

Free Printable Guided Meditations



Chakra Guide

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In this post we explore some simple, yet amazingly effective chakra based meditations which help bring energetic balance. These are our favorite methods, which is why we want to offer them to you as **free printable guided meditations**.

If you like them, use the videos as guided meditations as often as you wish, or print out the basic pdf attached at the end. If you enjoy them, they are yours, take them with you!

Put into practice regularly we can easily open and clear our energy centers of trapped emotion or energy blocks.

These guided meditations are extremely effective and easy to use!

They have been designed specifically to aid healing on an individual level bringing the body, mind and spirit into harmonious balance.



All Yours! The Videos and Free Printable Guided Meditations

Regardless of our experience with meditation, whether we are complete novices or experienced meditative professionals we all experience moments when we find our normally happy, healthy, holistic lifestyle completely out of balance.

You recognize that right?

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That moment when we need to refocus on us. Refocus on realigning our energy centers. Refocus and restore energy needed for a balanced Mind, Body and Spirit.

That's when we need to bring attention back to our energy centers.

Ensuring we maintain equilibrium and balance within our body's 7 Chakras is absolutely vital.

Energetic balance is the only way we are able to maintain health physically, emotional and spiritually.

This post aims to provide you with the very best and most effective free printable guided meditations.

How To Open And Clear Blocks Within The Chakras.

The first of the video [guided meditations](#) is *"How to Open, Unblock and Balance Muladhara Chakra"*.

In the following posts we will share the guided meditation for each of the other chakras.

Quick 7 Chakra Meditation

The Balancing of Energy Meditation

Chakra Awakening, Opening And Clearing

The purpose of the Chakra balancing meditation is to open, clear and teach you how to unblock chakras. This exercise is best known with followers of Reiki.

Follow this meditation and if possible use 2 times per week. It will aide you in aligning the higher frequency energies and also purify/release any stored negative energy from your body/aura.

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- Sit comfortably on a chair with your hands on your legs (I have found with the palms facing upwards more beneficial)
- Whilst sitting close your eyes and concentrate on your breath.
- Take long slow deep breaths
- Visualize as you inhale, see your breath travelling down filling your lungs
- Visualize as you exhale, see your breath travelling up and out
- Every breath in takes you deeper into relaxation
- Every breath out releases any tension and stress



Now move your focus to Muladhara the Base or Root chakra. Visualize the chakra opening at the base of your spine, like a flower opening to the sun, its petals opening wide, folding back, revealing their full beauty to the sun.



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*Now see this open, vibrant red, rich flower as a bright **RED** ball spinning clockwise.*

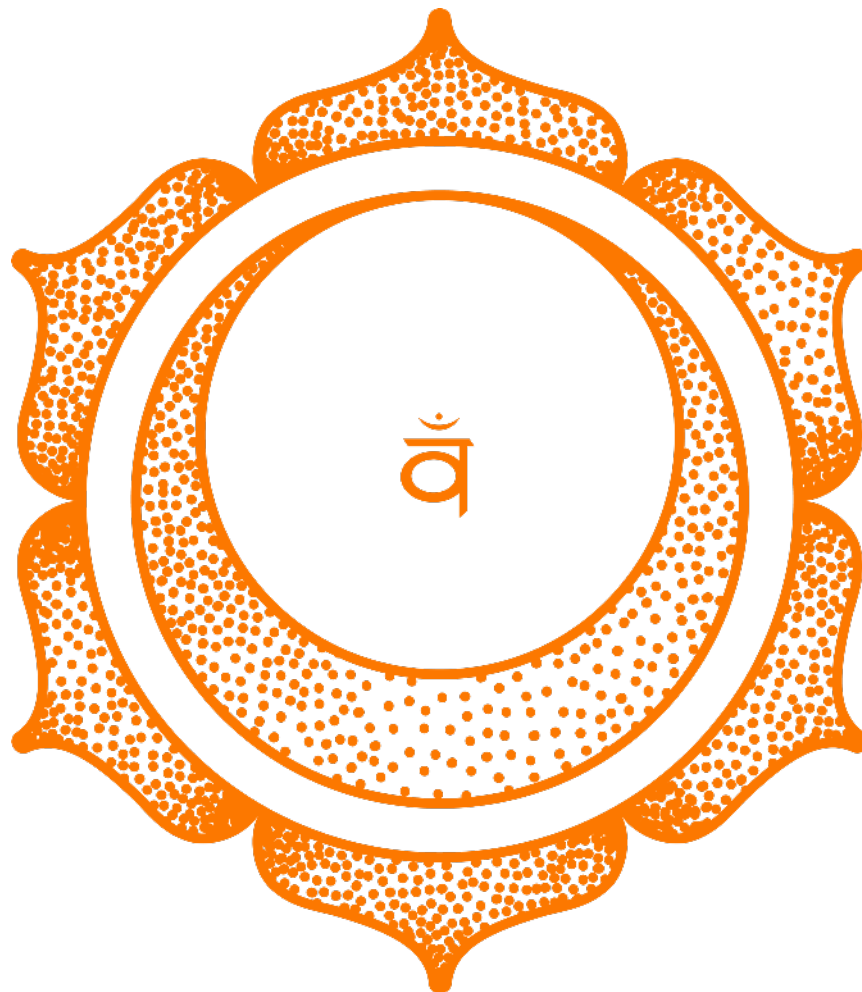
As you focus on Muladhara the Root Chakra, inhale and see the breath as a rich vibrant red.

As you exhale, see the breath flowing up and out as vibrant deep rich red.

Repeat this inhalation and exhalation another 2 times.

