

## Chakra Breathing Meditations

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Chakra Breathing Meditations are powerful practices combining mindful breathing with visualization to activate and balance your body's energy centers. These techniques can help reduce stress, enhance spiritual awareness, and promote overall well-being, fostering a deeper connection with your inner self.

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### Chakra Breathing Meditations

20 Minute Chakra Balance & Cleansing Guided Meditation - 20 Minute Chakra Balance & Cleansing Guided Meditation by Great Meditation 84,650 views 2 months ago 20 minutes - This **meditation**, guides you through each **chakra**, point to release stagnant energy and restore balance. By dedicating a mere 20 ...

15 Minute Chakra Balance Guided Meditation - 15 Minute Chakra Balance Guided Meditation by Great Meditation 928,290 views 1 year ago 15 minutes - After completing This Original 15 minute guided **chakra**, balancing **meditation**, (recorded by us), you may feel a sense of inner ...

10 Minute Chakra Balance Guided Meditation for Positive Energy - 10 Minute Chakra Balance Guided Meditation for Positive Energy by Great Meditation 507,096 views 10 months ago 10 minutes, 3 seconds - This is an Original 10 Minute **Chakra**, Balancing Guided **Meditation**, leaving you feeling full of positive Energy. Enjoy! A special ...

Osho chakra breathing Meditation full instructions. - Osho chakra breathing Meditation full instructions. by beyond travelling 33,292 views 3 years ago 7 minutes, 32 seconds - This active **meditation**, uses deep, rapid **breathing**, and body movement to open and bring awareness, vitality and silence to each ...

Quick 7 Chakra Cleansing | 3 Minutes Per Chakra | Seed Mantra Chanting Meditation | Root to Crown - Quick 7 Chakra Cleansing | 3 Minutes Per Chakra | Seed Mantra Chanting Meditation | Root to Crown by Meditative Mind 12,719,009 views 4 years ago 21 minutes - Quick **Chakra**, Healing Chants | 3 Minutes Per **Chakra**, | Complete 7 **Chakras**, Chanting **Meditation**, Music - Starting from 1st **chakra**, ...

Chakra Breathing to Heal and Balance 7 Major Chakras - Chakra Breathing to Heal and Balance 7 Major Chakras by YOGA WITH AMIT 28,637 views 5 years ago 18 minutes - Having difficulty in life? Not sure in which area of life gone wrong? Here is the answer, learn to balance your **chakras**,. **Chakras**, are ...

bring your hands onto your root chakra

breathe into the root chakra

bring your hands onto your sacral chakra

breathe in from the sacral chakra

exhale onto your solar plexus

breathe out at the root chakra

bring your hands again on to the root chakra

breathe out at the solar plexus

30 Minute to Unblock ALL 7 CHAKRAS • Aura Cleansing • Chakra Balancing and Healing - 30 Minute to Unblock ALL 7 CHAKRAS • Aura Cleansing • Chakra Balancing and Healing by 5 MIN TO ZEN

22,574,632 views 3 years ago 30 minutes - Aura Cleansing **Meditation**,: this is a **meditation**, that you can do whenever you go to sleep. Each frequency in this **meditation**, ...

Root chakra

Sacral chakra

solar plexus chakra

Heart chakra

throat chakra

Third eye chakra

Crown chakra

Before Sleep | Beginners Spoken Guided Meditation | Chakra Alignment |How to Chakra Balance - Before Sleep | Beginners Spoken Guided Meditation | Chakra Alignment |How to Chakra Balance by Jason Stephenson - Sleep Meditation Music 19,395,614 views 8 years ago 29 minutes - © JASON STEPHENSON & RELAX ME ONLINE AUSTRALIA PTY LTD Copyright 2018 All rights reserved.

This work is not ...

shut off the lights

enjoy the feeling of stillness

find yourself encountering the seven chakras or energy centers in your body

drifts to a red light at the base of your tailbone

stoking the fire of your second chakra restoring your energy

feel your mind shifting gently to your third chakra

lit by an emerald light resting at your heart

feeling muscle tension dissolving

enjoy the sensations of harmony and peace

Spring Equinox Ritual | Guided Meditation for Emotional Release (741Hz Frequency) - Spring Equinox Ritual | Guided Meditation for Emotional Release (741Hz Frequency) by Authentically Anxious by Body & Brain 196 views Streamed 1 day ago 34 minutes - Anxiety thrives on suppressed emotions and unresolved feelings. By engaging in practices of emotional release, we create space ...

The 7 Chakras Alignment Guided Meditation for Beginners | Chakra Balancing and Healing (30-min) - The 7 Chakras Alignment Guided Meditation for Beginners | Chakra Balancing and Healing (30-min) by BrettLarkinYoga 345,808 views 6 years ago 29 minutes - The **chakras**, are energy centers that live along your spine. They run from the base of your spine to the crown of your head.

Remove All Blockages and Negative energies Using Chakra Healing Meditation [100% INSTANT RESULTS] - Remove All Blockages and Negative energies Using Chakra Healing Meditation [100% INSTANT RESULTS] by Master Sri Akarshana 143,685 views 1 year ago 12 minutes, 59 seconds - Release patterns of negativity and remove all negative blockages. It's time to manifest anything you desire and release all of your ...

Chakra Meditation Cleansing, Balancing & Healing with Guided Hypnosis Activation - Chakra Meditation Cleansing, Balancing & Healing with Guided Hypnosis Activation by Michael Sealey 3,973,361 views 9 years ago 44 minutes - Chakra meditation, for cleansing, clearing, balancing and healing all seven of your internal energy centers, with the positivity of ...

