

# *Spring Chakra Meditations*

## *for Energy Clearing & Balancing*

**Spring Walking & Visual Chakra Meditations  
for Vitality, Harmony & Energy Healing**



***Amanda Jackson-Russell***

***Healer Member of NFSH The Healing Trust, Hypnotherapist NCH (Reg.),  
Reiki Master, Yoga & Meditation Instructor (BWY)***

Published by *Inspired Potential*, Worthing, W. Sussex, U.K., 2018  
[www.inspiredpotential.co.uk](http://www.inspiredpotential.co.uk), [www.ajrhypnotherapysurrey.co.uk](http://www.ajrhypnotherapysurrey.co.uk)  
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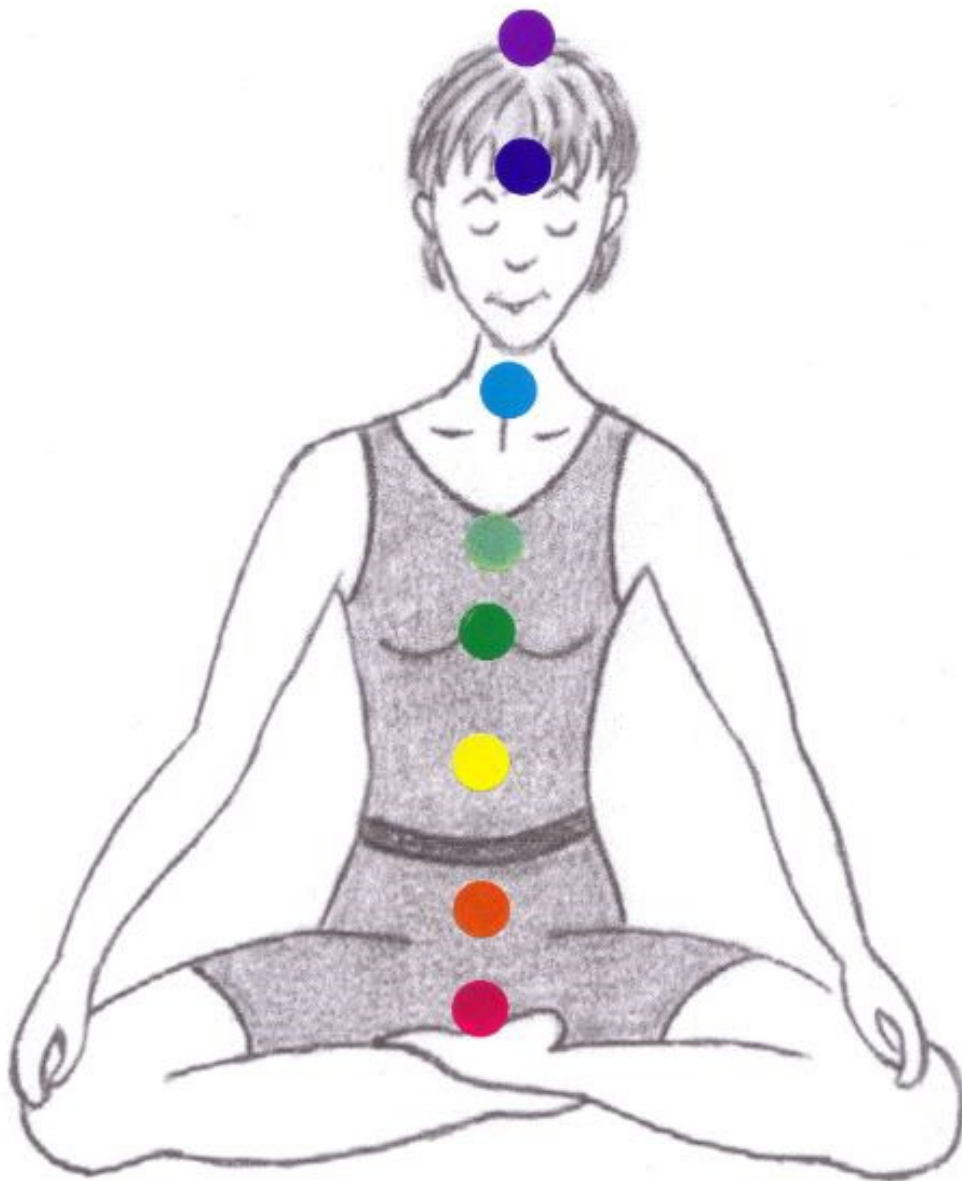
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**Guidance**

