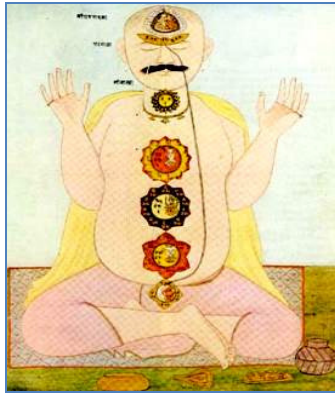


Spinning Chakra Meditation & Healing

“Meditation is the bridge to experiencing all things Divine.”

-Dayananda



Process: How to perform this activity

Find a quiet area

Sit or lie in a comfortable position with your back straight

Relax your body by focussing on various body parts beginning with your toes

Think...'**toes relax**' and repeat this twice or three times, then move on to the next body part

Slowly working your way up to your head

Once these parts are relaxed then relax your brain, spine, heart & mind using the same method

You may even go further, if you like, by relaxing every organ in your body including the nervous system, muscles, skin etc

Once you're fully relaxed chant **OM (AUM)** at least five times: this will help you to tune in to the universal energy field

Now you can begin to visualise your Chakras

Focus your attention on the **Root Chakra (Muladhara)** located at the base of the spine

Firstly just visualise this area coloured in **Red**

Move on to the next Chakra point known as the **Sacral Chakra (Swadhisthana)** which is located around the genital area - visualise this area in **Orange**

Next is the **Naval Chakra (Manipura)** - visualise this area in **Yellow**

Now move on to the **Heart Chakra (Anahata)** - visualise this area in **Green**

Next in line is the **Throat Chakra (Vishuddha)** - visualise this area in **Sky Blue**

Now move up to the area known as the **Third Eye Chakra (Ajna)** which is located in the centre of the forehead, just above the point at which the nose meets your forehead - visualise this area in **Purple, Violet or Indigo**

Lastly visualise the central area of the scalp at the top the head in **Pink** - this area is where the Pineal Gland sits and is known as the **Crown Chakra (Sahasrara)**

Repeat this process until you are confident of remembering where each Chakra is located & the colours represented by them

Once you are confident begin to visualise the Chakras as horizontal **Wheels** or **Discs**

Visualise each of them turning in sequence from the **Root Chakra** to the **Crown Chakra**

You may like to turn the Chakras clock wise or anti-clockwise depending on which way feels more comfortable

Repeat the sequence several times until you feel all of the Chakras turning

The Chakras may turn slowly at first or stick at times

If you don't experience any turning repeat the entire process

Once you have all the Chakras spinning or once you have repeated the process a number of times, then maintain your focus at the **Third Eye**

If this is your first time or you don't meditate regularly and you didn't experience any turning of the Chakras, then you need to meditate on a daily basis to gain any benefit from this technique..

Even someone experienced in practicing meditation may not successfully spin their Chakras every time they meditate. However, just visualising them turning is beneficial. Any act of focusing the mind away from external stimuli is most important in achieving a peaceful state of being.



Think of your spine like an aerial on a radio. Many signals are passing through the aerial but if the radio is not tuned in properly then the sound is confusing. Once you find the correct frequency then the sound becomes clear. Meditation is a similar process. It allows us to tune into vibrations with clarity. As a result of this added clarity, you will be able to obtain divine knowledge & heal the mind & body; cure physical ailments, clear away emotional scares & reduce turmoil in your life.

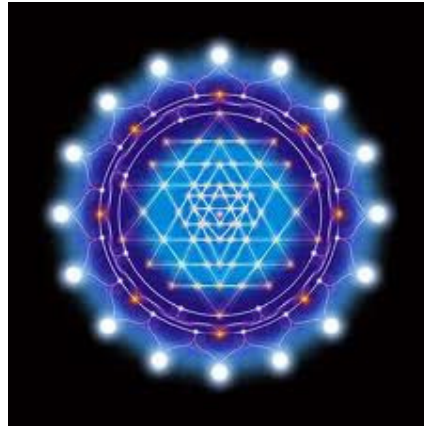
Please note that the words in brackets are the (Chakra Name in Sanskrit)

Affects of Spinning Chakra Meditation –

This meditation works on very subtle levels of your being. It is very powerful & therefore requires an open mind and mature attitude towards the entire process. Through this process you are effectively tapping into the most powerful force in the universe. If you have never attempted this before then it can be an extremely enlightening and challenging experience. If you're experienced in practicing meditation, then I hope that this technique will compliment your accustomed method. After practicing this technique for some time you may find that each time you meditate, your chakra's will spinning automatically without any prompting.

During the meditation you may experience some of the following involuntary physical and emotional reactions –

Swaying & shaking
Groaning
Crying
Altered states of awareness
Visions
Epiphanies
Out of body experiences
Physical Healing



Recommended time to practice this meditation is 45-60 minutes per day
I wish you the very best of luck with practicing the Spinning Chakra Meditation.
Remember the greatest adventure in life is the quest to discover the truth.

Bon voyage!

Any queries please contact Dayananda

dayaism@yahoo.com.au

www.dayaism.com www.earthexitnet.com