CHAKRA MEDITATION

CLEANSING, BALANCING & HEALING

GUIDED HYPNOSIS ACTIVATION

7 Chakra Healing Meditation, Unblock & Activate ALL CHAKRAS - 7 Chakra Healing Meditation, Unblock & Activate ALL CHAKRAS by Pura Rasa - Guided Meditations 180,423 views 1 year ago 39 minutes - #healingmeditation #sleepmeditation #affirmations Subscribe for better sleep, healing and to attract abundance: ...

Introduction

Getting comfortable

Closing the eyes, breath & body awareness

Chakra 1 - Root Chakra

Chakra 2 - Sacral Chakra

Chakra 3 - Solar Plexus Chakra

Chakra 4 - Heart Chakra

Chakra 5 - Throat Chakra

Chakra 6 - Third Eye Chakra

Chakra 7 - Crown Chakra

All seven Chakras

Music for relaxation

Guided Meditation: Open Balance Chakras, Heal & Sleep, (Cleanse Aura Sleeping Spoken Meditation) - Guided Meditation: Open Balance Chakras, Heal & Sleep, (Cleanse Aura Sleeping Spoken Meditation) by Jason Stephenson - Sleep Meditation Music 7,067,636 views 6 years ago 54 minutes - © JASON STEPHENSON & RELAX ME ONLINE AUSTRALIA PTY LTD Copyright 2018 All rights reserved. This work is not ...

release any tension in your body  
become aware of the gentle rise and fall of the air  
begin to focus on your chakras  
turn your attention back to the first of your chakras  
visualize the vortex  
open up this heart chakra  
balance and open this chakra  
visualize an increase in consistency and vibrancy of this chakra  
move on to the seventh chakra  
begin to open this rotating chakra right at the tip  
visualize each chakra in turn  
moving up to the second chakra  
visualize your heart chakra

7 Chakras Mantra Chanting Meditation LAM VAM RAM YAM HAM OM AUM - 7 Chakras Mantra Chanting Meditation LAM VAM RAM YAM HAM OM AUM by Cozy Cycles 4,304,993 views 2 years ago 35 minutes - 7 **Chakras**, Mantra Chanting **Meditation**, LAM VAM RAM YAM HAM OM AUM

-----Contents of this video----- 00:00 LAM ...

LAM Chanting  
VAM Chanting  
RAM Chanting  
YAM Chanting  
HAM Chanting  
OM Chanting  
AUM Chanting

UNBLOCK ALL 7 CHAKRAS | Hours of Deep Aura Cleansing & Chakra Balancing Meditation @432Hz - UNBLOCK ALL 7 CHAKRAS | Hours of Deep Aura Cleansing & Chakra Balancing Meditation @432Hz by Meditative Mind 729,766 views 9 months ago 3 hours, 33 minutes - UNBLOCK ALL 7 **CHAKRAS**, | Deep Aura Cleansing & **Chakra**, Balancing **Meditation**, @432Hz & Powerful **Chakra**, Music ...

10 Minute Chakra Meditation (Daily Recharge) 528HZ - 10 Minute Chakra Meditation (Daily Recharge) 528HZ by Jessica Heslop - Manifest by Jess 1,168,539 views 4 years ago 11 minutes, 3 seconds - A 10 minute **chakra meditation**, - ideal for quickly opening, cleansing and recharging your **chakras**, daily. This guided **chakra**, ...

fill your lungs with air  
tense your whole body  
become aware of your root chakra  
recharging your root chakra  
become aware of your sacral chakra in your lower abdomen  
recharging your sacral chakra  
become aware of your solar plexus chakra in your upper abdomen  
become aware of your heart chakra at the center of your chest  
recharging your heart chakra  
become aware of your throat chakra at the center of your throat  
recharging your throat chakra  
become aware of your third eye chakra on your forehead  
become aware of your crown chakra  
sealing all of this renewed vibrant energy within your system

Powerful Chakra Activation to Raise Your Vibration. 8 Energy Centres Guided Meditation. - Powerful Chakra Activation to Raise Your Vibration. 8 Energy Centres Guided Meditation. by Rising Higher Meditation @ 220,389 views 4 years ago 44 minutes - The ultimate and most POWERFUL **CHAKRA**, BALANCE. Awaken 8 energy centres and raise your frequency. Powerful Guided ...

become aware of your breath  
travel all the way down to the base of your spine  
located slightly below your belly button in the center of your body

move your attention up to the next energy center positioned  
taking your attention to the fourth energy center  
breathe the buoyant airy light of vivid green into this space  
breathe with this green light waving through your heart  
moving your attention up to the fifth energy center in the middle  
feel it moving in every direction out of your neck and throat  
take your attention up to the crown at the top  
light spreading to the pineal gland  
taking your attention again to the top of your hand

Breath of the Chakras: A Walking and Breathing Meditation Focusing on the Seven Chakras - Breath  
of the Chakras: A Walking and Breathing Meditation Focusing on the Seven Chakras by Layne  
Redmond - Topic 18,275 views 19 minutes - Provided to YouTube by Sounds True **Breath**, of the  
**Chakras**,: A Walking and **Breathing Meditation**, Focusing on the Seven **Chakras**, ...

Unblock All 7 Chakras | Guided Meditation | Healing Camp #16 - Unblock All 7 Chakras | Guided  
Meditation | Healing Camp #16 by Meditative Mind 1,630,480 views 8 years ago 45 minutes - Today  
we did guided **meditation**, for Unblocking 7 **Chakras**,. In all our previous **meditations**, we unblocked  
the **chakras**, by focusing ...

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