

OSHO OVERTONE CHAKRA MEDITATION

Side A: Morning Meditation

Side B: Evening Meditation

This music is specially composed with different tones that relate scientifically to each of the seven chakras. Listening to each tone will help direct your awareness to the relevant chakra, allowing it to open and expand. The meditation starts at the First chakra and ends at the seventh chakra. You can either lie down and just listen to the music while you watch your body (this is for the lazy ones), or you can keep your awareness focussed on the tone while you breathe deeply into the chakra to which it is related. With each in breath, fill the chakra with that tone and let it vibrate there. Hold the breath as long as you feel comfortable with it. As you breathe out, give the sound some space by humming or singing it. Between the chakras, maintain silence.

The duration of each meditation is 45 minutes.

The chakras are located as follows:

1. The first chakra is located in the center of the lower pelvis, and lies between the base of the spine in the back and the pubic area in the front. The functions of this chakra include sexuality, grounding, physical coordination and survival.
2. The second chakra is situated just below the navel. Its functions are sensuality, the ability to feel emotions and contentment.
3. The third chakra is in the solar plexus area, above the navel and below the breast bone. It gives vitality, power, the strength to express emotions and to have the integrity to be oneself.
4. The fourth chakra lies in the middle of the chest in the area of the breast bone. Its functions are unconditional love and peace; it gives the ability to love oneself and others unconditionally.
5. The fifth chakra is in the throat area, Its functions include creativity, receptivity and the ability to communicate.
6. The sixth chakra, the third eye, lies in the middle of the head, behind the point between the eyebrows. It gives inner vision, intuition, and the ability to know oneself.
7. The seventh chakra is just inside the top of the head and extends above the head. It is the opening to universal consciousness.

These locations are just guidelines. You can discover for yourself the exact location of each chakra in your own body. Also, the chakras tend to be located towards the center of the body from front to back, and connect into the spine. In other words, they are three-dimensional.

Music played by Swami Chetan Santo; recorded by Swami Sangit Om.

A Meditation from the World of Osho