

A woman with large, curly hair is meditating in a lotus position. She is wearing a dark green tank top and dark pants. Her eyes are closed, and she has a calm expression. The background shows a window with a view of a landscape and a white radiator.

Dhyana:

Meditation

So-Hum:

Translates to "I AM". Breathe into the sound visualization "SO", breathe out to the sound visualization "HUM". Slow the breath down between rounds.

Mindfulness:

Becoming present and focused, being witness to the moment and bringing your attention to a single point. You can use the breath, a flame or any viewpoint. Bring the mind back to your focus point each time it begins to drift away.

Walking Meditation:

Being mindful of your environment and present in the current moment, allow each step to be slow and purposeful. Focus on the steps you take, creating fluidity in each stride.

Metta:

Repeat 4x, first directing the words to yourself, then to a loved one, to an acquaintance, and lastly to someone you are having difficulty with. If the last round proves to be too difficult, use the final round to direct the words to all sentient beings.

“May I/you feel protected and safe,
May I/you feel contented and pleased,
May my/your body support you with
strength,
May my/your life unfold smoothly and
with ease.”

Chakra:

Using the appropriate designated chakra, visualize the color associated and repeat the mantra. Picture a lotus flower opening and closing with each breath.

Sahasrara - Crown Chakra

Color: Violet

Location: Crown of head, pineal gland

Bija Mantra: Silence

**Pure-awareness, bliss, cosmic
consciousness, higher wisdom**

Ajna - Brow Chakra

Color: Indigo

Location: Third eye, pituitary gland

Bija Mantra: OM

Intuition, psychic power, insight

Vishuddha - Throat Chakra

Color: Blue

**Location: Depression in the neck,
base of cervical vertebrae**

Bija Mantra: HAM

**Communication, breath, self-
expression**

Anahata - Heart Chakra

Color: Green

Location: Center of the breast

Bija Mantra: YAM

**Unconditional love, compassion,
peace, forgiveness**

Manipura - Navel Chakra (Solar Plexus)

Color: Yellow

Location: Two finger breaths above navel

Bija Mantra: RAM

Confidence, power, self-will

Svadhithana - Sacral Chakra

Color: Orange

Location: Sacrum

Bija Mantra: VAM

Sexuality, intimacy, emotions, independence

Muladhara - Root Chakra

Color: Red

Location: Perineum

Bija Mantra: LAM

Security, grounding, survival instinct