



Basic Chakra Meditation Techniques



Meditation is the process of expanding your awareness. Meditation is the process of silencing your thoughts and getting in touch with the deepest part of yourself. Meditation makes you powerful, happy, and eventually enlightened.

The best time to meditate is in the morning after you have taken a shower. If you meditate in the morning, you will have a great day. Your aura will be pumped up, and you will have more fun and energy during the day. According to the Dalai Lama, "Meditating in the morning gives you a good mental state that will positively affect your whole day."

The next best time to meditate is early in the evening around sunset. You should start by meditating 15 minutes twice a day. You can sit on the floor on a cross-legged position with your back against the wall, or against the edge of your bed, or you can sit on a chair. The important thing is that your back is straight. When you sit down to meditate you should listen to music that will help you relax. The music of Zazen, Kitaro, or Joaquin Liviano is highly recommended. In particular, the album entitled "Enlightenment" by Zazen will help you block out all of the thoughts and impressions from the world, just like if you were sitting on top of a mountain.

While meditating, you are going to concentrate on three different *chakras* or energy centers. A *chakra* is an energy center that exists within the subtle physical body – the body of energy. The body of energy contains your aura, which is a protective shield of energy that surrounds your body, your *chakras*, and other energy channels. The *chakras* are circles of energy where energy lines connect within the body. These energy points, also called meridians, are used in acupuncture to stimulate the body's energy flow. According to Mantak Chia, "Acupuncture and Chinese medicine are based on a person's ability to maintain the proper circulation of the bioelectric energy throughout the body. This energy is what the Chinese call *chi*, and it can be stored and generated by concentration on the *chakras*."

The subtle physical body is not perceptible to most individuals. However, it is visible with the help of Kirlian photography. According to the writings of John Iovine in *Kirlian Photography: A Hands-On Guide*, "This type of photography uses high-voltage electricity to expose film. The high-voltage electricity creates a corona discharge around the object being photographed, that allows us to see the image of the energy that surrounds the object."

According to Rama – Dr. Frederick Lenz, "We have seven main *chakras*, but by concentrating on just three of them, we will awaken all of them." First, concentrate on the navel center — the center for power. It is located about one inch below your navel. Place your fingers there while you meditate to help you concentrate in that area. Then, concentrate on the heart center — the center for balance and happiness. It is located in

the center of the chest. Again, place your fingers there while you meditate to help you concentrate in that area. Finally, concentrate on the third eye — the center for wisdom. It is located in the center the forehead, right above the eyebrows. Place the fingers there while you meditate to help you concentrate.

Concentrate on each center for 5 minutes. You should keep your eyes closed while you are meditating. When you are meditating, you are trying to move your energy from the navel *chakra* up the spine to the heart, and then up the spine to the third eye. If thoughts come in and out of your mind, just ignore them. Focus on the music and concentrate on your *chakras*. Sometimes you will feel a warm sensation or energy vibrating around your *chakras*. Concentrate on that feeling or just concentrate on the pressure of your finger over that area.

At the end of a session, we always bow down to the ground, this our way of giving the meditation to Eternity, of letting go of it, and letting go of ourselves. Finally, remain quiet for a few minutes in order to absorb the energy that you have generated during your meditation.

You could also try meditating with your eyes open and concentrating on a *yantra*. A *yantra* is a geometrical design that was created in Tibet. It is an ancient secret tool for empowerment. It symbolizes a relational representation of the forces of the Universe. Life is very much like a *yantra*, in the sense that life is truly relational. True wisdom is to see and understand your relationship with the Universe. When you start to understand your relationship with the Universe, then success, happiness, and love will follow. Concentration and meditation are tools that will help you clear your mind, so that you can understand where you belong in life.

If you are serious about meditation, you should start by meditating 15 minutes twice a day, then increase that time to 30 minutes, then 45 minutes, and eventually 1 hour twice a day. You should also meditate with a teacher of meditation as often as you can.

According to Master Fwap Sam-Dup of the *Rae-Chroze-Fwaz* Order of Tantric Buddhism, "Every person has, within the subtle physical body, three powerful channels of energy. The two channels on the sides are called the *ida* and the *pingala*. The center channel is the *shushumna*."

When you are meditating, you are trying to awaken the *shakti* energy that is dormant at the base of the spine in the lowest *chakra*. By concentrating on the different *chakras*, you are awakening this energy and moving it up the spine through the *shushumna*, which is the main channel of energy. As this energy passes through each *chakra*, different states of consciousness are experienced.

The *chakras* can be represented by seven small *yantras*, this way you can get a geometrical representation of each energy center. Each *chakra* is also represented by a mantra.

The Muladhara, or root *chakra*, is located at the base of the spine. This is gathering center of *shakti* energy. Its symbol is a square with an inverted triangle. In the center of this *yantra* is the snake symbol of the latent *shakti* energy. Its mantra is *lam*.

