

~ 45 minutes

Welcome, everyone.

In this guided meditation, we will journey into the energy centers of the root, sacral, and solar plexus chakras. These chakras are the foundations of our energy system, supporting our connection to the earth, our emotions, and our personal power.

(pause)

Find a comfortable seated or lying position, allowing your body to feel supported by the ground beneath you. If you're seated, ensure your back is straight and your feet are firmly planted on the ground. If you're lying down, let your arms rest gently by your sides or on your belly.

(pause)

Take a deep breath in through your nose, filling your lungs completely. Hold that breath for a moment, and now exhale slowly through your mouth, letting go of any tension. Let's do this a few more times. Inhale deeply... hold... and exhale.

(pause)

Continue this rhythm, allowing your breath to become calm and steady. As you breathe, begin to tune into your body. Notice any areas where you may be holding tension or discomfort. Acknowledge these feelings without judgment and invite your breath to soften those areas.

(pause)

Now, let's begin our journey into the root chakra, located at the base of your spine. This chakra is associated with feelings of safety, security, and grounding.

(pause)

Visualize a vibrant red light glowing at the base of your spine. With each inhale, imagine this light growing brighter and more radiant. With each exhale, feel any tension or worries melting away, grounding you to the earth.

(pause)

As you breathe into this red light, affirm to yourself: "I am safe. I am secure. I am grounded."

(pause)

Allow yourself to sit with this energy for a few moments. If thoughts arise, gently acknowledge them and return your focus to the red light at your root chakra.

(pause) (3-5 minutes)

Now, let's move up to the sacral chakra, located just below your navel. This chakra is linked to your creativity, emotions, and relationships.

(pause)

Visualize a warm orange light glowing in this area. With each breath, feel this light expanding, filling your lower abdomen with warmth and energy.

(pause)

As you breathe into this space, affirm: "I embrace my creativity. I honor my emotions. I am connected to my relationships."

(pause)

Allow this orange light to wash over you, inviting any feelings or emotions to surface. Acknowledge them without resistance, letting the energy flow freely.

(pause) (3-5 minutes)

Now, let's shift our focus to the solar plexus chakra, located just above your navel. This chakra represents your personal power, confidence, and will.

(pause)

Visualize a bright yellow light glowing in this area, like the sun shining within you. With each inhale, feel this light radiating warmth and energy, fueling your confidence and sense of self.

(pause)

As you breathe, repeat this affirmation: "I am powerful. I am confident. I trust myself."

(pause)

Let this yellow light fill your entire being, illuminating any shadows of doubt or fear. Feel the warmth of your personal power growing stronger.

(pause) (3-5 minutes)

Now that we've connected with the root, sacral, and solar plexus chakras, let's take a moment to visualize the flow of energy between these centers. Imagine a vibrant energy

moving from the base of your spine, through your lower abdomen, and into your solar plexus.

(pause)

Feel the connection and balance between these three chakras as they work together, creating a strong foundation for your energy system.

(pause) (3-5 minutes)

Now, let's take a moment to simply sit in silence, allowing the energy of the root, sacral, and solar plexus chakras to integrate and harmonize within you.

(pause) (5 minutes)

As we prepare to close this meditation, begin to bring your awareness back to your breath. Inhale deeply through your nose, filling your lungs. Exhale slowly through your mouth.

(pause)

Wiggle your fingers and toes, gently bringing movement back into your body. When you're ready, slowly open your eyes.

(pause)

Take a moment to notice how you feel after this meditation. Remember that you can return to this practice whenever you need to reconnect with your root, sacral, and solar plexus chakras.

(pause)

Thank you for joining me in this meditation. May you carry this energy and grounding with you throughout your day.

Namaste.