

Chakra Meditation Flow

Setup • Breath • Vibration • Affirmation • Awareness • Information

Document assembled by Laurentum

1. Setup

Align your chakras. Ensure you are seated in a comfortable position with a straight spine before beginning the flow.

2. Breath

Crown Chakra

None required for this stage.

Sixth Chakra : Kumbhaka Lunar Breath

Perform both of the following breathing exercises. Do the first set for several breaths, and follow with the second set for the *same amount* of breaths. For example: If you do 4 rounds with the first set, then make sure to do 4 rounds with the second set; no more, no less.

- **First Set:**

- Inhale through both nostrils for a count of 2
- Hold for a count of 4
- Exhale for a count of 6
- Hold for a count of 4

The above constitutes one round. 3 to 6 rounds are recommended for beginners. Advanced practitioners may do as many as comfortable.

- **Second Set:**

- Inhale for a count of 6
- Hold for a count of 6
- Exhale for a count of 4
- **Do NOT hold** at the bottom.

Remember to match the number of rounds performed in the First Set.

Throat Chakra : Yogic Humming Breath [Brahmari]

This breath is essential to mastering mantras (words and names of power). Mantras should always be vibrated, **never** just spoken as words. Each syllable should be vibrated to manifest their power.

- Breathe in as with the Complete Yogic Breath, filling your lungs from bottom to top.
- On the exhale, keep your lips closed and **HUM** the breath out. This extends the exhale. (Inhale fully, then sound *HMMMMMMMM* until completely empty of air).

The above constitutes one round. Do 5 rounds.

Heart Chakra : Alternate Nostril [Sun/Moon] Breathing [Anuloma Viloma]

- Inhale through left – 4 sec
- Hold at the end of the inhale – 6 sec
- Exhale through right – 4 sec
- Inhale through right – 4 sec
- Hold at the end of the inhale – 6 sec
- Exhale through left – 4 sec

Solar Chakra : Breath of Fire [Kapalabhati]

- Contract your abdominal muscles forcefully, creating an exhale by pumping your stomach muscles in and out, hard and fast, but controlled. Air will enter the top part of your lungs naturally.
- Use rhythmic rapid contractions of your abdominal muscles to inhale and exhale.
- Do **20 in a row**, in and out.
- At the end of the 20th breath, exhale completely, then inhale and fill your lungs. Contract your anus, lower your chin to your chest, and hold your breath for as long as comfortable. *Do not push yourself!*
- Exhale slowly.

Sacral Chakra : Sacral Breath

- Inhale through your nose and focus upon drawing energy from your base chakra into your sacral chakra.
- Hold the energy in your sacral chakra for a count of 6. (*You may use 4 or 8, as long as you maintain the same count consistently.*)
- Exhale and let the air fall out of your lungs effortlessly.

The above completes one round. Do several rounds.

Base Chakra : Base Breath

- Inhale slowly through your nose, contract your anus, visualize energy being drawn into your base chakra. With the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
- Hold for a count of 4 (beginners), 10 (intermediate), or as long as comfortable (advanced).
- Exhale slowly through your nose, directing energy from your crown chakra back down through all chakras to the base, illuminating each.

The above completes one round. Do several rounds.

3. Vibration

(Traditional, Necronomicon, Runic, Sanskrit)

Chakra	Mantras / Vibrations
Crown	MARDUK, ING, MAUM
Sixth	AUM, INANNA, THOR, YAUM
Throat	HAM/HANG, NANNA, KAUN, HAUM
Heart	YAM/YANG, NEBO, GEBO, AUM
Solar	RAM/RANG, UDDU, REDA/RAUDA/SOWILO/SAUIL, RAUM
Sacral	VAM/VANG, NERGAL, DAGUR, VAUM
Base	LAM/LANG, SOWILO/SAUIL/REDA/RAUDA, LAUM

4. Affirmation

Affirmation

"My [X] Chakra is awake and active in a beneficial way for me. It is full of light and functioning fully, now and forever." or "My [X] Chakra is healthy and balanced, and functioning optimally."

(Repeat 3 times for each targeted chakra)

5. Awareness Meditation

Level 1: Passive Observation

- Sit comfortably with a straight spine. Close your eyes.
- Direct your entire, unwavering attention to the point at the very base of your spine, the perineum.
- Do nothing else. Do not visualize, do not judge, do not analyze. Simply hold your focus in that specific location. If your mind wanders, gently but firmly return it to the base chakra. Be still and present.
- **Duration:** 5 minutes.

