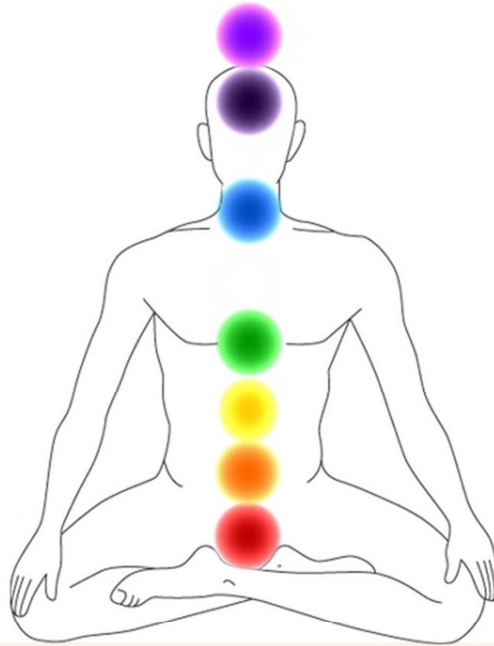


CHAKRA MEDITATIONS

Sue Fuller



TWO GUIDED MEDITATIONS
TO CLEANSE AND BALANCE THE CHAKRAS

YOGA2HEAR

Chakra Meditations

Guide Book

This guide book must only be used in conjunction with the accompanying audio sessions.

Chakra Meditations

Medical Warning.

Check with your doctor before starting this or any other exercise program in particular if you suffer from any heart problems or you think you may be pregnant. By loading and participating in the exercise programs for this download you are acknowledging that you have (a) satisfied yourself that you are fit and able to undertake the exercises and; (b) that you have sought prior medical advice from your doctor as to the suitability of these exercises and; (c) that you will hold Yoga 2 Hear harmless from any damages or claims that you may suffer as a result and; (d) that you have read and understood the terms and conditions contained in this Document and the Disclaimer wording below.

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Introduction

Thank you for purchasing the Yoga 2 Hear Chakra Meditations CD or Download.

This guide booklet contains information about the seven main Chakras and includes a Chakra map to help you with the visualization aspects of the sessions.

Slow controlled breathing is a fundamental part of these sessions. At first you may find it a little difficult to breathe in this manner, but after a session or two you will find your breath becomes much easier to control, as a result your mind will become more focussed on the other aspects of each session making them more and more effective.

If, at anytime during these sessions you find that your mind wanders, you may find it helpful to focus your attention onto the sound of your breath as it enters and leaves your body.

We recommend that you follow these sessions with a relatively empty stomach. Before you eat or at least 2 hours after a meal is ideal.

Please ensure you have listened carefully to the audio introduction and that you have read and understood the Medical Warning and Disclaimer in the front of this guide book before commencing the sessions.

All Yoga 2 Hear classes are created to provide top quality achievable and effective instruction that can be used whenever and wherever you choose. With our audio classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits. We hope you enjoy this class and are keen to hear any comments you may have. If you would like to let us know what you think or would like more information on our range of classes please visit us at www.yoga2hear.co.uk.

Samaste

About the Chakras

Our vital life force or prana resonates within energy centres known as Chakras. Each Chakra is a vortex of energy that spins in a clockwise direction. Each relates to different emotions, senses and areas of the physical body and each one is associated with a different colour.

The seven main chakras are;

The Root Chakra (Muladhara); This chakra is located at the base of the spine. It is associated with the legs, bowel movements, security, survival and trust. Colour; Red.

The Abdominal Chakra (Swadhisthana); This chakra is located between the pelvis and the naval. It is associated with our reproductive organs, desire, cravings, emotional issues and our food intake. Colour; Orange.

The Solar Plexus Chakra (Manipura); This chakra is located between the naval and the base of the sternum. It is associated with the stomach, gall bladder, spleen, pancreas, liver, perception and self confidence. Colour; Yellow.

The Heart Chakra (Anahata); This chakra is located in the centre of the chest. It is associated with the heart, lungs, matters of the heart and relationships. Colour; Green.

