

CHAKRA CLEARING RAINBOW MEDITATION

If you prefer listening to an audio component while meditating, try the [Rainbow Chakra Meditation](#) guided by Mary-Frances Makichen, or try pairing this with solfeggio frequencies or binaural beats.

- STEP 1:** Sit with your spine straight and your feet flat on the floor.
- STEP 2:** Close your eyes and listen to your breath for a few minutes. Let nothing occupy your mind except the sound of your breath.
- STEP 3:** Fold your hands palm to palm.
- STEP 4:** Imagine with your inhalation that you're pulling a **red energy** through each of the soles of your feet, up each of your legs, to the **first chakra** — located at the tip of your spine. As you finish your inhalation, let both streams of red energy meet there. As you exhale, let the stream of energy that came up your right leg go down your left and the stream of energy that came up your left leg go down your right. Repeat this until it feels like the energy can flow freely and steadily, then move onto the next chakra.
- STEP 5:** Repeat Step 4 with an **orange energy**, to the **second chakra** — located about 2 inches under your naval.
- STEP 6:** Repeat Step 4 with a **yellow energy**, to the **third chakra** — located at your solar plexus.
- STEP 7:** Repeat Step 4 with a **green energy**, to the **fourth chakra** — located in the center of your chest.
- STEP 8:** Repeat Step 4 with a **blue energy**, to the **fifth chakra** — located in the center of your throat.
- STEP 8:** Repeat Step 4 with a **purple energy**, to the **sixth chakra** — located in the center of your forehead.
- STEP 9:** Repeat Step 4 with a **white energy**, to the **seventh chakra** — located at the crown of your head.
- STEP 10:** Now just relax and breathe, letting the colors continue to blend on their own.
- STEP 11:** If you feel adventurous, you can try to breathe all seven colors into their individual chakras all at once, allowing your energy system to appear like a rainbow.

Source: [Spirit Babies](#) by Walter Makichen, 2005, p. 47-50