

Meditation, Mindfulness and Movement by YogaFit®

1. What is Meditation?

Meditation is a healing, anti-aging, stress reducing technology. Meditation gives us the opportunity to work on elements in ourselves that we feel need addressing. Meditation allows us to self-diagnose – “healer heal thyself” or take what we get from working with a therapist or coach and apply it to healing and transforming ourselves. Transformational Meditation gives us the power back and provides an opportunity to work on our issues as related to our chakras. We now have a tool to implement to make deep shifts on an energetic and emotional/ physical basis.

2. How do I do it?

Spend some time in deep inquiry at the end of a yoga class. Ask yourself “what do I need to shift within myself?” Review the chakra chart of “issues ” below and see what chakra you feel needs realigning, shifting or healing. Do a chakra based Mantra Meditation daily until you feel the issue has cleared or resolved or you have made peace with it. Close your eyes and repeat the mantra aloud for three minutes then bring the mantra sound in. Repeat it over and over as your drift into bliss consciousness. Set an alarm for 20-30 minutes. Before coming out of meditation repeat the mantra to yourself a few more times.

3. How often do I do it?

Twice a day for 20 minutes each time or once a day for 30 minutes. The basic guideline for meditation is to try it out for at least 40 days. According to Yogi Bhanan, in 40 days you will break a bad habit, in 90 days you will create a new positive habit, and by 1000 days you will experience mastery. Create a sacred space in your home where you practice Chakra Mantra Transformational Meditation.

Chakra Mantra Sounding & Visualizing

First Chakra Mantra: “Lam” - Earth element; Color Red

Second Chakra Mantra: “Vam” - Water element; Color Orange

Third Chakra Mantra: “Ram” - Fire element; Color Yellow

Forth Chakra Mantra: “Yam” - Air element; Color Green

Fifth Chakra Mantra: “Ham” Space element; Color Blue

Sixth Chakra Mantra: “Aum – OM” – Illuminated; Consciousness Color Purple

**Seventh Chakra Mantra: Silence or all fifty seed syllables of the Sanskrit alphabet repeated 20 times;
Pure & subtle awareness; Color White**

Chakras & Issues:

First Chakra: Security, inertia, social indoctrination, abandonment, physical survival, comfort, codes of law & order

Second Chakra: Creativity, sexuality, relationships, unresolved issues, physical or sexual abuse, procreation issues.

Third Chakra: Energy, assertiveness, endurance, competition, power issues, ambition, personal power, intimidation, fear, anger, resentment, responsibility.

Fourth Chakra: Commitment, emotional weakness, jealousy, bitterness, inability to forgive others and ourselves, hatred.

Fifth Chakra: Communication issues, authentic voice, expression, projection, translations.

Sixth Chakra: Ego issues, intuition, concentration, intelligence, memory, sense perceptions

Seventh Chakra: Unification, self-issues, consciousness, oneness, separation, seeing you as separate from everyone.

	Seventh Chakra - CROWN Located at the top of the head. Affirmation : “I Am” , “I Understand”	Spiritual Centre; Development of Psychic Abilities, Enlightenment, Unity. Balancing this chakra helps Central nervous system, muscular system, skin
	Sixth Chakra - THIRD EYE Located in the centre of the forehead Affirmation : “I Know” , “I Think”	Perception Centre; Psychic Consciousness; Wisdom; Intuitive Ability; Visualization; Power Of Mind. Balancing this chakra helps brain and neurological system, eyes, ears, nose.
	Fifth Chakra - THROAT Located in the centre of the throat Affirmation : “I Speak” , “I Express”	Expression Centre; Communication; Inner Voice; Speaking from Truth; Expression of Creativity (Arts, Music) ; Will Power. Balancing this chakra helps throat and thyroid, esophagus, trachea, mouth, jaw, teeth, neck, vertebrae
	Fourth Chakra - HEART Located in the centre of the chest Affirmation : “I Love”	Love Centre; Compassion; Unconditional Love; Hope; Forgiveness. Balancing this chakra helps heart, circulatory system, ribs, breast, thymus gland, lungs, shoulders, arms, hands, diaphragm.
	Third Chakra - SOLAR PLEXUS Located in the area above the naval Affirmation : “I Can” , “I Do”	Power Centre; Self-confidence and Esteem; Manifestation. Balancing this chakra helps stomach, pancreas, adrenals, upper intestines, liver, gall bladder, middle spine
	Second Chakra - SACRAL Located in the lower abdomen, genitals, wombs Affirmation : “I Feel” , “I Want”	Creativity and Sexuality; Relationship with Money, Career and Power; Procreation; Ability to Feel Joy and Pleasure. Balancing this chakra helps sexual organs, large intestine, lower vertebrae, pelvis, hip area, urinary bladder
	First Chakra - ROOT Located at the base of the spine Affirmation : “I Do” , “I Am”	Survival and Security Centre; Family Connections; Animal Instinct; Controls Fear; Helps in Grounding. Balancing this chakra helps Spinal column, rectum, legs, bones, feet. Energizes body, increases overall health.

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Types of Meditation Practices:

Meditation	Examples and Notes
Sound Meditation	Mantras, prayers, Kirtan, Music
Guided Meditation	
Bija Mantras and the Chakras	
Visual Meditation	
Somatic Meditation	
Group and Partner Meditation	

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