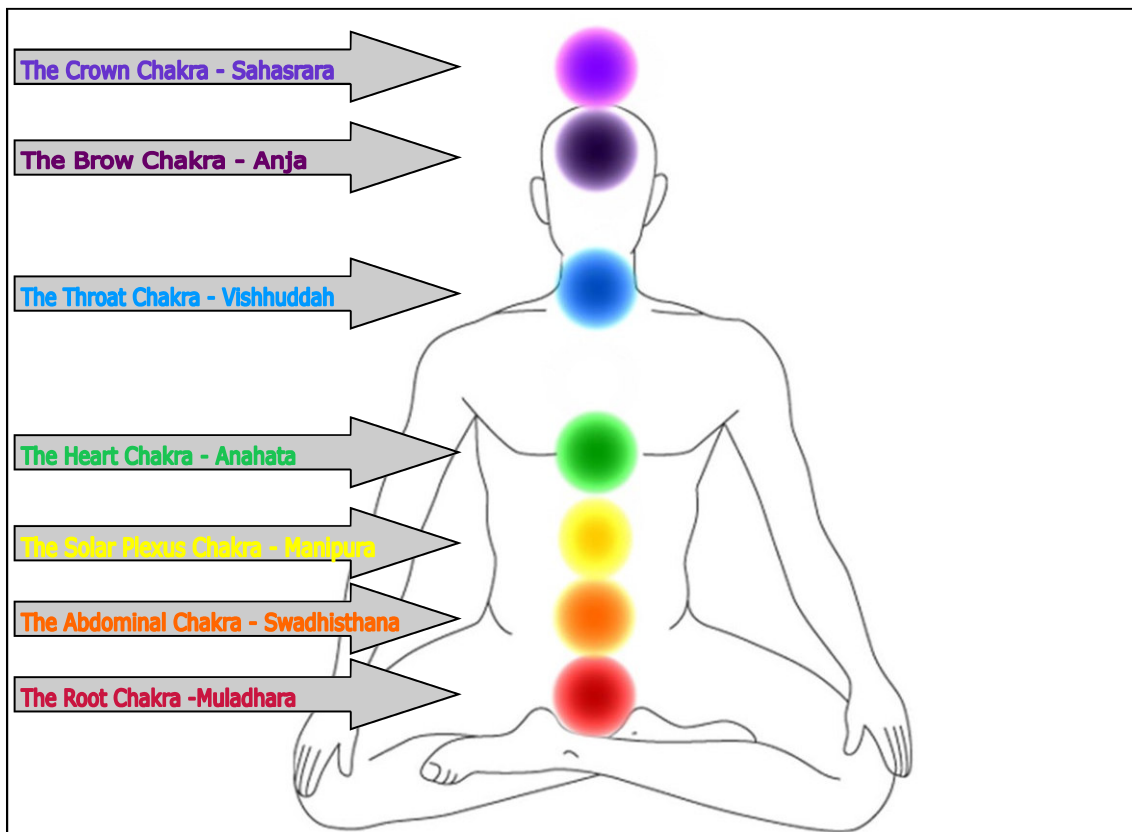
The Throat Chakra (Vishuddha); This chakra is located in the throat. It is associated with the throat, shoulders, arms, hands, thyroid and with expression and creativity. Colour; Blue.

The Brow Chakra (Ajna); This chakra is also known as the third eye. It is located just above the centre of the eyebrows and is associated with the head, endocrine system, extra sensory perception (ESP) and the astral world. Colour; Indigo.

The Crown Chakra (Sahasrara); This chakra is located on, and just above, the top of the head. It is associated with the pineal gland, brain, nervous system and pure consciousness. Colour; Violet.

Chakra Map

During the class you will be asked to visualise the various Chakras and their associated colours. If required please refer to the Chakra map which shows the locations and colours of each of the seven main Chakras. The names are also shown in Sanskrit, the language of the ancient Vedic civilisation who provided us with the first known written records of yoga.



The Chakra Meditations

These guided meditation sessions use clear, easy-to-follow instructions to guide you through simple and effective techniques that focus on the seven main chakras. The sessions will increase vitality, clear and focus the mind and balance and cleanse the chakras, promoting physical and emotional health and well-being. The first session runs for 20 minutes and can be followed in any one of three positions whilst the second session runs for 30 minutes and is to be followed in a seated position.

Session Positions

If following session 1 begin in one of the following three positions;

Sitting with on the floor with your legs crossed and a straight back.



Sitting on a chair with your feet on the ground and a straight back.



Laying on your back on the floor or in bed with your arms beside your body.

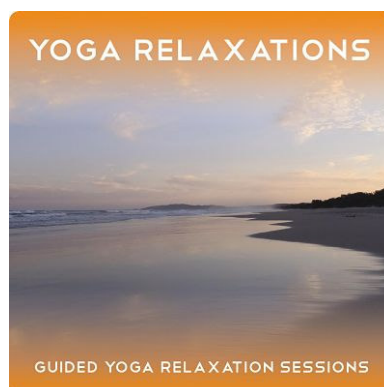
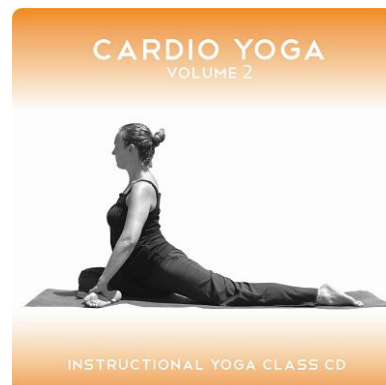
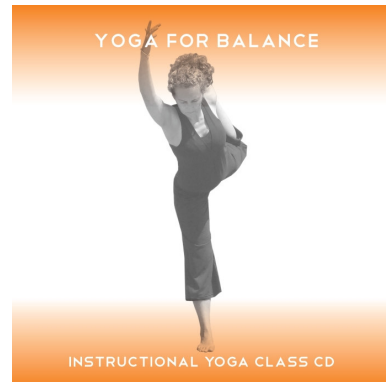


If following session 2 begin sitting with on the floor with your legs crossed and a straight back.



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other classes you may like to use



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