

MEDITATION PRACTICE

Meditate for integration, light & grounding



With the Muladhara Chakra we are considered our roots, I am, the deep connection between yourself and the source of all life.

The Swadisthana Chakra is about your sacred home – the inner truth, your way of being on this beautiful earth.

The Manipura chakra was about doing, taking action, making changes that create a renewed path.

The Anahata Chakra is about loving pathways from within to create a deeper awareness of my value and the love I need to show myself.

The Vishuddha Chakra is about speaking your truth and with Anja Chakra we were seeing beyond all limitations to create an incredible space and place of wonder.

Our higher self is an expression of our energetic signature that calmly expresses itself through love and compassion. It is the incredible, amazing, mystical part of you that just knows..... that find the strength and

courage to stop the repeated mantra of your upbringing, of past lives and centuries of restricted beliefs and comes back to an inner subtle knowing.

With the Sahasrara Chakra is the wonderful part of us that finally just “gets it”! Here we are integrating ALL of these messages....

And here with the Bindu we get the beautiful opportunity to integrate all of this and not only integrate but ENJOY it !

*I hold my fear by the hand,
honored it's existence and
thanked it for teaching me that happiness
exists beyond the boundaries it creates*

Charlotte Saint Jean

Meditation practice

After you have completed your meditation practice  please express yourself.

I feed my thoughts

How do I feel?

I express how I feel (this can be in words, a drawing or painting, a poem...)

