

Bliss Meditation

Sit comfortably with the spine erect or lie down.

Begin to notice the breath—first at your nostrils, as it flows in and out, and then notice how the belly is receiving the breath. Notice if the chest is responding to the breath.

- 1 **Root Chakra** (*muladhara*) Imagine that you are inhaling from your feet to the crown of your head and then exhaling down to your feet or to your seat. As you inhale to your crown, say to yourself, "I am." As you exhale to your feet or seat, say to yourself, "here." Repeat several times, varying it by exhaling with the word, "grounded."
- 2 **Second Chakra** (*swadhisthana*) Inhale to the crown with the mantra "I am." Exhale to the second chakra at your pelvic region with the words, "in the flow." Repeat several times.
- 3 **Third Chakra** (*manipura*) Inhale to the crown with the mantra "I am." Exhale to the third chakra at the solar plexus with the words, "fully present." Repeat several times.
- 4 **Fourth Chakra** (*anahata*) Inhale to the crown with the mantra "I am." Exhale to the fourth chakra at the heart with the word, "love." Repeat several times.
- 5 **Fifth Chakra** (*vishuddha*) Inhale to the crown with the mantra "I am." Exhale to the fifth chakra at the throat with the word, "truth." Repeat several times.
- 6 **Sixth Chakra** (*ajna*) Inhale to the crown with the mantra "I am." Exhale to the sixth chakra at the brow point with the word, "clarity." Repeat several times.
- 7 **Seventh Chakra** (*sahasrara*) Inhale to the crown with the mantra "I am." Exhale through the seventh chakra at the crown with the word, "bliss." Repeat several times.
- 8 Inhale bliss through the crown with the word, "bliss." Exhale love through the heart with the word, "love." Repeat several times.
- 9 Inhale to the crown, "I am." Exhale to the seat or the feet with the word, "here".

Use this LifeForce Yoga® practice as a doorway into meditation or into your relaxation pose.