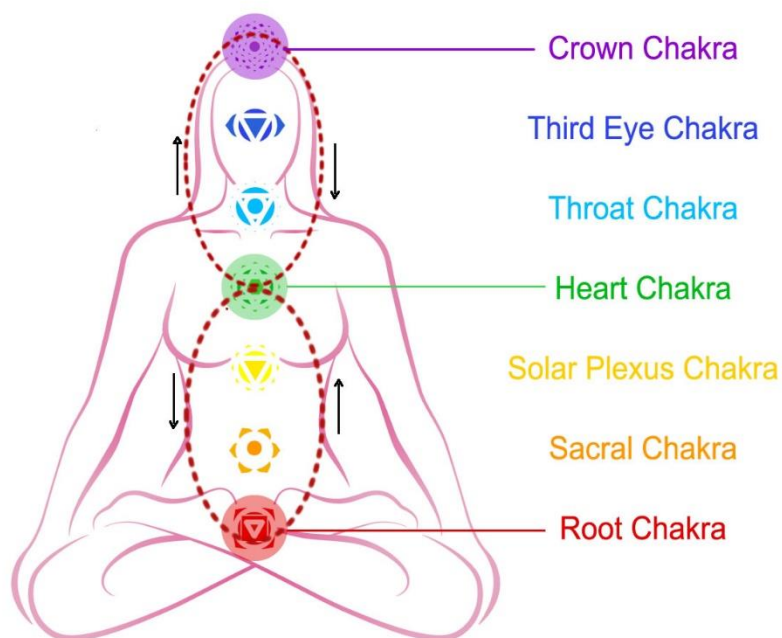


## Chakra Connections Meditation Text

### 1<sup>st</sup> Triad

(Imagine an infinity loop of energy connecting the ROOT and Crown chakras, through the heart.)



The chimes play:

Root chime, Heart chime, Crown chime, Heart chime, Root chime.

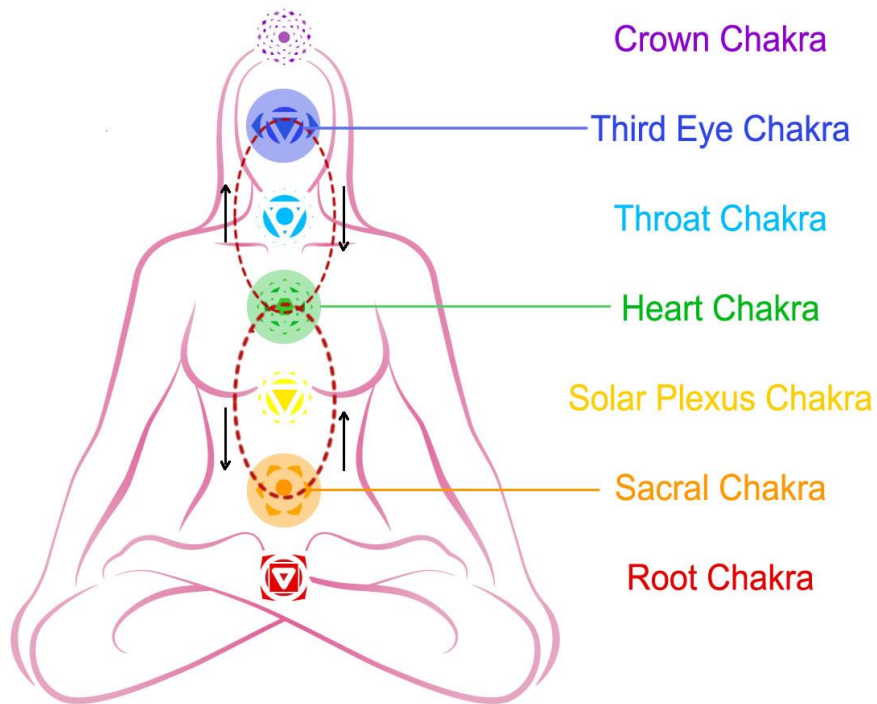
Hum each chakra note with the chime raising the energy to the heart and then from the heart up to the crown

Then lower the energy from the crown to the heart back down to the root chakra

Repeat 3 times then relax and breath with the waves.

## 2<sup>nd</sup> Triad

(Imagine an infinity loop of energy connecting the 2nd Triad chakras through the heart.)



The chimes play:

Sacral chakra, Heart chakra, 3<sup>rd</sup> Eye chakra, Heart chakra, Sacral chakra

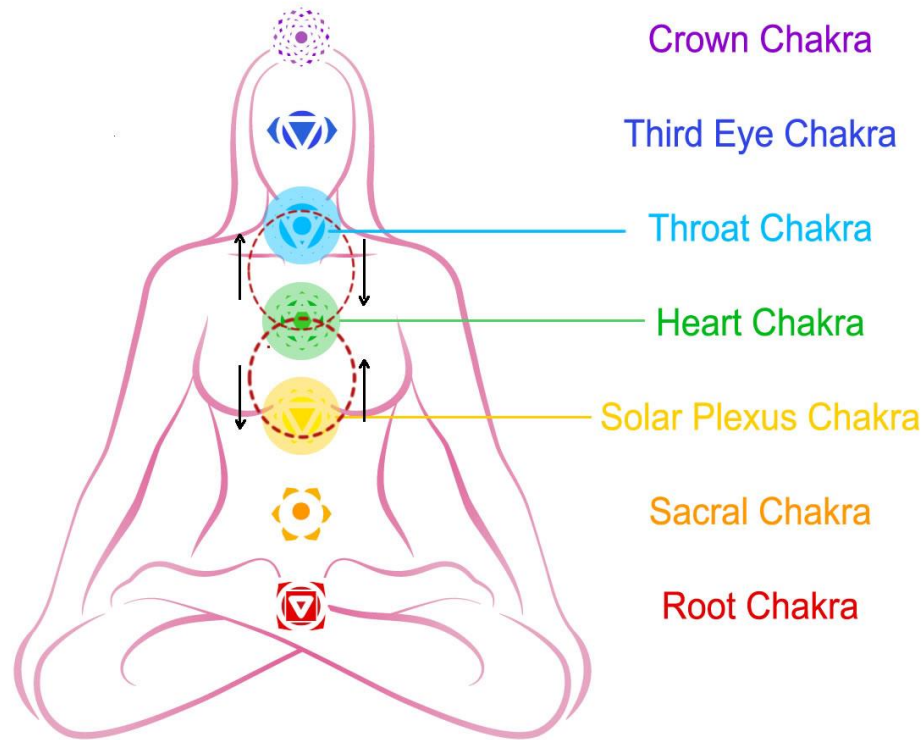
Hum each chakra note with the chime raising the energy to the heart  
and then from the heart up to the 3<sup>rd</sup> Eye

Then lower the energy from the 3<sup>rd</sup> Eye to the heart back down to the  
Sacral Chakra

Repeat 3 times then relax and breath with the waves.

### 3<sup>rd</sup> Triad

(Imagine an infinity loop of energy connecting the 3rd Triad chakras through the heart.)



The chimes play:

Solar Plexus chakra, Heart chakra, Throat chakra, Heart chakra, Solar Plexus chakra.

Hum each chakra note with the chime raising the energy to the heart and then from the heart up to the Throat.

Then lower the energy from the Throat to the heart back down to the solar plexus chakra.

Repeat 3 times then relax and breath with the waves.