







The Little Chakra Meditation Album

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2. Base Chakra meditation
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Other albums by Philip Permutt:

 <p>The Little Meditation album</p>	 <p>Crystal Workshop</p>
 <p>The Little Reiki Meditation album</p>	 <p>The Little Sleep Meditation album</p>
 <p>Music for Reiki Attunement Vol.1</p>	 <p>Meditation Workshop</p>



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Chakra Meditations by Philip Permutt



Since "discovering" meditation on an extended trip to the Far East in 1979, Philip has practised and researched many types of meditation from different cultures around the world leading to a unique eclectic practice of his own. He teaches meditation and leads regular open meditation groups at his shop and healing centre, iSiS, in St Albans, England.

Philip is a crystal therapist and Reiki Master. He has practiced and taught many other healing techniques. He is currently writing his first book on crystals. He also runs a successful retail and wholesale business importing crystals from around the world.

He lives in Hertfordshire with his wife Lyn and German Shepherd Dog Cassie. On the odd occasion that he has any spare time you can usually find him on his Harley riding towards the sun!

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Crown Chakra

Located at the top of the head and also known as the seventh chakra, the crown chakra is the centre of spirituality, enlightenment and dynamic thought. It facilitates the flow of wisdom to you from the universe and connects you to the cosmic consciousness of all that is. When it's healthy and balanced, it is a source of knowing, helping you to see the truth, illusion, ideals, self-defeating materialistic pursuits and how to balance spirituality in the physical world, self-limiting concepts, pride and vanity. It allows you to detach from your emotions and experience genuine self-awareness.

- ***Qualities** - The ability to trust life and see the bigger picture is a key quality. Values, ethics, courage, humanitarianism, selflessness, inspiration, spirituality and devotion are all lodged in the crown chakra.
- ***Glands** - Pituitary
- ***Physical dysfunctions** - Energetic disorders, depression, extreme sensitivity to your environment.
- ***Colour** - Violet
- ***Crystals** - Amethyst, charoite

Quartz and tourmaline crystals can be worked with to balance any chakra.



Throat Chakra

The fifth chakra, located in the middle of the neck above the collar bone, is the centre of communication and creative expression. It not only relates to verbal communication, but also physical (body language) and mental (telepathic) contact.

Qualities - Choice and strength of will, personal expression, following one's dreams, creation, addiction, judgement, faith, knowledge and the capacity to make decisions.

Glands - Thyroid, parathyroid, hypothalamus

Physical dysfunctions - Sore throat, loss of voice, laryngitis, inflammatory disorders of the pharynx, tonsillitis, both over and under active thyroid, mouth ulcers, teeth and gum conditions, headaches and ear infections may be related to imbalance in the throat chakra.

Colour - Blue - light, pale and bright blues

Crystals - Blue lace agate, Kyanite, blue chalcedony, chalcantinite

Brow Chakra

The sixth chakra, also known as the third eye, is located in the centre of the forehead above the eyebrows. It is the centre of intuition, intellect, personal magnetism and light. This is where creativity and inspiration combine. Psychic abilities and gifts are also centred here. It stimulates wisdom. When healthy and balanced it helps to remove negative and selfish attitudes.

Qualities - Honesty, truth, intellectual abilities, feelings of adequacy, openness to new ideas and ideals, ability to learn from experience and intelligence.

Glands - Pineal

Physical dysfunctions - Brain, mind and neurological disorders, eyesight, hearing, spinal problems, learning disabilities and seizures can all be the result of an imbalanced brow chakra.

Colour - Indigo

Crystals - Lapis lazuli, sodalite, azurite



How to work with The Little Chakra Meditation Album

This album has been designed to help you focus on, align and balance your chakra system. The first track is a short relaxation meditation, followed by seven, nine minute little chakra meditations. Each focusing on one chakra and designed to work as a short exercise. These can be combined with all the others to give a traditional full "chakra meditation". If you have 9 minutes listen to one track, or you can listen to the whole album following each meditation in turn. The first track is a simple focus and relaxation that it is recommended you listen to at the start of any of these meditation sessions. The final track is a shortened chakra meditation lasting 7 minutes designed for practice before work in the morning, in a lunch break, at the end of your day or indeed at any time you have a spare seven minutes.

Ideally you can repeat this whole meditation album daily (or twice daily if possible) for two weeks. Then pick and choose the specific chakra meditations as you need. If you find it difficult to commit this time then please use the final meditation at least once each day (it's only seven minutes!) and any of the specific chakra meditations as you see fit.

