

Crown Chakra meditation instructions

Find a comfortable sitting position
Hips pushing in the ground
Spine straight, shoulders relaxed
Crown of the head reaching up
Easy, relaxed, effortless breathing
Facial muscles relaxed
Eyes gently closed
Gentle smile on your lips

Starting with Kayotsarg (making the body still) for the next 15 minutes

- Bring your awareness to your feet. Observe your feet, observe the weight of your feet. The shape. Let go of the awareness of your feet and move to the ankles.
- Become fully aware of the ankles, the weight, the shape, the sensations and now let it go. Let go of the awareness of the ankles.
- Move to your shins. Become aware of the shape, the weight, the sensations. Let go. Move to your knees, observe shape, weight and sensations. Let go of your knees.
- Move to your stomach. Become completely aware of the stomach. Let it go.
- Move to the chest. Let go.
- Move to your spine, to the neck.
- Move to the arms and palms, your elbows, shoulders, feel the weight of the head, the shape and the sensations.
- The breath completely natural, effortless. Body completely still. Mind calm and focused.
- You are now able to separate yourself from your physical body.

Observe the astral body

- Feel the energy and prana throughout your body.
- Observe the astral body and let go of the physical body.
- Observe the chakras.

Observe Muladhar, Svadishthan.

Feel the movement of the chakra.

Shift your focus on Manipur Chakra, Feel the warmth of the Manipur Chakra.

Anahata, Vishuddhi, Agya Chakra, Sahastrar chakra. **5 minutes**

Now bring your awareness to your thoughts

Gently push them out through crown chakra and watch them burn in the cosmic energy.

-For the next 10 minutes push the thoughts out. Do not connect or get carried away with the thoughts.

- As soon as you see a thought, push it out. **10 minutes (silence)**

Bring your awareness back to your body

Take 2 deep breaths

Join your palms, rub them gently, place them on your eyes, and relax