



*The Chakra Checklist*

# The Chakra Checklist

Chakra Your Way To Health And Fulfillment  
With This Complete Checklist

With This Complete Checklist  
You Can Achieve Health And Fulfillment

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# Table Of Contents

Foreword

Chapter 1:

***The Basics Of Spiritual Discovery***

Chapter 2:

***About Meditation***

Chapter 3:

***Meditation Techniques***

Chapter 4:

***The Throat and Chakra Connection***

Chapter 5:

***How To Tips***

Wrapping Up

# Foreword

The chakras are described as being aligned in an ascending column from the base of the back to the top of the head. New Age practices frequently associate each chakra with a particular color.

In assorted traditions chakras are affiliated with multiple physiological functions, an facet of consciousness, a classical element, and other distinguishing features. They're visualized as lotuses/flowers with a assorted number of petals in every chakra.

The chakras are thought to vitalize the physical body and to be affiliated with interactions of a physical, emotional and mental nature. The purpose of the chakras is to spin and attract in energy to keep the spiritual, mental, emotional and physical wellness of the body in balance.

They're stated by some to reflect how the unified consciousness of humanity is divided to manage assorted facets of earthly life. It is as well associated to spiritual healing.

## ***The Chakra Checklist***

Chakra Your Way To Health And Fulfillment With This Complete  
Checklist

# Chapter 1:

## *The Basics Of Spiritual Discovery*

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### **Synopsis**

When people embark on a journey of self-discovery, they commonly focus on the physical and emotional side of their personality. Rarely do people consider the importance of spiritual self-discovery, even if they identify as spiritual side to their personality. When we take the time to explore the part of our psyche that we sometimes call spirit or soul, we discover a unique and different aspect to our personality we may not even have realized existed.



## **The Journey**

We are people made up of physical, spiritual, intellectual and emotional dimensions. We experience the world and the experiences we go through in the world, by looking at them through these dimensions. This is not new.

We know that humanity has always considered these dimensions. Roman and Greek mythology, Roman astrology and ancient religions are all testimony to the very real role that spirituality has played in human development.

We perhaps identify best with the moment we see a magnificent sunrise, or an amazing act of nature that leaves us in a state of bewilderment and wonder, recognizing there are things in our life that are beyond our ability to control. We have a conscious or unconscious desire to know this power and it is what we can term spirituality.

When people think of spiritual wellbeing, they commonly think of God. Whoever or whatever they conceive “him” to be. Some consider him a supreme being and others consider him as “the man upstairs” a belligerent father figure. Still others reject the concept of any sort of being, and find their spirituality in the earth, or in nature.

So how do we discover the spiritual side of our personalities? Some people discover it through embracing formal religion, others discover

it through yoga or some other form of meditation that causes them to focus in on themselves and still others go on a journey of self-discovery and call this a religious experience.

Some have compared this spiritual awakening with a heightened sense of experiencing. As we allow our inner selves to experience life at a deeper level than just what seems obvious around us, we begin to relate to things in a different way.

In whatever we choose to embrace the spiritual side of our personality, when we do focus on spiritual self-awareness we commonly discover we come alive in our personality and this has an effect on how we relate to self and others.





# **Chapter 2:**

## ***About Meditation***

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### **Synopsis**

Spirituality entails a lot of practices; some are physical some are spiritual. Physically, there are activities such as singing of religious hymns or even sitting on the wheel of prayer.

As a matter of fact, some go to an extent of doing certain physiological body routines before performing any spiritual activity. However, one of the main activities that link both spiritual and physiological activities is meditation.

This is the process through which many spiritual individual tend to connect with their inner spiritual realm and even connect with God. All in all, not everyone understands the importance of meditation in spirituality. This can only be explained by understanding the power of meditation.

## **Behind It**

Meditation is a vital tool for anyone who wishes to grow spiritually. For those who ignore meditation, they tend to suffer from unease. Notice the difference; dis-ease and disease. The latter is a disorder in the body while the other is a disorder in the spiritual self that results in some sort of discomfort.

This is mainly brought about by that disconnection with God. In relation to this, meditation tends to connect our souls with God hence bringing about growth of the spiritual self. This is the main power of meditation in terms of spiritual.

Basically, meditation is said to have several benefits to the mind, body and soul. This is because the three are linked together to form the real you. As for the soul, it gets its nourishment from our connection with God which can only be achieved by regularly meditating. Therefore, not meditating is denying the soul its food.

This is hazardous; just like denying the physical body food. With this trend, we might end up starving to death and the same will happen to the soul. And a body without a soul is 'dead'. Therefore, if you feel some unease, then that is a sign that your soul is starving. Take action before things get worse.

On the other hand, there are various levels of meditation each meant to serve a particular purpose. Many have the will to meditate but end

up frustrated in the end due to lack of results. Why do you think this happens? It is simply because they perform the wrong meditation practices for their level hence bearing no results.

For more information on meditation levels, consult a meditating expert who will give you directions on the various meditation levels and their uses. Therefore, you will be in a position to choose.



# Chapter 3:

## *Meditation Techniques*

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### **Synopsis**

Although there are many different approaches to Chakra meditation, the fundamental principles remain the same. The most important among these principles is that of removing obstructive, negative, and wandering thoughts and fantasies, and calming the mind with a deep sense of focus. This clears the mind of debris and prepares it for a higher quality of activity.



## **Strategies**

The negative thoughts you have – those of noisy neighbors, bossy officemates, that parking ticket you got, and unwanted spam– are said to contribute to the ‘polluting’ of the mind, and shutting them out allows for the ‘cleansing’ of the mind so that it may focus on deeper, more meaningful thoughts.

