

chakra meditation

SPECIMEN

Sahasrara

CROWN

Sound: OM
Element: Spirit
Purpose: Wisdom
Sense: Spiritual
Oils: Lavender, Frankincense
Crystals: Amethyst, Sapphire

Vishuddha

THROAT

Sound: HAM
Element: Ether
Purpose: Expression
Sense: Hearing
Oils: English Camomile, Myrrh
Crystals: Turquoise, Aquamarine

Manipura

SOLAR PLEXUS

Sound: RAM
Element: Fire
Purpose: Willpower
Sense: Sight
Oils: Juniper, Neroli
Crystals: Citrine, Amber

Muladhara

BASE

Sound: LAM
Element: Earth
Purpose: Survival
Sense: Smell
Oils: Myrrh, Patchouli
Crystals: Hematite, Ruby



Ajna

BROW

Sound: OM
Element: Mind
Purpose: Creativity
Sense: Clairvoyance
Oils: Lemon, Rosemary
Crystals: Lapis Lazuli, Angelite

Anahata

HEART

Sound: YAM
Element: Air
Purpose: Love
Sense: Touch
Oils: Bergamot, Rose
Crystals: Rose Quartz, Jade

Swadhisthana

SACRAL

Sound: VAM
Element: Water
Purpose: Intimacy
Sense: Taste
Oils: Sandalwood, Jasmine
Crystals: Carnelian, Chrysoprase

SPECIMEN

CROWN

BALANCE: Living with the knowledge of Unity. Knowing that the Self reflects in the Divine. Abandoning individual ego for universal ego.
IMBALANCE: Unable to let go of anxiety and fear. Unable to imagine Cosmic Unity. Unsatisfied and depressed.

BROW

BALANCE: Being aware of the spiritual side of Being. Inviting inner awareness into and trusting intuition in everyday life. Connecting to the Universe.
IMBALANCE: Rejects religious aspects. Focus on science and intellect. Only sees the obvious or superficial. Afraid of intuition.

THROAT

BALANCE: Knowing balance between silence and speech. Trusting intuition, knowing how to listen to 'inner voice'.
IMBALANCE: Cannot find expression despite much talking. Fearful of being judged and rejected. Afraid of silence.

HEART

BALANCE: Feeling happy. Embracing life. Accepting life and relationships.
IMBALANCE: Unable to give sincere love. Cannot accept love from others. Looks for rewards.

SOLAR PLEXUS

BALANCE: Feeling calm and complete. Tolerating others. Balancing the spiritual and material worlds.
IMBALANCE: Does not trust the natural flow. Needs to dominate. Craves material security.

SACRAL

BALANCE: Being polite, friendly and kind. Staying open. Thinking of others.
IMBALANCE: Unsure of sexual matter. Cannot express feelings adequately. Suppresses personal needs.

BASE

BALANCE: Connecting with Nature. Trusting in Universal Laws. Understanding the Flow of Life.
IMBALANCE: Inability to trust nature. Focus on material possessions. Need to satisfy own desires and wishes.