

Chakra Channel Meditation

Created and Channeled by Tammy Ford @ TJFord, the Art Studio

This is a brief meditation to activate and balance your Chakra Energy Centers. Feel free to ask a trusted friend to narrate while you eliminate distractions. You may ask all guides for your highest good join you on this brief journey. I'd encourage you to close your eyes and focus on your breath during this time. It might help to listen to nature sounds playing. After completing, I'd encourage you to notice any physical or emotional sensations within your being and write them down to create a reference point for your own healing journey.

Start by taking a few slow, deep breaths in and out of your belly. Allow your body to relax, releasing your shoulders, unclench your jaw, and let Mother Earth support you. With each breath create a pause after inhaling and exhaling and focus your energy on a single point. Repeat this, and as you do, picture in your mind's eye a vast open field. Imagine your entire being in the field and it is illuminated with white light, centered around your heart, and your entire aura. Now imagine a golden ladder or cord in your heart space that connects you to the center of the earth through your feet and extends through your crown into the infinite cosmos. Feel the warmth of this ladder of light and allow yourself to experience calm and peace. You are safe. You are protected. You are loved. You are worthy. Draw your attention back to the horizon line, where the vastness of earth meets the vastness of sky. Notice how small your body is in this space, yet you feel like you are part of the entire space as the light of the golden ladder extends infinitely from you. Join your breath with the ladder of light, breathing directly into your heart space from Mother Earth and Father Sky. With every inhale, breath in peace and exhale stress. Notice the amount of love and support that is felt, how the sun warms you and gentle breeze caresses your skin. Now notice how Mother earth is small within the vast cosmos but is recognizable among the other planet, stars, and entities of the cosmos. You are part of a harmonious balance of energy, never ending and never beginning. Continuous movement, a symphony of expressions of energy creating all that exists.

Turn your focus back to the golden ladder connecting you to earth and to sky. This time at the base of your pelvis, notice the scarlet red glowing light there. Notice if it is still or spinning. This is your Root chakra, your connection to mother earth. It is your creation point, the place where your ancestors existed, and the future of humanity exist as one. If it is still, encourage it to begin to spin. See it spinning in all directions, moving energy throughout your body and aura, down through your feet and out through your crown. Your root chakra is directly related to your security and abundance. Know that you are safe and have access to all you need to create abundance and joy in your life as you connect to your Root chakra.

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Now focus on the area right above your pelvis around your belly button and visualize a luminous orange light there. Notice if it is still or spinning. This is your Sacral Chakra. It is connected to your sexuality, creativity, emotional intelligence, and sense of connection to all that is. As this light begins to glow brighter, imagine it filling your entire being and extending through your feet and up through your crown and out in all directions from your body. Know that you are able to bring thoughts and ideas to fruition that are for your highest good from this place.

Now bring your focus upwards toward the base of your lungs, your diaphragm, and the bright yellow light that exists in your Solar Plexus Chakra. Notice if it is still or spinning. Direct the light to move in all directions into your body and aura, see it moving down through your feet, up through your crown and out of your body on all sides. This energy center correlates to your sense of self, your beliefs, your values in all that is and your authentic truth. Know that you hold authentic Truths to your soul in this place and have access to this energy anytime you connect to your Solar Plexus Chakra.

Moving higher still, focus your attention on your heart, a brilliant emerald green light resides in this chakra. Notice if the green light is still or spinning. Direct the light to move in all directions, filling your body, moving out through your feet, up through your crown, and emanating from your being. The heart is the space of LOVE, compassion, and empathy for all that is. Know the Divine love exists within you in this space and provides unending love, and in return, you share this Divine love with the universe. You are worthy of this unending love.

Now move your focus directly above the heart near the base of your neck, you will see the brilliant blue light of the Throat chakra, notice if it is still or spinning. This energy center holds your voice, your ability to share with the world your authentic self, your unique expression of Self. Direct the light to spin in all directions, slowly filling your entire being, down through your feet, up through your crown, and emanating from your being. Know that you are capable and can trust your expression to match the frequency of your Truth in this space.

Continue moving your focus up your neck and into your head, stopping just behind the space between your eyes and see the deep indigo light there, this is your Third eye chakra. This energy is connected to our brain, reasoning, imagination, and inner sight. Imagine this light filling your body, moving down through your feet, up through your crown, and emanating out of your being.

As this light continues upward, it will reach its apex at the crown of your head and reach a bright violet in the space known as your Crown Chakra. This energy connects to the Divine Creator and the source of intuition and deeper insight. Picture this violet light filling your entire body, moving down through your feet, and as it moves out of your head imagine a beautiful Lotus flower blooming in radiance. This flower will forever

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bloom as this energy center remains active and will provide the channel of nourishment for your Highest manifestation in physical form.

You have now activated each energy center as you've traveled your very own Golden Chakra Channel of light. Each energy center is spinning at optimum vibration, and the more you do this, the stronger your channel becomes, as does your vibration and frequency rise. As you practice and gain confidence in your Channel of energy, you will easily identify if there's anything out of alignment or harmony with all that is. Learn to let your Spirit guide you on this path daily. Check in with yourself and remember that you are loved, supported, worthy, and courageous.

You have this connection available any time, all you need to do is pause, find your breath, picture your golden ladder, and meet the Divine Creator of all that is in that space. Know your connection is strong and trustworthy. Know you have all you need within your being. Know there is guided support available, at your will, by those who exist beyond the veil of physicality, all for your highest good and the good of all that is. Your Soul has always existed and will continue into eternity, may you express as that Truth always and all ways.

“In all you say and all you do; simply be authentically you!” ~ Tammy Ford

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