It is best to read through this book first before attempting the meditation practices, even if you are already familiar with the chakras and their colours, locations and associated qualities.



## What Are Chakras?

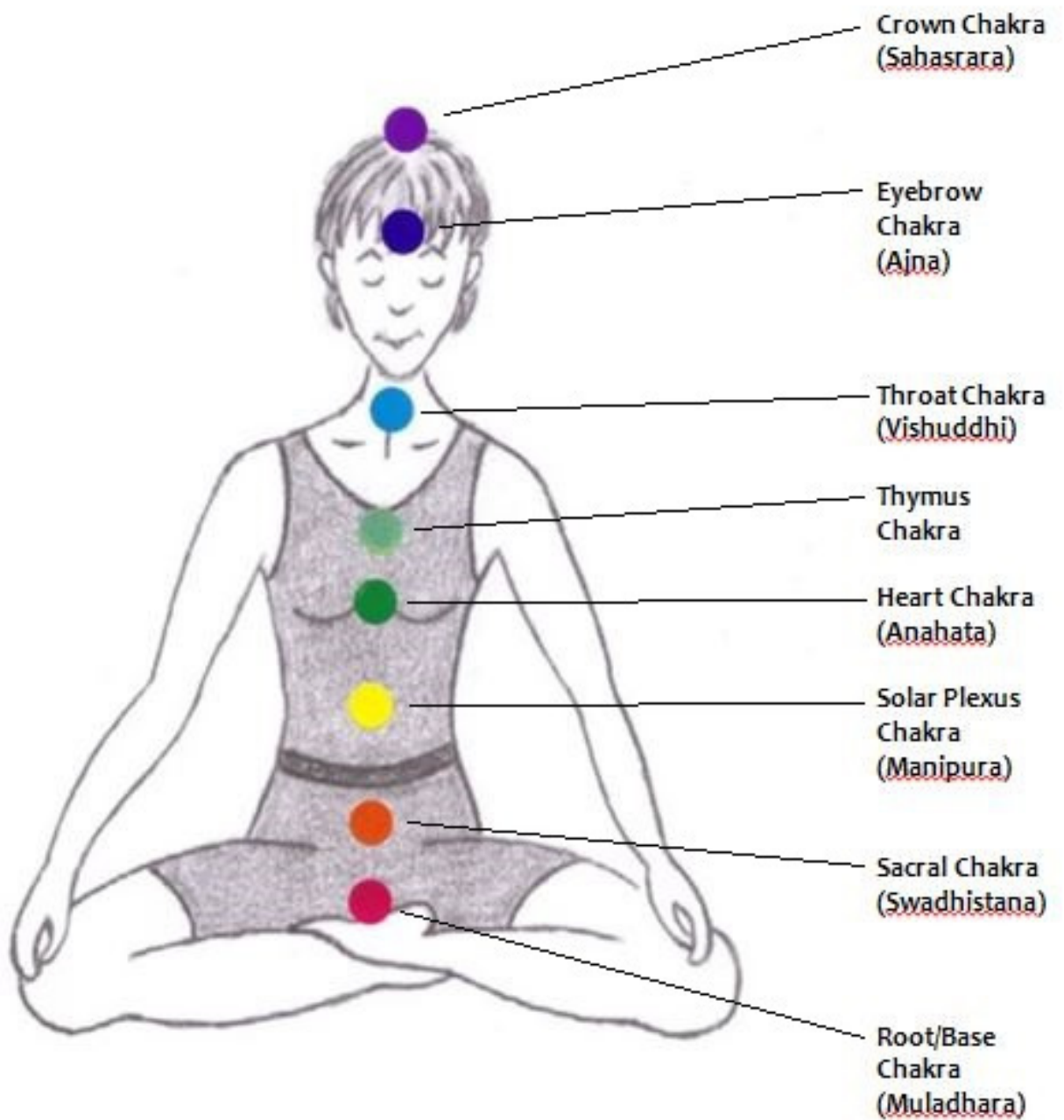
Many healers, psychics, spiritualists and other individuals on a spiritual path believe that we are spiritual beings living on the Earth plane within a physical body in order to have certain experiences that contribute to the evolution of our soul. According to spiritual and traditional yoga teachings, a number of major energy centres\*, called Chakras, are located along the length of the spine, linking our physical body with our psyche (areas of our brain and our subconscious mind) and our spiritual body. Those who are psychically sensitive enough to be able to see the chakras usually describe them as wheels or vortices of spinning energy of various colours, which represent their energy vibrational frequencies.

