

# Chakra Meditation

# SPECIMEN

## Sahasrara

### CROWN

Sound: OM  
Element: Spirit  
Purpose: Wisdom  
Sense: Spiritual  
Oils: Lavender, Frankincense  
Crystals: Amethyst, Sapphire

## Vishuddha

### THROAT

Sound: HAM  
Element: Ether  
Purpose: Expression  
Sense: Hearing  
Oils: English Camomile, Myrrh  
Crystals: Turquoise, Aquamarine

## Manipura

### SOLAR PLEXUS

Sound: RAM  
Element: Fire  
Purpose: Willpower  
Sense: Sight  
Oils: Juniper, Neroli  
Crystals: Citrine, Amber

## Muladhara

### BASE

Sound: LAM  
Element: Earth  
Purpose: Survival  
Sense: Smell  
Oils: Myrrh, Patchouli  
Crystals: Hematite, Ruby



## Ajna

### BROW

Sound: OM  
Element: Mind  
Purpose: Creativity  
Sense: Clairvoyance  
Oils: Lemon, Rosemary  
Crystals: Lapis Lazuli, Angelite

## Anahata

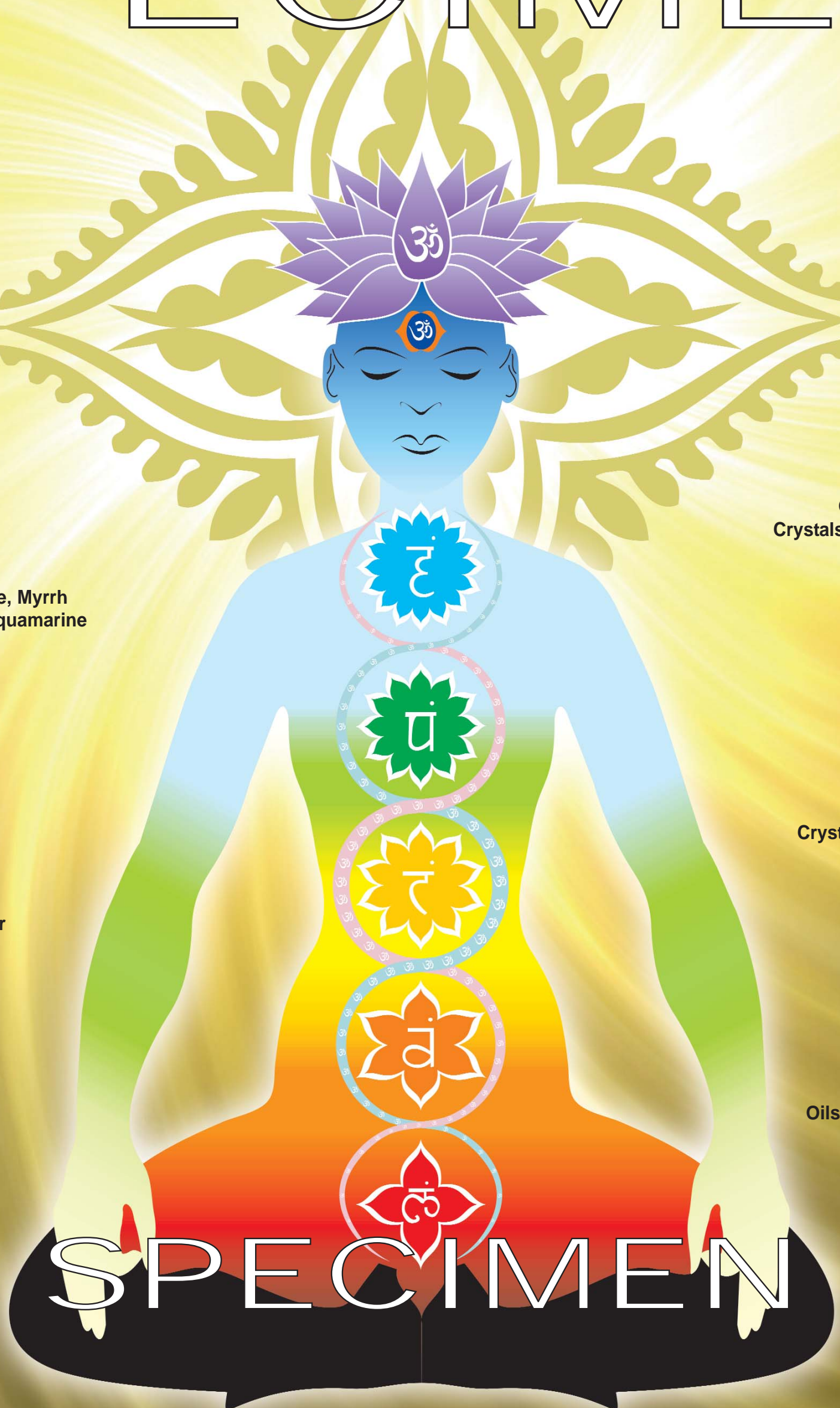
### HEART

Sound: YAM  
Element: Air  
Purpose: Love  
Sense: Touch  
Oils: Bergamot, Rose  
Crystals: Rose Quartz, Jade

## Swadhisthana

### SACRAL

Sound: VAM  
Element: Water  
Purpose: Intimacy  
Sense: Taste  
Oils: Sandalwood, Jasmine  
Crystals: Carnelian, Chrysoprase



# SPECIMEN

### CROWN

**BALANCE:** Living with the knowledge of Unity. Knowing that the Self reflects in the Divine. Abandoning individual ego for universal ego.  
**IMBALANCE:** Unable to let go of anxiety and fear. Unable to imagine Cosmic Unity. Unsatisfied and depressed.

### BROW

**BALANCE:** Being aware of the spiritual side of Being. Inviting inner awareness into and trusting intuition in everyday life. Connecting to the Universe.  
**IMBALANCE:** Rejects religious aspects. Focus on science and intellect. Only sees the obvious or superficial. Afraid of intuition.

### THROAT

**BALANCE:** Knowing balance between silence and speech. Trusting intuition, knowing how to listen to 'inner voice'.  
**IMBALANCE:** Cannot find expression despite much talking. Fearful of being judged and rejected. Afraid of silence.

### HEART

**BALANCE:** Feeling happy. Embracing life. Accepting life and relationships.  
**IMBALANCE:** Unable to give sincere love. Cannot accept love from others. Looks for rewards.

### SOLAR PLEXUS

**BALANCE:** Feeling calm and complete. Tolerating others. Balancing the spiritual and material worlds.  
**IMBALANCE:** Does not trust the natural flow. Needs to dominate. Craves material security.

### SACRAL

**BALANCE:** Being polite, friendly and kind. Staying open. Thinking of others.  
**IMBALANCE:** Unsure of sexual matter. Cannot express feelings adequately. Suppresses personal needs.

### BASE

**BALANCE:** Connecting with Nature. Trusting in Universal Laws. Understanding the Flow of Life.  
**IMBALANCE:** Inability to trust nature. Focus on material possessions. Need to satisfy own desires and wishes.