



Chakra Meditation

*A Conversation – Chakra Meditator
Jamie and Master Teacher James Bryan*

Question:

Hi there,

I'm trying to do chakra meditations but how are you supposed to visualize a light of a particular colour coming from a certain part of your body without, at least mentally, looking down towards that part of your body? you can't see a light unless you actually look at, even mentally. Should you visualize your physical self-sitting across from you and picture the light that way? Should your physical self be facing toward or away from you? If not, then should you just picture the diffuse light shining from below but not the light itself? I know most people wouldn't think this much about it but I like to have a very clear picture of what I'm trying to visualize when I meditate and do yoga. Any information you can give me would be great :-)

Cheers,
Jamie

Answer:

Hi Jamie,

My technique is to mentally grab a specific fruit or vegetable (sounds like a joke, but it's not) from my mental shelf and use that specific colour, e.g. tomato for red, mandarin for orange, key lime for green, etc. Once I have the colour clearly in my mind, I then direct it to the appropriate chakra, e.g. Muladhara/Red and attempt to hold it there, clearly and brightly for 30 seconds to 1 minute. If the colour fades I simply repeat the process.

It is important to keep the spine erect and slight activated, with a long neck - chin level to the floor. I also lightly activate Mula Bandha (pelvic floor muscles) to ensure the spine is moving up. If you can swing it, then also lightly active Uddiyana Bandha (minor) lower abdominal area.

Of all the various meditation techniques, I find visualization the most challenging, so I keep working at it.

On www.knoffyoga.com/SHOP you will find we have an excellent downloadable video on how to perform Chakra Meditation correctly. It comes with a booklet of instructions.

I hope the above is helpful for you and encourage you to carry on. I recommend 20 minutes as the ideal length of time for meditation.

Namaste

James E. Bryan

Question:

Hi James,

Thank you so much! I'll definitely use the techniques you've described!

The only thing is I still don't understand the visualization once the colour has gone from the fruit to the area of the chakra. Again, I'll use the root chakra for example. Even in your mind, the only way to perceive the colour of light is for it to be in your field of vision. If you can't see the light then you can't see its colour. So, you'd have to visualize a picture of where the light is emanating from.

I guess what I'm asking is this.

- From what angle, in your mind's eye, do you perceive the light coming from the chakra?
- Do you picture, in your mind's eye, that you are seeing the room around you and the light is coming from below?
- Literally, from what vantage point in the room are you seeing this light from?

Without looking at light you cannot perceive its colour.

Namaste

Jamie

Answer:

Hi Jamie,

You need to keep in mind that the technique of meditation is not the meditation itself, it is just a tool. The whole point of Chakra Meditation is to open the chakras so the Kundalini energy flows freely from the base to the crown.

In essence, you are really just flipping a light switch. We could spend endless hours discussing the technique... which finger to use, do you push gently or firmly, quickly or slowly, etc. It is all irrelevant once the energy starts flowing.

With the yogic approach to spiritual awakening, you are meant to have a balanced practice incorporating Asana, Relaxation, Pranayama, Meditation and Philosophy (understanding what and why). Meditation done without the support of these other aspects will not be as effective and could even be harmful.

The Knoff Yoga approach recommends that your Yoga practice consist of:

66% Asana
12% Relaxation
12% Pranayama
5% Meditation
5% Philosophy

So, a 1 & 1/2 hour balanced practice consists of:

Asana 60 minutes

Relaxation 10 minutes
Pranayama 10 minutes
Meditation 5 minutes
Philosophy 5 minutes

5 minutes of meditation is not long and you can of course increase it, but with the warning that you need to stay grounded in the reality of the physical body.

As 5 minutes of mediation is so short, you need to be super clear and precise in your technique. I think most people just sit down and daydream - totally ineffective.

To me the term "field of vision" indicates the eyes are open and of course during Chakra Meditation, they are closed. You are looking with your "minds" eye, i.e. internally, and that is non-physical.

One of the benefits of Asana is that it increases proprioception - awareness of the position of one's body. As you establish strong proprioception in your Asana practice, this connection stays with you in Meditation.

Your perineum (location of the root chakra) is in the same place whether your eyes are open or closed. Use your nervous system to feel.

Here is a little trick... fold a small hand towel and place it on your meditation support and then sit on it, so it puts light pressure on your perineum. This feed-back via your nervous system, will make is super easy to feel your root chakra and assist with directing your mind to the right spot.

Chakra Meditation is an advanced practice and requires that you have already established a strong body/mind connection. Anapana Meditation (observing the breath), or Mantra Meditation are a lot easier.

Namaste

James E. Bryan
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