Free-flow of energy through the chakras and throughout our being helps to maintain our health and wellbeing on physical, mental, emotional, energy and spiritual levels. Conversely, when the chakras are not functioning optimally, due to blockages in energy flow in our being, the effects tend to manifest as dis-ease within our physical body and/or disharmony on mental and/or emotional levels.

The influences from the spiritual realms to the physical realms pass in both directions, so disharmony on any level can affect another (whether the origin is physical, mental, emotional, energetic or spiritual). Practices that help to clear, cleanse and optimise the functioning of the chakras (such as yoga, meditation and spiritual/energy healing) therefore encourage and help to maintain physical, mental, emotional and spiritual health.

\*Traditionally, seven major chakras are described, along the length of the spine and skull from base to crown. I have included an eighth chakra, the thymus, which has usually been described in combination with the heart chakra. This is because this chakra is believed by some to be an evolving chakra that is becoming more important in our evolution, as humankind now progresses into the Aquarian age.

## Names & Positions of The Main Chakras



## How To Do The Chakra Meditations

You can do the meditation practices as **either**:

A) A walking mindful meditation through Nature, silently noting the appropriate colours around you;

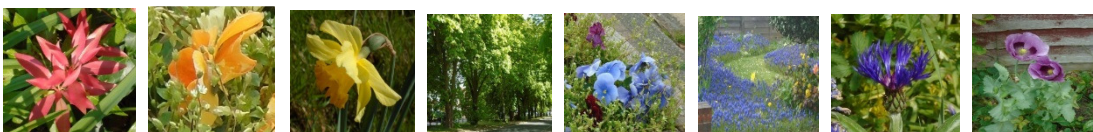
**or**

B) A seated visual meditation (with your eyes closed), imagining blossoms and other objects of, or scenes containing, the appropriate colours.

In either case, consciously imagine breathing the appropriate colours into each respective chakra and associated area of your body; also be mindful of the qualities and feelings associated with the respective chakra (see ***Qualities for meditation focus*** at the bottom of each of the chakra page descriptions that follow); then breathe out slowly and fully while you make the intention to release any unwanted energies and emotions from that area, restoring balance, harmony and vitality there and throughout your entire being. If you are doing the walking meditation practice, slow down and pause for a moment or two as you do the breathing practices.

You can stay with the same chakra / colour / qualities and repeat the breathing practice for as long as you wish, before moving onto the next chakra. Start with the base chakra (base of the spine), and gradually make your way up to the crown (top of the head).

When you have reached the crown chakra, and if it is safe to do so (ie. if you are doing the walking meditation and you are not feeling “spaced out” or “out of touch” with the physical world), stay with those qualities for a few minutes and enjoy a feeling of peace and expansiveness. (However, if you are feeling a bit too “spacey”, move on to ***Grounding the energy*** on the next page.)