Listening instructions

Find a quiet, peaceful space where you won't be disturbed.

Switch your mobile off, unplug the telephone or put up a "do not disturb" sign.

Turn the lights down and light a candle if you wish.

Select the track(s) you want to play.

Sit comfortably. All I ask is that you do not cross your legs at the knees or ankles as this twists the spine.

Be comfortable.

Press Play...

What is Meditation?

Meditation can be described as the exercise of quietening the mind and entering a place of stillness. We spend most of our lives hiding ourselves in our everyday concerns and the events of the world around us. It is far easier for us to deal with other peoples' problems than our own, the things we have to do, stuff from the past and concerns about the future. Meditation is an inward focusing of not just your mind but also your body and spirit. It is more about being than doing. (Although to start with you do need to be "doing" the meditations so that you can just be.) Within meditation there is a moment, sometimes literally just a fleeting moment, when we actually experience "this moment". Now. Just being in the moment. Perhaps it is a feeling of connectedness to something or everything around us. Meditation is a state of mind rather than an activity but the "activity" of meditation can be used to achieve the meditative state of the mind. And this mental state is natural. We all experience it occasionally without "doing" a meditation. A beautiful sunrise or sunset, losing yourself in the rhythm of the waves by the sea shore, a crystal, a flower or just that quiet still moment at home in your favourite armchair at the end of the day when everyone else has gone to bed.

Some people say that meditation is essential to the discovery of ourselves. I would prefer to say that meditation is the discovery of our self. It is our own unique and direct experience of our own mind without the thoughts, judgments, sensory reception and emotions that continually fill our mind. And none of these thoughts, judgments, sensory receptions and emotions is our mind. Not one of them. They simply fill it up and colour our real experience. In the same way that red wine in a glass is not the glass and the glass, when you actually see it for what it is, is clear and empty.

It has been said that meditation is the art of distancing yourself from the flow of information rushing through your mind. It is being the clear empty glass and not allowing yourself to be the red wine.

It is only in this clear empty space of the mind that we can go beyond the limitations of logical linear thought into the intuitive world of inspiration and imagination. It is only here that you can truly find yourself.

Solar Plexus Chakra

The third chakra is located at the solar plexus, in the middle of the body below the breast bone. It is the centre of personal power, ambition, desire and emotion. Touch and feelings are processed through this chakra, hence the phrase "gut feeling". It is said that when healthy, this chakra emits a protective cleansing energy dispersing any negative energy stored in any of the other chakras. It is the physical centre of the body, the point of "centring" where we come to stillness.

- ***Qualities** - Trust, bravery, strength, self-esteem, confidence, self-respect, care for yourself and others, nurturing, responsibility for decisions, sensitivity to criticism and honour.
- ***Glands** - Adrenal
- ***Physical dysfunctions** - Arthritis, gastric ulcers, colon and intestinal disorders, diabetes, indigestion, eating disorders such as anorexia and bulimia, liver problems, adrenal dysfunction.
- ***Colour** - Yellow
- ***Crystals** - Citrine, tigers eye, amber, yellow jasper, imperial topaz

Heart Chakra

Located in the middle of the chest, the fourth chakra is the centre of love and compassion. It relates to your connection to everyone and everything around you. Spirituality, in the sense of "oneness with all that is", is a key concept of love. The heart chakra links all the other chakras with love, resulting, for example, in a bridge between the analytical mind and the feeling heart.

- ***Qualities** - Love, self-centeredness, commitment, forgiveness, compassion, hope and trust are all balanced in the heart chakra.
- ***Glands** - Thymus
- ***Physical dysfunctions** - Heart conditions, asthma, some allergies, lung diseases, bronchial pneumonia, upper back and shoulder problems, breast and chest problems.
- ***Colour** - Green
- ***Crystals** - Emerald, malachite, aventurine, amazonite, bloodstone, peridot, rose quartz, morganite



Base Chakra

The first chakra is located at the base of the spine. It is the survival centre, supporting vitality, physical energy and self preservation. In certain traditions it is the place where the resting Kundalini is stored. It is the centre through which we experience our connection to the earth and the earth plane. A healthy base chakra will keep you grounded and help you move forward in life.

Qualities - Will power, survival, family, safety, security, nurture, focus on necessity, ability to stand up for yourself, feeling at home.

