

# 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 laziness) , or you can keep your awareness focused 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:

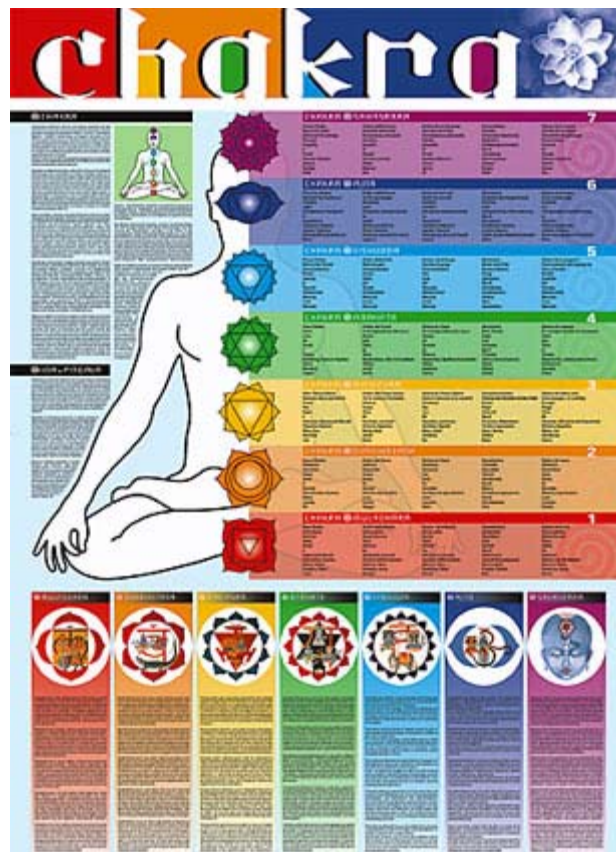
1. The first chakra is located in the center of the lower pelvis, and lies between the base of the spine on the back and the pubic area in the front. The functions of this chakra include sexuality, grounding, physical coordination and survival.
2. The second chakra is situated just below the navel. Its 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

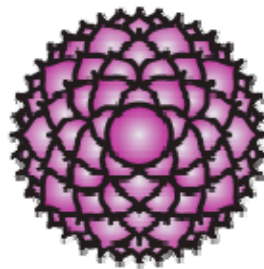
the opening to universal consciousness.

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





## Chakra Seven:

*Thought, Universal identity, oriented to self-knowledge*

This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.



## Chakra Six:

*Light, Archetypal identity, oriented to self-reflection*

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both

physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture."



### Chakra Five:

*Sound, Creative identity, oriented to self-expression*

This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.



### Chakra Four:

*Air, Social identity, oriented to self-acceptance*

This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness



### Chakra Three:

*Fire, Ego identity, oriented to self-definition*

This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.



## Chakra Two:

*Water, Emotional identity, oriented to self-gratification*

The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.



## Chakra One:

*Earth, Physical identity, oriented to self-preservation*

Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.