

# Discover Your Zen

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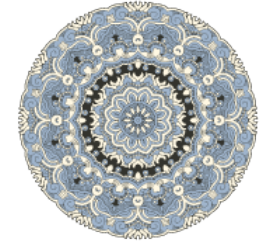
## Chakras

*Live Free With Sheri*  
*Healthy Fearless and Free*

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# Day 24

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**Hello Spirit Gurus,**

Today we will learn about chakras and their part in some methods of meditation. Balance is a common theme in the chakras. You will also be looking at ways to find balance in your own life.

You have been doing this for 24 days now! Good for you! Give yourself a pat on the back.

As always, any questions, let me know.

To Self-Love and Your Journey!

**Love & Gratitude,**

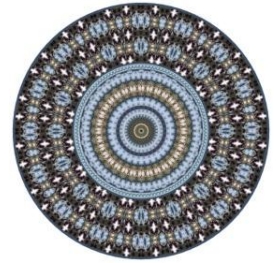
**Sheri**

We meditate so  
we can see  
miracles  
unfolding.  
Without stillness,  
life is a blur.  
-Russell Simmons

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# Task

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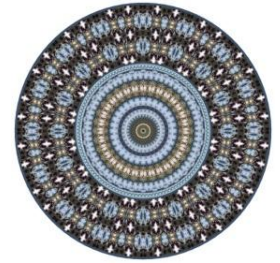


Make a list of 5 things you would like to be more balanced in your life.

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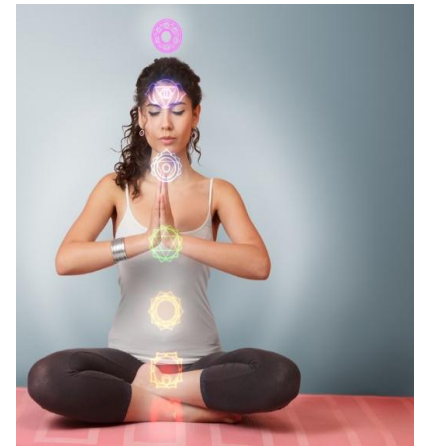
# Chakras

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Our bodies are full of energy. It is science. Our nervous system functions through electrical impulses that run throughout our bodies, our brains produce between 10-20 watts of energy at any given time, our bodies run on energy that we gain through food. Energy creates vibration, which is sound or frequency. Our bodies put out vibrations, energy, and sound at all times.

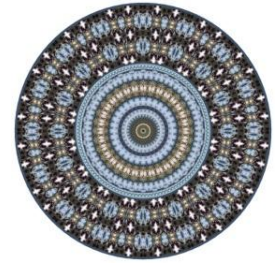
Some people believe that our energies have centralized locations throughout our bodies that are specific to different aspects of the mind, body, and spirit, that in yoga are called chakras. The chakras must be kept in balance to retain health and harmony throughout the body where one system is not to overpower another. Usually when one chakra center is overactive it can cause a different chakra to become underactive. Both can cause undesirable effects.



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# Chakras

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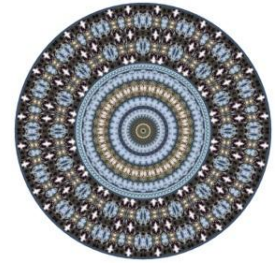
Chakra meditation has been used for thousands of years. Generally when meditating on chakras, the focus is brought inward to an energy center with the intention of increasing the vibration of that chakra's energy. Maintaining balance can influence both physical and emotional well-being. When chakras are out of alignment, it may make you more prone to depression and disease, lowering the body's natural immunities.

Certain tools can be used along with meditation to enhance balance and promote healing of the chakras. Each chakra has colors, essential oils, yoga poses, mantras, foods, and musical notes that promote balance and health of the specific chakra. When meditating to clear or heal your chakras, you can use color therapy, diffuse or apply essential oils, position yourself in a yoga pose, use mantras, or use special music or a singing bowl to more effectively promote health and balance.

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# Chakra Balancing

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This simple meditation can be used to promote balance throughout each of the seven chakras to promote health and well-being.

