

A Chakra Healing Meditation

from the book, "Anything Can Be Healed," by Martin Brofman

With this experience, you will be directing your attention to each of the chakras in turn, first by focusing on physical sensations, and then by using your imagination, your ability to create images, to create the experience of colors there. There is no difference between imagination and visualization, except for the fact that most people believe more in their ability to imagine than in their ability to visualize. They know that even children can imagine things, but visualization ... well, that's another thing.

While you will be asked to imagine certain colors in certain places, you may have impressions of other colors. If this happens, just notice what the other colors are that you are having an impression of, and then release them, and replace them with the proper color. You will be able to do this by imagining that you are shining lights of the proper color on the chakra, or painting it the proper color, or imagining something of the proper color there. Finally, you will be able to create an impression of the proper colors in the proper places, and experience the effects of that.

If there were impressions of colors different from those asked for, this will show you something about what was happening in that portion of your consciousness. You will be able to consult the "Color Language" chart found later in this book, and see what the colors that you saw mean in terms of our model of wholeness, and how the description found in the chart matches what you know to have been happening in your own consciousness.

Now, find a comfortable position, and do the meditation as follows:

First, direct your attention to your perineum, and to the physical sensations you experience there. Feel something. Decide that what you are feeling is energy, and then decide that this energy is glowing red. If you have an impression of another color, notice what it is, and then release it, and make it red. Have a final impression of a clear red ball of energy where you know your Red Chakra to be. Hold your attention there, doing that, for some moments.

Next, move your attention up about ten centimeters, to the middle of your abdomen, and to the physical sensations you experience there. Feel something, and decide that what you are feeling is energy.

Then, decide that this energy is glowing orange. If you have an impression of another color, just notice what it is, and then release it, and make it orange. Finally, have an impression of a clear orange ball of energy where you know your Orange Chakra to be, and hold your attention there, doing that for some moments.

Now, move your attention to your solar plexus. Be aware of sensations there. Feel something, and decide that what you are feeling is energy. Then, decide that this energy is glowing yellow. If you have an impression of another color, just notice what it is, and then change it, and make it yellow. Have a final impression of a clear yellow ball of energy glowing in your Yellow Chakra, and hold that experience for some moments.

Now, move your attention to the center of your chest, where you know your Green Chakra to be. Be aware of sensations there. Feel something, and decide that what you feel is energy, and that it is glowing emerald green. If you have an impression of another color, just notice what it is, and then release it, and make it emerald green. Hold the impression of a clear emerald green ball of energy in your Green Chakra for some moments, experiencing it.

Now, move your attention to the base of your throat. Be aware of sensations there. Feel something there where you know your Blue Chakra to be, and decide that what you are feeling is energy, and that it is glowing blue, sky blue. If you have an impression of another color there, just notice what it is, and change it. Decide that now, it is sky blue. Hold the final impression of a clear sky blue ball of energy in your Blue Chakra for some moments.

Next, place your attention on the center of your forehead. Be aware of sensations there, feel something where you know your Indigo Chakra to be, and decide that what you are feeling is energy. Decide that it is glowing indigo, midnight blue. If you have an impression of another color there, just notice what it is, and release it. Change it. Decide that now it is indigo, and hold

for some moments an impression of an indigo ball of energy in your Indigo Chakra.

Now, move your attention to the top of your head. Be aware of sensations there, where you know your Violet Chakra to be. Feel something, and decide that what you are feeling is energy. Then, decide that this energy is glowing violet, the color of amethyst. If you have an impression of another color, just notice what it is, and change it. Make it violet, and hold a final impression for some moments of a violet ball of energy glowing in the Violet Chakra.

Finally, just relax, and notice the state of being you experience after the meditation, compared to how you felt before the experience. No doubt, you will notice how you feel better in some way, and you will therefore understand, through your experience, the benefits of this meditation.

The meditation not only helps you to re-center yourself when you need to, but also gives you an inventory of what has been happening in your consciousness just before the experience, a picture of where you are. You can expect that after the work you have done on yourself with this meditation, any out-of-balance conditions have been corrected, or improved to some degree.

The inventory of where you are is the result of the analysis of the colors that were seen in the various chakras, as shown in the "Color Language" chart previously mentioned. If you saw only the proper colors in areas that you know to have been out of balance, such as those areas associated with particular physical symptoms you have been experiencing, you will know that your view of yourself was not reflecting what was real, but rather what you wanted it to be. It is necessary that your view of where you are in any moment is without any element of self-deception, or you will not have the mechanism available to improve something that the deeper part of you knows to be out of balance.

Know yourself, and what is true for you. Accept that. That's the starting point for everything else.

Remember that anything can be healed.

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