### **Grounding the energy**

When you are ready to finish your meditation, take some deep breaths, and imagine taking the energy down from the top of your head, all the way down through your spine, body and legs to your feet, and grounding the energy into the Earth, almost as though you are sending roots down from your feet into the Earth. Take some strong deliberate steps with your feet (or if you are doing a seated meditation and visualisation, step your feet up and down against the floor several times) to ensure you feel well-grounded and fully aware of your surroundings.

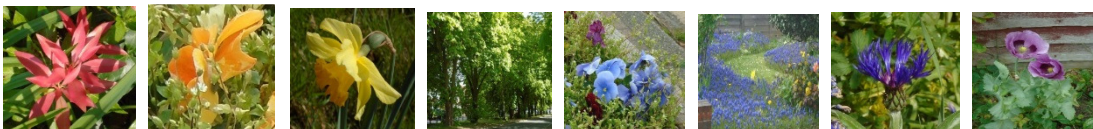
### **Alternative practice**

As an alternative to going through all the chakras in one meditation session, if you wish, you can do the practice in stages over 7 days, focusing each day on a single chakra (again starting with the base). If you are doing this 7-day practice, carry out the grounding process described in the above paragraph after each meditation session.

Use the guide to **The Chakras** on the following pages to work with these meditation practices.

If you like, you can use the photo images on these pages to imagine the colours that you are breathing into your chakras.

If you are doing the walking meditation practice, remember to remain mindful of your surroundings and other people, so as to stay safe and also to not stop suddenly in front of someone!





## The Chakras – Their Main Healthy Colours, Locations & Associated Qualities

### Chakra 1 – Muladhara, The Base or Root Chakra

**Body location:** Base of the spine.

**Colour:** Bright Red/Dark Pink.

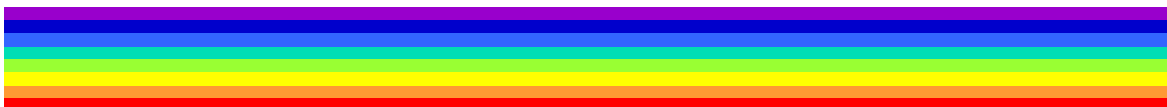
**Associated body areas/functions:** The reproductive organs and structures, bowels (colon), organs of elimination, anus, rectum, coccyx/tail-bone, cauda equina (lowest levels of spinal nerves), legs, feet.

**Mental, emotional & energetic associations:** Survival instinct, reproductive instinct, feelings of security, creative energy (physical, including procreation), sex drive, physical strength.



#### **Qualities for meditation focus**

Earth energy, creation, passion, security, being grounded, feeling safe in your own skin, physical strength, trusting in the support of the Earth and the Divine, Shakti (creative energy), kundalini energy, feeling alive and vibrant, connected with the Earth and the source of all life.





## Chakra 2 – Swadhistana, The Sacral Chakra

**Body location:** Area of the sacrum.

**Colour:** Bright Orange.

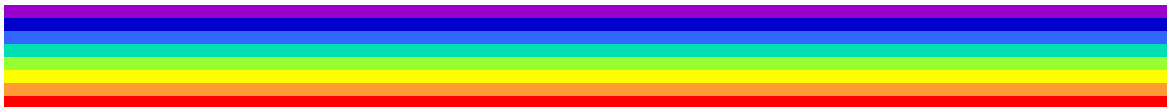
**Associated body areas/functions:** The stomach (digestion and absorption of nutrients), kidneys, bladder, adrenal glands (adrenaline)/“fight-flight-freeze” response, sacrum, sacral region of the spine, pelvis, hips.

**Mental, emotional & energetic associations:** “One’s own place”, the Hara, digestive energy (physical – food, and mental – knowledge), “herding” instinct, collective unconscious, gut instincts, social interaction, sense of fun and play, sexuality, sensuality, sensual feelings.



### **Qualities for meditation focus**

Joyfulness, inner vitality, playfulness, partying, socialising, feeling a part of the crowd, interactions with friends, sensuality, dancing, fun, laughter, moving to the joyful rhythm of life, your gut instincts, joie de vivre.



