your shoulders, your hands, your entire being with compassion and peace.

### **Throat Chakra - 5 min**

Focus on your throat.

Visualize a clear, shimmering BLUE light, like a calm sky or still ocean.

Affirm: "I speak my truth. I express myself with clarity and grace."

As you breathe, imagine this blue light gently swirling and soothing your throat. Feel the freedom of honest and open communication.

### **Third Eye Chakra - 5 min**

Move your attention to the space between your eyebrows.

Visualize a deep INDIGO light, rich and calm like the night sky.

Affirm: "I trust my inner wisdom. I see clearly."

Let this indigo light expand, activating your inner knowing. You may feel stillness, clarity, or a subtle awareness blooming.

### **Crown Chakra - 5 min**

Now bring your awareness to the top of your head.

See a soft VIOLET or WHITE light, gently spiraling above you.

Affirm: "I am connected to divine wisdom. I am one with all."

Let this light flow in from above, filling your whole body. You are connected, whole, and supported by the universe.

### **Integration & Closing - 2-3 min**

Now visualize all the lights, from root to crown, glowing in perfect harmony.

A full spectrum of color flowing gently through you.

Breathe into this balance.

Take a deep breath in... and slowly exhale.

When you're ready, gently wiggle your fingers and toes.

Come back to the room, bringing with you this calm, balanced energy.