

Shortt's Shorts on Chakra Meditation

"You don't have a soul. You are a soul. You have a body" C.S. Lewis

Meditation is a practice and a way of using the mind that opens up a huge amount of potential within you.

The 7 major chakras are your body's subtle energy centres. Each one vibrates to different aspects of your life.

On Chakra Meditation:

- *As you practice meditation, you get to know your true self.*
- *When your life is out of balance, work with the chakra related to that issue and bring your Self back into balance.*
- *The goal of meditation is to keep your body relaxed and your mind alert and active.*
- *Our biography becomes our biology.*
- *Meditating lowers blood pressure, tension-related pain, increases serotonin and strengthens the immune system.*
- *Meditating allows us to commune with our Higher Self*