## Chakra 3 – Manipura, The Solar Plexus Chakra

**Body location:** Area of the solar plexus.

**Colour:** Bright Yellow.

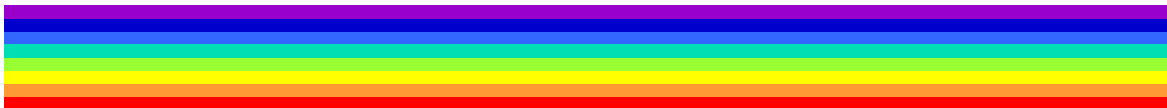
**Associated body areas/functions:** The solar plexus (nerve plexus), pancreas (controls blood glucose levels; also aids in food digestion), liver (neutralises toxins), gall-bladder, spleen, gut-brain link, sympathetic nervous system (adrenaline response, in addition to adrenal glands), waist area, lower-to-middle back, middle and upper abdominal muscles; also the left side of the brain (cerebral hemispheres).

**Mental, emotional & energetic associations:** Personal power, “left-brain” activities (rational thought, logic, analytical skills, intellect, language), conscious mind, ego, sense of individuality, self-esteem, self-confidence.



### ***Qualities for meditation focus***

My inner power centre, personal empowerment, the intellect, confidence and self-esteem, my sense of self-worth, problem-solving, level-headedness, logic, analysis, mental clarity, learning and studying, self-respect, feeling strong, feeling centred, feeling self-assured, I believe in myself and my abilities, I can do it!, I am worth it!



## Chakra 4 – Anahata, The Heart Chakra

**Body location:** Area of the heart and lungs.

**Colour(s):** Bright Grass Green; also Pale Rose Pink.

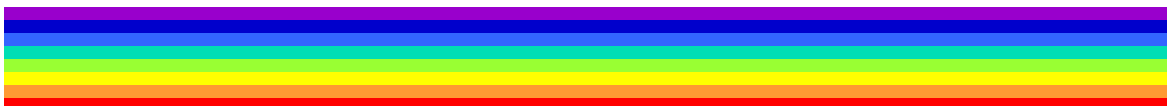
**Associated body areas/functions:** The heart, cardiac nerve plexus, blood circulatory system, lower lungs, chest and ribs, middle back, lower arms and hands.

**Mental, emotional & energetic associations:** “Higher emotions” – love, caring, compassion, understanding, empathy, kindness, forgiveness, appreciation, gratitude. Caring for others, ability and desire to form healthy relationships, ability to receive as well as give, nurturing, being nurtured, how we relate to other people, how we relate to Nature, affinity for/appreciation of Nature.



### ***Qualities for meditation focus***

Love, giving and receiving, nurturing, feeling nurtured, kindness, compassion, empathy, forgiveness, appreciation/ gratitude, caring, feeling cared for, connection to Nature, heart-felt emotions, inner beauty, connection to one's soul (gateway to the soul).



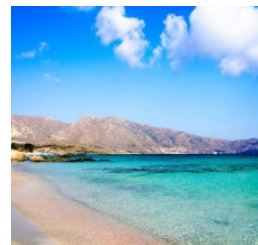
## Chakra 5 – The Thymus Chakra

**Body location:** Just above the heart area; area of the thymus gland.

**Colour(s):** Aquamarine/Turquoise.

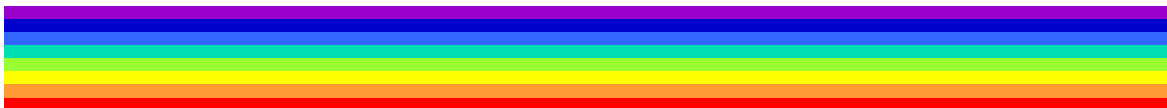
**Associated body areas/functions:** The thymus gland, upper aorta (major artery/blood vessel from the heart), mid-lungs and mid-airways, immune system (ability to fight infections/protect the body), the body's ability to heal itself.