Now see the rich vibrant red energy of Muladhara flowing down, down through your legs and out through your feet. Flowing deep into Mother Earth, like a tree spouting its roots. These roots are connecting you, connecting and attaching you to the earth.

Now that you are grounded, move your focus to Svadhisthana the Sacral Chakra.



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Now your focus is on Svadhishthana the Sacral Chakra visualize the chakra opening - approximately 3 inches below the navel.

Opening like a flower opens to meet the sun, its petals opening wide, folding back, revealing their full orange beauty to the sun.

*Now see this open, vibrant orange rich flower as a bright **ORANGE** ball spinning clockwise.*

As you focus on **Svadhishthana the Sacral Chakra**, inhale and see the breath as a rich vibrant orange.

As you exhale, see the breath flowing up and out as vibrant deep orange.

Repeat this inhalation and exhalation another 2 times.

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Move your focus to Manipura the Solar Plexus Chakra.

Visualize the chakra opening just above the navel, like a pure yellow flower opening to the sun, its petals opening wide, folding back, revealing their full beauty to the sun.

*Now see this open, vibrant electric yellow flower as a bright vibrant **YELLOW** ball spinning clockwise.*



As you focus on Manipura the Solar Plexus Chakra, inhale and see the breath as a rich electric yellow.

As you exhale, see the breath flowing up and out as vibrant pure rich yellow.

Repeat this inhalation and exhalation another 2 times.



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Move your focus to Anahata the Heart Chakra.

Visualize the chakra opening in the center of the chest, like a beautiful vibrant fresh green flower opening to the sun, its petals folding back wide, revealing their full beautiful shades of green to the sun.

*Now see this beautiful fresh green flower as a bright vibrant **GREEN** ball spinning clockwise.*

As you focus on Anahata the Heart Chakra, inhale and see the breath as a fresh electric green.

As you exhale, see the breath flowing up and out as deep rich green.

Repeat this inhalation and exhalation another 2 times.



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Move your focus to Vishuddha the Throat Chakra.

Visualize the chakra opening in the center of the throat, like a beautiful electric blue flower opening to the sun, its petals folding back wide, revealing their full beautiful shades of blue to the sun.

Now see this beautiful rich deep blue flower as a bright vibrant **BLUE** ball spinning clockwise. As you focus on Vishuddha the Throat Chakra, inhale and see the breath as a deep vibrant blue.

As you exhale, see the breath flowing up and out as beautiful electric blue.

Repeat this inhalation and exhalation another 2 times.

NOTE: If you wish to manifest something into your life, ensure you see Vishuddha's energy spinning clockwise and then see the energy flowing down from the Throat, into your arms and out through your fingers/thumbs.

See the energy of Vishuddha flowing from both hands and meeting, joining together around five feet in front of you.

As these energies connect, in your mind say clearly what you want to manifest and what it is you desire currently. While Vishuddha is open and the energy is flowing it is the time to bring your goals into physical manifestation.

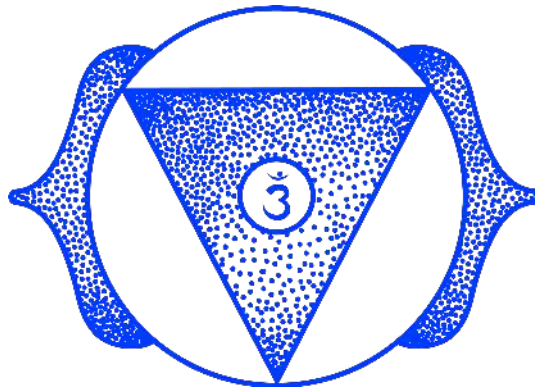
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Move your focus to Ajna the Third Eye Chakra.

Visualize the chakra opening in the center of the forehead, like a beautiful vibrant indigo flower opening to the sun, its petals folding back wide, revealing their full beautiful shades of indigo to the sun.

*Now see this beautiful indigo flower as a bright vibrant **INDIGO** ball spinning clockwise.*



As you focus on Ajna the Third Eye Chakra, inhale and see the breath as deep Indigo.

As you exhale, see the breath flowing out as deep Indigo.

Repeat this inhalation and exhalation another 2 times.

See Ajna as deep Indigo energy, spinning clockwise. Now visualize yourself sitting on an Indigo chair, in an all Indigo room.

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You can see there is a window in the Indigo room, see yourself looking out of this window, See yourself gazing out at the universe and the stars.

Now let the scene in the window become what it is your third eye and your intuition wishes to reveal

This exercise will help open and strengthen your intuition.



Move your focus to Sahasrara the Crown Chakra.

Visualize the chakra opening on the top of the head, like a beautiful vibrant violet flower opening to the sun, its petals folding back wide, revealing their full beautiful shades of violet to the sun.

Now see this beautiful violet flower as a bright vibrant **VIOLET** ball spinning clockwise.
As you focus on Sahasrara the Crown Chakra, inhale and see the breath as vibrant violet.

As you exhale, see the breath flowing down and out as rich violet.

Repeat this inhalation and exhalation another 2 times.

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Now focus on the circular clockwise spinning motion of Sahasrara. See the chakra transform in a beautiful violet flower bud, it opens slowly and you see it is a beautiful lotus flower.

As you look at the open lotus you can sense the magnificent energies of the universe flowing throughout you.



Finally visualize a brilliant electric silvery white light flowing down from the Heavens. Down through your Crown chakra, flowing down your spine through each of the other chakras and out through your feet.

The energy reaching deep into Mother earth.

Now relax, enjoy the sensation, and when you are ready take 3 long deep slow breaths in and out

Slowly open your eyes

You should feel exhilarated!

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