



Chakra Meditation

LEAP begins each workshop or community event with a chakra meditation. It is a full body awakening meditation that opens, aligns, connects and unites one with self, others and the divine ALL-Oneness.

Life is stressful on our bodies. Coupled with the daily grind and relational traumas of the past or present, it's easy to disconnect and fragment from our authentic, spiritual nature. Chakra meditation is a highly energizing and physically grounding modality that reduces tension, works with each of the seven chakras in the body and orients one toward the emergence of radical presence and a sense of beingknowing.

Below is a description of the power and issues contained in each chakra:



First Chakra

This is your Root Chakra located at the base of your body, the root of your spine. It is your connection to Mother Earth and contains the truth that all is one. It is also the place of your tribe or family of origin and your physical strength. The color associated with this chakra is red. Issues within this chakra tend to be fear of abandonment, lack of safety and trust, fear of failure/success, and the inability to connect or feel as if you belong.



Second Chakra

This is the chakra of relationship and sexuality, and harbors addictions, shame, guilt and the victim triangle. It is located at your lower back, hips and sexual genital area. This is the part of the body that records all of your relationships and how you interact. It also contains your flight or fight instinct. The energy of this chakra is vibrant and hot and its color is orange. A healthy second chakra is alive and magnetically powerful when we are living in passion balanced with compassion.



Third Chakra

This is the chakra of your personal power and is located at your solar plexus. A healthy third chakra honors the self with integrity, endurance and dignity. The color is yellow like the sun and exudes personal power or soul power. A weak third chakra is the result of unclear boundaries from saying “yes” when you actually mean “no” in all areas of your life, e.g. money, family, work, friends, significant others, etc.



Fourth Chakra

The fourth chakra is located at your heart center and is associated with the color green. A healthy heart center evolves when you are in your center of love and filled with life's abundant joy. It includes empathy and unconditional positive regard for yourself and others. The more you practice forgiveness, the larger your heart center expands. And the larger your heart center expands, the deeper and more prominent an attitude of gratitude surfaces. Here love is divine power. However, the unresolved "hurts" from the past significantly constrict the magnitude and power of this center, thereby creating a sense of isolation, separation and despair.



Fifth Chakra

The center of your throat is the home of the fifth chakra, associated with the color blue. A healthy throat center thrives on the freest and fullest expression of one's truth. From here you speak choices that empower your soul and spirit. What you say and how you act creates your reality. An unhealthy fifth chakra uses judgmental and persecutory language as well as power-over and aggressiveness when threatened.



Sixth Chakra

The third eye sits in the center of your forehead. The color associated with this chakra is purple. This is your inner eye that can magnify illusions seeking clarity, and generate ideas, creativity and perceptions. It is the center of your unique divine intuitive knowing that has great power to create alignment between physical and spiritual reality. Confusion and distortion are the primary indicators of an undeveloped and un-nurtured third eye.



Seventh Chakra

The crown or top of your head is the home of your seventh chakra and it connects us to spirit. The color generally associated with this chakra is white. A healthy seventh chakra receives channeled messages from guides or guardian spirits that could lead one to his or her unique calling and can connect one with informative aid about current conflicts or problems. Fear usually inhibits connection to one's crown and spirituality. Faith and hope are central players to a vital seventh chakra.

**Excerpts taken from Carolyn Myss's book entitled *Spiritual Practice, Spiritual Power*.*