**Mental, emotional & energetic associations:** As this is considered to be a still-evolving chakra and chakra of the future, its subtler influences are still poorly understood. Some of its mental/emotional/energy qualities are thought to be: protective instincts, self-protection (physical, mental, emotional and energetic), healing abilities, self-healing energy.



### ***Qualities for meditation focus***

Healing, self-protection, giving healing, body healing, strong body defences/immune system, feeling protected.



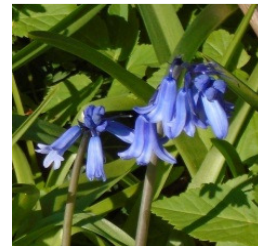
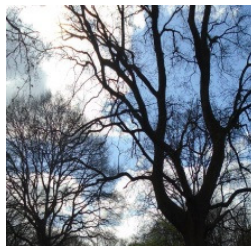
## Chakra 6 – Vishuddhi, The Throat Chakra

**Body location:** Throat area; area of the thyroid gland.

**Colour(s):** Bright (Royal) Blue/Light Blue/Sky Blue.

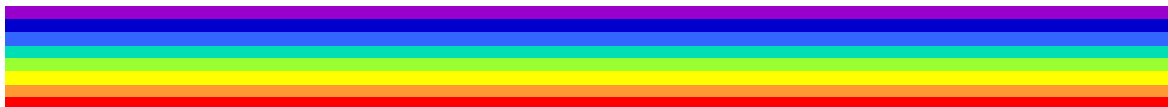
**Associated body areas/functions:** The thyroid glands (regulate metabolic rate), parathyroid glands (regulate blood calcium levels), throat, larynx/voice box, vocal cords, speech, pharynx, mouth, tongue, taste, jaws, teeth, ears, hearing, upper lungs, trachea and bronchi (upper airways), oesophagus, eating and swallowing, collar bones, shoulders, upper arms, upper back, neck, brainstem.

**Mental, emotional & energetic associations:** Communication, self-expression, expression of one's whole being (thoughts, emotions, feelings, etc), teaching and listening abilities, counselling abilities, conditioning (eg. from parents, elders, teachers, grandparents and other significant authority figures; also including cultural and governmental influences and beliefs), sense of our own authority, sense and feelings of responsibility.



### ***Qualities for meditation focus***

Communication, self-expression, the teacher, the guide, my inner voice, my inner truth, healing via the voice, talking, singing, music, authority, taking responsibility, shouldering the burden, Divine protection.



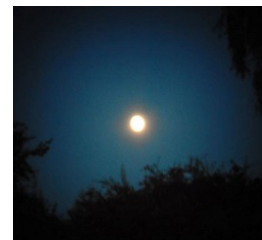
## Chakra 7 – Ajna Chakra, The Eye-Brow or Third-Eye Chakra

**Body location:** Just behind the centre of the forehead/just above the centre of the eyebrows/the “third eye”.

**Colour(s):** Deep Blue/Dark Blue/Indigo/Deep Purple/colour of the night sky.

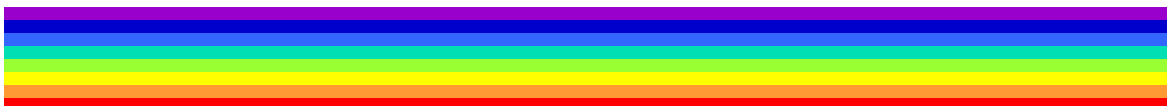
**Associated body areas/functions:** The pituitary gland (controls the endocrine/hormone system), “lower brain” (thalamus, hypothalamus, midbrain) and nervous system, right side of the brain (cerebral hemispheres), para-sympathetic nervous system (responsible for rest, relaxation and recuperation).

**Mental, emotional & energetic associations:** Intuition, “right-brain” activities (creativity (mental, artistic), spatial awareness, musical ability), memories, thoughts, subconscious mind, links to past lives, sense of time (past, present, future), imagination, ability to plan for the future, visualisation ability, psychic sensitivity, clairvoyance, telepathy, healing abilities, integration and balance of the mental and physical senses and functions.



