

Meditation and Mindfulness

Open Eyed Meditation **Help Sheet.**

***Red Base Chakra.** Principal values and those things that feature in your Mission Statement.

Orange Chakra. Putting brilliant orange creative energy into those things you are looking to achieve, develop. Add here areas of your life where you would like to become more creative in your thinking, giving you more options.

***Yellow Chakra.** Working on inner power and strength. Confidence building and self worth statements.

***Green Heart Chakra.** Acknowledging and stimulating self love. Some areas you can think of that you love about yourself.

***Blue Throat Chakra.** Some situations where you would like to increase the ability to speak clearly.

***Indigo, Third Eye Chakra.** Main goal – how it looks, and feels when achieved. How others will see you when you achieve your goal.

***Violet Chakra.** This is the place of meditation. What is your idea of God or Higher Power, Life Force? Merge with it here.