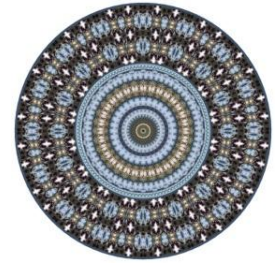
- Find a position comfortable for meditation.
- Closing the eyes, begin breathing deeply and slowly.
- Imagine a bright red light unfolding like the petals of a flower, emerging from the base of your spine, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in an out of the red orb, letting it fully form and glow within you.
- Imagine the red orb folding back up and going deep into the base of you spine where it can no longer be seen.
- Imagine a bright orange light unfolding like the petals of a flower, emerging just below the navel, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in an out of the orange orb, letting it fully form and glow within you.

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# Chakra Balancing

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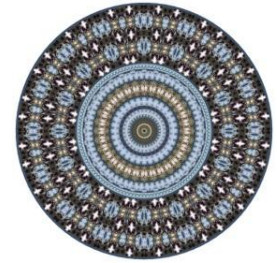


- Imagine the orange orb folding back up and going deep below the navel where it can no longer be seen.
- Imagine a bright yellow light unfolding like the petals of a flower, emerging just below the cartilage where the ribs meet, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in an out of the yellow orb, letting it fully form and glow within you.
- Imagine the yellow orb folding back up and going deep below the cartilage where the ribs meet where it can no longer be seen.
- Imagine a bright green light unfolding like the petals of a flower, emerging from the center of your chest, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in an out of the green orb, letting it fully form and glow within you.
- Imagine the green orb folding back up and going deep below the center of the chest where it can no longer be seen.

(Continued)

Day 24

# Chakra Balancing



- Imagine a bright blue light unfolding like the petals of a flower, emerging from the center of the throat, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in and out of the blue orb, letting it fully form and glow within you.
- Imagine the blue orb folding back up and going deep inside the center of the throat where it can no longer be seen.
- Imagine a bright indigo light unfolding like the petals of a flower, emerging between your eyebrows, becoming larger and more vibrant, swirling in the form of an orb.
- Breathe in and out of the indigo orb, letting it fully form and glow within you.
- Imagine the indigo orb folding back up and going deep down beneath the area between the eyebrows where it can no longer be seen.
- Imagine a bright violet light unfolding like the petals of a flower, emerging from the top of your head, becoming larger and more vibrant, swirling in the form of an orb.

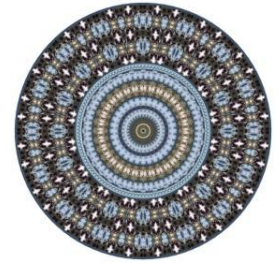
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Day 24

# Chakra Balancing

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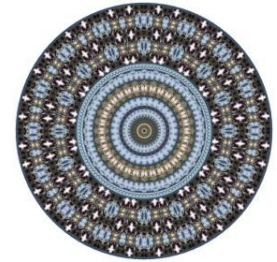


- Breathe in and out of the violet orb, letting it fully form and glow within you.
- Imagine the violet orb folding back up and going deep into the top of your head where it can no longer be seen.
- Imagine all seven of the orbs emerging simultaneously and glowing, spinning. Breathe in and out of each of them.
- Feel the balance and harmony of each of the seven orbs all equally as bright, equally as large, balanced throughout your body.
- Imagine the orbs burrowing deep within their origins in your body, still glowing within you.
- Bring your focus back to your breathing and slowly bring consciousness to your body moving inward from the fingers and toes.
- When ready open your eyes.

Day 24

# Balance

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What are five areas you would like to have more balance in?

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How do these areas being out of balance affect your life?

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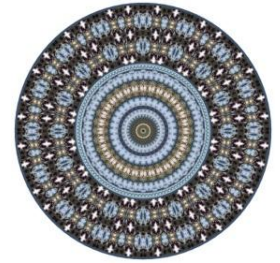
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Day 24

# Balance

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What steps can you take today to create balance in these areas?

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Why is balance in these areas important to you?

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