### ***Qualities for meditation focus***

Insight, intuition, creativity, imagination, inspiration, receiving Divine messages, psychic, intuitive, the priest/priestess, second sight, clarity, clairvoyance (clear-seeing), telepathy, clairsentience, automatic writing, receiving spiritual or Angelic guidance.





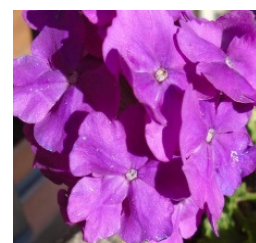
## Chakra 8 – Sahasrara, The Crown Chakra

**Body location:** Top of the head/Crown of the head.

**Colour(s):** Violet/Ultraviolet/Purple/Dark Magenta; Pure White; Gold.

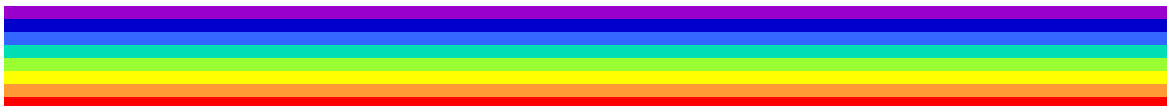
**Associated body areas/functions:** The crown of the head, pineal gland (light-sensitive; regulates the body clock; possible anti-ageing attributes), scalp, hair, upper brain/cerebral cortex, consciousness.

**Mental, emotional & energetic associations:** Wisdom, connection to “higher” consciousness (the “superconscious”; the transpersonal; universal consciousness), inspiration, appreciation of art, beauty and spirituality, sense of spirituality, merging of the individual self with the Divine self, the “thousand-petalled lotus” (gateway to “higher” consciousness).



### ***Qualities for meditation focus***

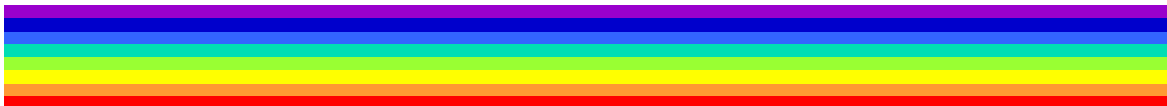
Connection with the Divine, Oneness with all creation, Oneness with the Universe, Divine Love and Light, Divine Wisdom, Universal Love and Wisdom, Divine Healing, Connection with Universal Life-Force Energy, we are One, All That Is, I Am That, simplicity, simply Being, peace, bliss, all is well, everything is as it is meant to be.





## After-note

The information provided above regarding the associations and qualities of the chakras, and in particular their physical/bodily associations, represent the current views of the author from her studies of the chakras and of a wide range of educational sources. However, it should be noted that descriptions of the chakras can vary greatly from one teacher, psychic, author and spiritual scholar to the next, so some people may not agree with all the information given here. Also, the links between the spiritual/energy body and the physical body (and other bodies, such as the mental and emotional) are probably not “hard-and-fast”, but may vary from time to time within and between individuals, and may also have changed during the course of evolution of humankind. In addition, the chakras and their colours are not “discrete” entities, but form part of a spectrum of vibrational frequencies in the spiritual body. Each major chakra (as described above) influences the one or ones next to it, and hence also the associated physical, mental, emotional and spiritual functions and qualities of those chakras. Furthermore, there are in fact many thousands of chakras throughout the body, some larger, some smaller. The information in this book only describes those chakras located along the axis of the spine that tend to have received the most attention and that people are therefore most widely familiar with. These facts aside, the intentions of the meditations, with focus on the “positive” qualities and the clearing of “negative” energies and emotions, should still bring about many benefits for health, healing and wellbeing.



