

## CHAKRA MEDITATION

(follows the chakras, starting with root chakra and includes thymus chakra)

by Donna Costa

I am the Beingness of Source.  
I am a source of Beingness.  
I am Source, being.

I am the creation of Source.  
I am a source of Creation.  
I am Source, creating.

I am the Will of Source.  
I am a source of Will.  
I am Source, willing.

I am the heart of Source.

I am the Love of Source.  
I am a source of Love.  
I am Source, loving.

I am the Peace of Source.  
I am a source of Peace.  
I am Source, peace-fully.

I am the Truth of Source.  
I am a source of Truth.  
I am Source, truth-fully.

I am the Consciousness of Source.  
I am a source of Consciousness.  
I am Source, conscious.

I am The Source.  
I am a source.  
I am Source.  
I am.  
I.



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This meditation begins at the Root chakra and works up to the Crown chakra. It includes the Thymus chakra which is not included in all chakra systems. (The thymus is located in the center of the chest, just below the clavicle or collarbone.)

Regarding the Direction/Focus – imagine your body and energy expanding from the chakra in the direction indicated, as if you are a balloon inflating. Using the colour enhances the meditation. Rather than force the colour, simply relax and let the colours come through when they are ready, whether this time or some other time.

Inhale / Exhale – The first part of the phrase is the inhalation and outward expansion. (Try to use abdominal breathing.) The second part of the phrase is the exhalation and drawing the energy inward. Once you get the rhythm, it is very easy. In fact, once you get the rhythm, it will be easier to follow the poem version (not the chart).

Each chakra has three phrases (except the Heart chakra which has one additional):

1. Phrase one equates to “as above, so below”.
2. Phrase two equates to “as within, so without.”
3. Phrase three draws the energy from around you and concentrates it (although this happens with the other phrases as well on the exhalation). This phrase seems to provide a grounding or link between the spiritual and earthly worlds. “I am a spiritual being on an earthly journey.”

After completing the meditation from Root chakra to Crown chakra, you might choose to do it in reverse, starting at the Crown chakra and ending at the Root chakra. For me, this is a powerful exercise that simulates our incarnation from Source to human being.

CHAKRA	COLOUR	INHALE	EXHALE	DIRECTION / FOCUS
Root	Red	I am <b>the</b> beingness		Expand from chakra upward to the heavens
			of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> Source		Expand from the chakra outwards (horizontally) on the earth plane
			of beingness	Draw the energy inwards
		I am Source,		Expand in all directions
		being	Draw the energies into the chakra	
Creative/ Sexual	Orange	I am <b>the</b> creation		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of creation	Draw the energy inwards
		I am Source,		Expand in all directions
		Creating.	Draw the energies into the chakra	
Solar Plexus	Yellow	I am <b>the</b> will		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of will	Draw the energy inwards
		I am Source,		Expand in all directions
		Willing.	Draw the energies into the chakra	
Heart	Light Green or pink	I am <b>the</b> heart		Expand from the chakra upward to the heavens
			Of Source	Draw the energy from the heavens into the chakra. You may wish to pause a little longer, as this phrase is very moving. You may also feel the heart pulsing.
		I am <b>the</b> love		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of love	Draw the energy inwards
		I am Source,		Expand in all directions
		Loving	Draw the energies into the chakra	
Thymus	White	I am <b>the</b> peace(piece)		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of peace	Draw the energy inwards
		I am Source		Expand in all directions
		Peacefully	Draw the energies into the chakra	

CHAKRA	COLOUR	INHALE	EXHALE	DIRECTION / FOCUS
Throat	Blue	I am <b>the</b> truth		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of truth	Draw the energy inwards
		I am Source,		Expand in all directions
		truly.		Draw the energies into the chakra
Third Eye	Indigo	I am <b>the</b> consciousness		Expand from chakra upward to the heavens
			Of Source	Draw the energy from heavens into the chakra
		I am <b>a</b> source		Expand from the chakra outwards (horizontally) on the earth plane
			Of consciousness	Draw the energy inwards
		I am Source,		Expand in all directions
		Conscious!		Draw the energies into the chakra
Crown	Violet	I am [pause]		Expand from chakra upward to the heavens
			<b>The</b> Source	Draw the energy from heavens into the chakra
		I am		Expand from the chakra outwards (horizontally) on the earth plane
			<b>A</b> source	Draw the energy inwards
		I am		Expand in all directions
			Source	Draw the energies into the chakra [pause slightly after each word. To be said with conviction, not as a question. Saying the words – Source, I – is the great linking, connecting with Source, yet realizing we <i>are</i> Source. “And ye too are Gods.”]
		I	am	Expand in all directions.
I		Expand in all directions.		