Level 2: Observing the Chakra Vortex

- Maintain your focus at the base of the spine.
- Begin to visualize the chakra as a sphere of bright, vivid red energy.
- See this sphere as a living vortex, spinning clockwise. Do not force it; simply observe it turning, alive and potent. Hold this image with steady, unwavering attention.
- **Duration:** 5 minutes.

Level 3: Chakra Charging

- Maintain your focus on the spinning, red vortex at the base of your spine.
- As you inhale, visualize the chakra drawing in pure, red energy from the earth around you.
- See this energy combine with the vortex, causing it to spin faster and grow brighter and more substantial with each inhalation. Your focus is on the continuous process of absorption and growth.
- **Duration:** 5 minutes.

Level 4: The Synthesis

Maintain your focus at the base of the spine and the visualization of the spinning, red vortex from Level 3. Combine the visualization with a complete sensory experience:

- **Feeling:** Feel the physical sensation of the chakra—a tangible warmth, a gentle weight, or a low, vibrating hum at the base of your spine. Feel the energy you inhale as a cool or warm current entering the vortex.
- **Hearing:** Internally hear the sound of the spinning vortex, a low, steady, resonant hum or a deep, rhythmic drumming that corresponds to its energy.
- **Smelling:** Associate a specific, grounding scent with the chakra, such as the rich smell of damp earth, cedarwood, or musk. Inhale this aroma with your breath.
- **Visualization:** See the red vortex with maximum intensity and clarity, a brilliant, living light that grows with every breath.
- **Breathing:** Synchronize your breath with the entire process. Each inhalation actively draws in energy and all sensory data, while each exhalation releases any stagnant energy, strengthening the chakra's spin and glow.

The Goal: Your entire consciousness must be immersed in this unified, multi-sensory experience. You are not just visualizing a chakra; you are feeling it, hearing it, smelling it, and actively fueling it with your breath, all simultaneously. Hold this complete, synthesized state of being for the duration of your meditation.

Duration: 5 minutes.

6. Mastery

How to know you have mastered this: Level 4 comes effortlessly. You don't need to wait all the way to Level 4; Level 4 is adept. After Level 2, you can effectively begin using magick and empowering chakras more efficiently.

Perfection is a goal, not the reality of everything. It comes with time. An adept would be able to do Level 4 very easily and maintain it easily for over 3 minutes, without any effort.

7. Information

The Seventh, The Crown Chakra [Sahasrara]

Location: Top of the head

Element: Water

Color: Violet

Number of Petals: 1000

Planet: Jupiter

Gender: Female

Day: Thursday

Metal: Tin

Function: Enlightenment

Inner State: Bliss

Note: Known as the "thousand-petal lotus" (lily = Lilith). Lilith rules the Crown Chakra. Satan rules the Base Chakra. Both work together as a male and female pair.

The Sixth Chakra [Ajna]

Location: Directly beneath the Crown Chakra

Element: Ether

Color: Indigo/bluish-violet

Number of Petals: 2

Planet: Moon

Gender: Female

Day: Monday

Metal: Silver

Function: Psychic vision

Inner State: Intuition

The Fifth, The Throat Chakra [Vishuddi]

Location: Throat

Element: Air

Color: Sky Blue

Number of Petals: 16

Planet: Mercury

Gender: Female

Day: Wednesday

Metal: Mercury

Function: Communication, emotional self-expression

Inner State: Psychic hearing, emotions

The Fourth, The Center, The Heart Chakra [Anahata]

Location: Center of the chest

Element: Fire/Air

Color: Green

Number of Petals: 12

Planet: Venus
Gender: Neuter
Day: Friday
Metal: Copper
Function: The neuter connector for the upper and lower chakras
Inner State: Levity, astral projection

The Third, The Solar Chakra [Manipura]

Location: Slightly above the navel, near the solar plexus
Element: Fire
Color: White-Gold [Brilliant like the Sun]
Number of Petals: 10
Planet: Sun
Gender: Male
Day: Sunday
Metal: Gold
Function: Powerhouse of the soul; will, power, manipulation
Inner State: Willpower, timing. This chakra is the Grail of Zeus.

The Second, The Sacral Chakra [Svadhithana]

Location: Halfway between the navel and pubic bone
Element: Water
Color: Orange
Number of Petals: 6
Planet: Mars
Gender: Male
Day: Tuesday
Metal: Iron
Function: Sexuality, pleasure, procreation, creativity, the seat of sexual energy
Inner State: Creative Potential

The First, The Base Chakra [Muladhara]

Location: Halfway between the anus and genitals
Element: Earth
Color: Red
Number of Petals: 4
Planet: Saturn
Gender: Male
Day: Saturday
Metal: Lead
Function: Survival, grounding
Inner State: Stability