## **Meditations on Audio**

### ***Relaxations, Meditations & Self-Hypnosis Audios by Amanda Jackson-Russell:***

*Healing Meditation – Revitalising body & mind with golden healing light energy*

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*Relaxation & Calm (for Stress & Anxiety Reduction)*

*Hypnosis for Confidence & Self-Efficacy*

*Body-Breath-Mind Mindful Meditation*

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### ***Other audios available by request:***

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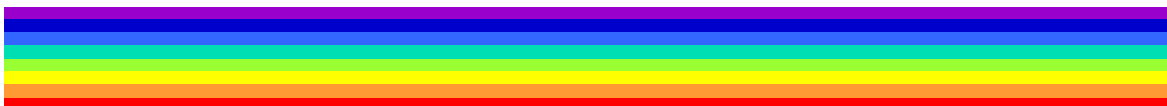
*Deep Progressive Muscle Relaxation*

*Hypnosis for Social Anxiety (including Public Speaking)*

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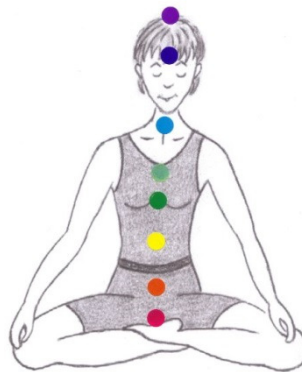
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for Energy Clearing & Balancing

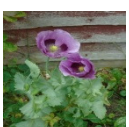
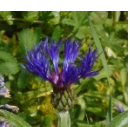
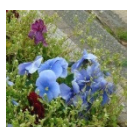
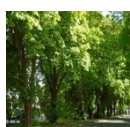
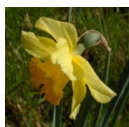
## Amanda Jackson-Russell

Amanda Jackson-Russell is a Clinical & Cognitive-Behavioural Hypnotherapist, Healer Member of NFSH The Healing Trust, EFT Practitioner and Reiki Master. She has been a qualified Yoga Instructor (including Relaxation and Meditation) with The British Wheel of Yoga for over 25 years. Having an early background in medical science, she also worked for many years as a professional medical writer, editor and researcher. Amanda specialises in Stress and Anxiety Reduction, Relaxation Skills Training, Meditation Training, Spiritual Development and Personal Empowerment. After living in the mid-Surrey area for 25 years, she recently moved to West Sussex, UK.

Published by *Inspired Potential*,  
Worthing, W. Sussex, U.K., 2018  
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## Chakra Crib-Cards

If helpful, you can print out this page and cut out the crib-cards to use as quick reminders of the chakras, their qualities and respective focuses for meditation.

### Base Chakra

Security, feeling grounded, feeling safe in your own skin, physical strength, passion, trust in the support of the Earth & the Divine, creation, kundalini energy, feeling alive & vibrant, connected to the Earth & source of life.

### Sacral Chakra

Joyfulness, inner vitality, playfulness, partying, socialising, feeling a part of the crowd, interactions with friends, sensuality, dancing, fun, laughter, moving to the joyful rhythm of life, your gut instincts, *joie de vivre*.

### Solar Chakra

My inner power centre, intellect, confidence, self-esteem, self-worth, problem-solving, logic, analysis, mental clarity, learning / studying, self-respect, feeling centred & strong, I believe in myself & my abilities, I can do it!, I am worth it!

### Heart Chakra

Love, giving & receiving, kindness, nurturing, feeling nurtured, compassion, empathy, forgiveness, gratitude, caring, feeling cared for, connection to Nature, heart-felt emotions, inner beauty, connection to one's soul.

### Thymus Chakra

Healing, self-protection, self-healing, body healing, strong body defences / immune system, feeling protected.

### Throat Chakra

Communication, self-expression, the teacher, the guide, my inner voice, my inner truth, healing via the voice, talking, singing, music, authority, taking responsibility, shouldering the burden, Divine protection.

### Eye-Brow Chakra

Insight, intuition, imagination, creativity, clarity, psychic senses, clairvoyance (clear-seeing), telepathy, clairsentience, automatic writing, receiving spiritual or Angelic or Divine messages.

### Crown Chakra

Connection with the Divine, oneness with all creation & the universe, Divine / universal love, light, wisdom & healing, peace, bliss, connection with universal life-force energy, we are One, All That Is, I Am That, everything is as it should be, all is well.