Glands - Suprarenal and gonads

Physical dysfunctions - Chronic lower back pain, varicose veins, sciatica, rectal and anal problems and immune disorders.

Colour - Red

Crystals - Red jasper, spinel, haematite, obsidian

Sacral Chakra

The second chakra is located just below the navel. It is the centre of creativity, desire, sexual motion and sexuality. It stimulates the creative life force which is required for existing in the physical world. Some traditions say that this force is the basis for life itself. This is where we store good healthy energy for future use when needed. There is a difference between fatty tissue, which can be converted to physical energy, and this creative life force.

Qualities - Innocence, sex, personal control, creativity, ethics and honour in relationships are all associated with this chakra.

Glands - Lymphatic

Physical dysfunctions:

Chronic lower back pain, sciatica, gynaecological problems, disorders around the pelvic girdle, sexual potency and urinary problems may be a result of imbalance.

Colour - Orange

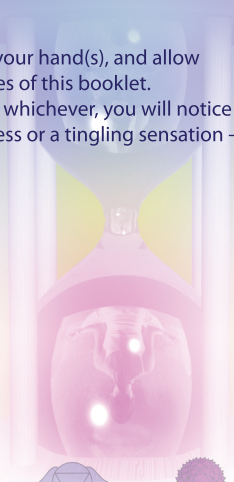
Crystals - Carnelian, calcite (orange)

Chakras

Chakra is a Sanskrit word that means wheel. Where two or more lines of energy (meridians or nadis) cross within the body a chakra exists. They appear like wheels or swirling balls of energy to those people who see energies - hence the name. These are the centres which control the flow and balance of energy in the body.

Each chakra correlates to specific parts of the body, organs and glands. Most Eastern traditions describe a chakra system consisting of seven centres. These are known as the "major chakras". At the same time various traditions acknowledge differing large numbers of minor chakras that exist throughout the body. All of these chakras, both the major and the minor ones, can go in and out of balance and alignment and naturally do all the time. Sometimes they go so far out that they take a long time to come back into balance or alignment by themselves. This is when one needs healing.

It is useful to find the chakras physically on yourself. To do this place your hand(s), and allow yourself to focus your mind, on the areas identified in the centre pages of this booklet. You will recognise a sensation, either in your hands or your body, but whichever, you will notice a difference. Some people identify this "difference" as warmth, coolness or a tingling sensation - it does not matter and there are many other descriptions too.



Base - around the coccyx, the small triangular bone at the base of the spine.
The energy here can be felt on the front or back of the body.

Sacral - just below the belly button.
Try placing your thumb on your belly button with your palm on your tummy
and your sacral chakra will be under the palm of your hand.

Solar plexus - behind the soft cartilage at bottom of your breastbone,
the point on the upper abdomen just below where the ribs separate.

Heart - the heart, in the centre of your chest.

Throat - in the centre of your throat.

Brow - the centre of your forehead, above your eyebrows
also known as the third eye).

Crown - the top of your head.

These are the locations of the seven major chakras. There
are many minor ones. Some people say up to 440, but we
will only consider these major seven in the meditations on
this album.

Each chakra enhances certain qualities on all levels -
physical, mental, emotional and spiritual. When all the
chakras are both balanced and aligned many positive
benefits can be felt.



***Base** - survival, feelings of good health, abundance
connection to the Earth and moving forward in life

***Sacral** - feelings of connection to other people
creativity and energy storage

***Solar plexus** - developed and useable personal power
emotional control, the physical centre of the body

***Heart** - feelings of safety, ability to trust
take risks, love yourself and Universal Love

***Throat** - communication

***Brow** - mind, ideas, thoughts, dreams
intuitive and psychic abilities

***Crown** - spiritual centre, connection
imagination and awareness

There is a column of subtle energy that runs through the
centre of your physical body. It runs from the crown of the
head to the perineum (the area mid-way between the
anus and the genitals). This energetic column connects
the chakras to each other and allows them to interact.
The chakras also interact with your aura (the energy field
surrounding your body), allowing a continuous
exchange of energy between you and the outside world.

A healthy chakra is a flexible chakra, vibrating, opening
closing, going slightly in and out of balance. Where there
is disease, the energy in the chakra becomes inflexible or
actually blocked so it doesn't flow. Working with your
chakras can correct and even prevent this and therefore aid
physical, mental, emotional and spiritual health.