Some practitioners even shut out all sensory input – no sights, no sounds, and nothing to touch – and try to detach themselves from the commotion around them. You may now focus on a deep, profound thought if this is your goal. It may seem deafening at first, since we are all too accustomed to constantly hearing and seeing things, but as you continue this exercise you will find yourself becoming more aware of everything around you.

If you find the meditating positions you see on television threatening – those with impossibly arched backs, and painful-looking contortions – you need not worry. The principle here is to be in a comfortable position conducive to concentration. This may be while sitting cross-legged, standing, lying down, and even walking.

If the position allows you to relax and focus, then that would be a good starting point. While sitting or standing, the back should be straight, but not tense or tight. In other positions, the only no-no is slouching and falling asleep.

Loose, comfortable clothes help a lot in the process since tight fitting clothes have a tendency to choke you up and make you feel tense.

The place you perform meditation should have a soothing atmosphere. It may be in your living room, or bedroom, or any place that you feel comfortable in. You might want an exercise mat if you plan to take on the more challenging positions (if you feel more focused doing so, and if the contortionist in you is screaming for release). You may want to have the place arranged so that it is soothing to your senses.

Silence helps most people relax and meditate, so you may want a quiet, isolated area far from the ringing of the phone or the humming of the washing machine. Pleasant scents also help in that regard, so stocking up on aromatic candles isn't such a bad idea either.

The monks you see on television making those monotonous sounds are actually performing their mantra. This, in simple terms, is a short creed, a simple sound which, for these practitioners, holds a mystic value.

You do not need to perform such; however, it would pay to note that focusing on repeated actions such as breathing, and humming help the practitioner enter a higher state of consciousness.

The principle here is focus. You could also try focusing on a certain object or thought, or even, while keeping your eyes open, focus on a single sight.

One sample routine would be to – while in a meditative state – silently name every part of your body and focusing your consciousness on that part. While doing this you should be aware of any tension on any part of your body. Mentally visualize releasing this tension. It works wonders.



# Chapter 4:

## *The Throat and Chakra Connection*

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### Synopsis

According to the ancients, there are certain vibrations, sounds, that correlate to the different color vibrations of the chakras. What does 'connecting' mean? It is a feeling that is easier to experience than to describe. Suppose you are trying to connect the throat friction with the area between the eyebrows, for instance. In the beginning there is a simultaneous awareness of them. Then a resonance automatically takes place between the two.

The area between the eyebrows seems to vibrate together with the throat friction. Then a 'mixing' takes place. The throat friction combines with the feeling between the eyebrows. There is a communication of energy between the larynx and the Chakra. That is what is meant by 'connecting'.





## **Connection**

There follows a simple but essential experience: the perception of the Chakra quickly becomes more distinct and tangible. This result is clear and instantaneous. The effect of the throat friction is to 'give shape', make things more substantial. Therefore, whenever you connect the throat friction with a chakra or any other organ of energy the organ becomes more perceptible. The larynx makes things manifest, it reveals them.

A similar effect will be observed when working on auras. You first have to build up the inner space and engage the process of seeing. Then some exercises will show how your perception of nonphysical halos and auras are instantaneously boosted when combining throat friction and vision. The lights and colors will appear significantly 'denser' and more tangible.

The throat friction can also be used to establish a linkage between different structures of energy. Not only can you connect the friction to the Chakra or any other organ of energy, but you can also enhance the connection between different organs of energy, and link them through the friction.

we see that through the voice we express our thoughts and our emotions, which is a way of giving them a more defined form. you will realize that the throat friction makes the Chakra more tangible, as if shaping it. You will tune into your Chakra, and as soon as you start

implementing the throat friction, the Chakra will immediately be perceived more clearly and more intensely.



# Chapter 5:

## *How To Tips*

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### Synopsis

There are 7 major chakras, or energy centers, along the spine--from the base of your spine to the top of your head. Each chakra has a assorted purpose, but they all work together to bring the body into balance spiritually, mentally, emotionally and physically. Meditating on the chakras may enhance this balance and, in turn, your life.



## **Do It Right**

- Sit or lie in a comfy position. Shut your eyes and breathe deeply in and out, counting on every exhale till you reach twenty. Note any thoughts that pass through your mind, but softly let them go.
- Picture the Muladhara chakra at the bottom of your spine. Picture it as a round red light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for how you translate and react to the physical world.
- Picture the Swadhisthana chakra in the region of your reproductive organs. Picture it as a round orange light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for your creativity.
- Picture the Manipura chakra in the region of your solar plexus or navel. Picture it as a round yellow light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for your emotions.
- Picture the Anahata chakra in the region of your chest or heart. Picture it as a round green light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for love.

- Picture the Vishuddha chakra in the region of your throat. Picture it as a round blue light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for expression and communication.
- Picture the Ajna chakra in the region of your forehead. Picture it as a round indigo light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for your spirituality.
- Picture the Sahasrara chakra at the top of your head. Picture it is a round violet-white light twirling such as a wheel. Center on the color and this chakra's purpose as the center of power for connecting with The Higher Power.
- Picture all seven chakras twirling together in unison. This can be difficult, but gets easier with every meditation session.
- Clear your mind and breathe deeply in and out, counting on the exhale till you get to twenty. Once again, note any thoughts that pass through your mind, but softly let them go. Open your eyes, stand up and feel more balanced the remainder of the day.

# Wrapping Up

Our bodies bear sensitive areas that are filled up with energy and are the focal points of emotions, feelings, hunch and insight. These energy points are named Chakras. Each Chakra has its own features and singular properties. It will help you center your mind and body as you work to detect how your Chakras serve you and how to best utilize them as guides in day-to-day life.