The *svadhishtana*, or sex center, is located in the center of the pelvic region. It is the center for sexual energy. Its form is a circle with six petals, containing a white crescent moon. The center is inscribed with the mantra of the water element *vam*.

The *manipura*, or navel center, is located about an inch below the navel. This is the center of willpower and energy. It is represented as a lotus with ten pedals. Within the lotus is a red triangle. Its mantra is *ram*.

The *anahata*, or heart center, is located in the center of the chest. It is the center of balance, love, and harmony. Its form is a lotus of twelve petals with a hexagon in the center. Its mantra is *yam*.

The *vishuddha*, or throat center, is located at the base of the throat. This is the center of creativity. Its symbol is the sixteen-petal lotus with a downward pointing triangle. At the center of the symbol is the ether element. Its mantra is *ham*.

The *ajna chakra*, or third eye, is located in the center of the forehead. It is the center for wisdom and psychic seeing. Its form is a circle with two petals and an inverted triangle bearing a lingam emblem. Its mantra is *om*.

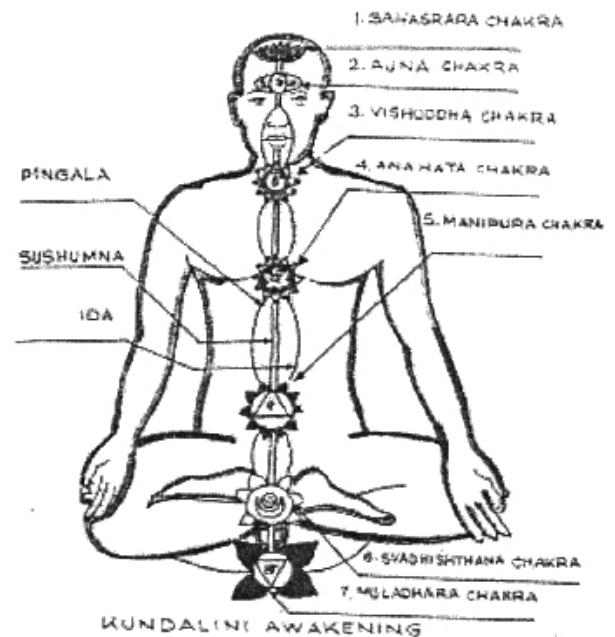
The *sahasrara*, or crown *chakra*, is located at the top of the head. It is also called the thousand-petal lotus of light. This *chakra* represents the ultimate goal of meditation, the union of *shiva* and *shakti*.

It is represented by an inverted lotus of a thousand petals. Symbolically, it is showering the subtle body with its spiritual radiance.

The *ida* and the *pingala* help you to move the *shakti* energy from the lowest *chakra*, up the spine through the *shushumna*, and through all the *chakras*, so that you can reunite with the *shiva* energy with its *shakti*. The union of the dynamic *shakti* with *shiva* brings power, liberation, and enlightenment.

When you initially practice meditation, it might not seem like you are doing anything, and you may find yourself just thinking a lot. But, as long as you are trying, you are doing something. It is like doing push-ups: the more you practice, the stronger you become. After you practice meditation for a while, you will begin to see and feel the difference. Your mind will become clear, sharp, and defined. You will feel better, and you will be more in touch with everything in your life.

In *Secular Meditation*, the Dalai Lama states, "Meditation is the instrument to transform and shape our mind. Meditation should not be considered a religious subject. Compassion,



love, forgiveness, spiritual harmony, sense of brotherhood, all of those things are religious subjects. Meditation is the training of the mind. Meditation makes the mind more alert. Concentrating on one point in meditation helps you to develop your analytical mind. Therefore, more success, determination, self-confidence, and willpower will come into your life.”

This is the basic guide to *chakra* meditation. If you follow this program, you will find a tremendous increase in your mental awareness. Most people who do this see dramatic increases in their level of personal power and success. You will accrue more power and higher levels of mind will start to open for you. According to Sri Sathya Sai Baba, “True meditation helps us discover our inner identity. It enables us to hear the divine voice in our heart, which illuminates the path ahead. It allows us to perceive and develop greater qualities.”

Roger Cantu is a teacher of meditation and self-discovery. He is the president of the Meditation Club – an organization dedicated to teaching meditation. He has studied with of great spiritual teachers, including: Bhagawan Sri Sathya Sai Baba, Rama – Dr. Frederick Lenz, and Lama Ole Nydahl. Roger Cantu teaches under the spiritual guidance of Khenpo Choga Rinpoche the 33rd Dzogchen Lineage Holder of Tibetan Buddhism.

Roger Cantu has a degree in Psychology from Chapman University. He has traveled through India studying Buddhism and Hinduism. He teaches seminars in Los Angeles, New York, Europe and Monterrey, Mexico. For more information, please visit www.MeditationClub.com.

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