

10-minute Chakra meditation script

Preparation (1 minute)

- **Find a Quiet Space:** Sit comfortably in a quiet space where you won't be disturbed.
- **Relax Your Body:** Sit up straight with your feet flat on the floor and your hands resting on your lap or knees. Close your eyes.

Grounding (1 minute)

- **Deep Breathing:** Take a few deep breaths in through your nose and out through your mouth. Focus on calming your mind and body.
- **Visualize Roots:** Imagine roots growing from the base of your spine and feet into the earth, anchoring you securely.

Root Chakra (1 minute)

- **Focus Area:** Bring your attention to the base of your spine (Root Chakra).
- **Color Visualization:** Visualize a red, vibrant light at this area.
- **Affirmation:** Repeat silently, "I am grounded and secure."

Sacral Chakra (1 minute)

- **Focus Area:** Move your attention to the lower abdomen (Sacral Chakra).
- **Color Visualization:** Picture an orange, glowing light here.
- **Affirmation:** Repeat silently, "I embrace joy and creativity."

Solar Plexus Chakra (1 minute)

- **Focus Area:** Shift your focus to the area above your navel (Solar Plexus Chakra).
- **Color Visualization:** Visualize a yellow, radiant light at this spot.
- **Affirmation:** Repeat silently, "I am confident and powerful."

Heart Chakra (1 minute)

- **Focus Area:** Move your attention to the center of your chest (Heart Chakra).
- **Color Visualization:** Picture a green, soothing light here.

- **Affirmation:** Repeat silently, "I am love and compassion."

Throat Chakra (1 minute)

- **Focus Area:** Shift your focus to your throat (Throat Chakra).
- **Color Visualization:** Visualize a blue, calming light at this area.
- **Affirmation:** Repeat silently, "I speak my truth with clarity."

Third Eye Chakra (1 minute)

- **Focus Area:** Move your attention to the center of your forehead (Third Eye Chakra).
- **Color Visualization:** Picture an indigo, insightful light here.
- **Affirmation:** Repeat silently, "I trust my intuition and wisdom."

Crown Chakra (1 minute)

- **Focus Area:** Bring your attention to the top of your head (Crown Chakra).
- **Color Visualization:** Visualize a violet, divine light at this spot.
- **Affirmation:** Repeat silently, "I am connected to my higher self."

Closing (1 minute)

- **Deep Breathing:** Take a few more deep breaths, feeling the energy flow through your chakras.
- **Gratitude:** Silently express gratitude for the balance and healing you've invited.
- **Return:** Gently open your eyes, feeling refreshed and centered.