

How to Close your Chakras

This exercise is important and very useful for shutting out unwanted and/or harmful energies. Upon closing your chakras, you will feel a sense of calm and inner peace. Closing your chakras will also protect you from the energies of both unpleasant humans and astral entities as both attach themselves, penetrating at the chakras. By closing your chakras when you are in the presence of threatening beings, you can prevent most of the negative energies from entering and attaching to your soul. Closed chakras can also protect you from psychic vampirism. This exercise can also help to still the mind when done before void meditation as it shuts out a lot of psychic noise.

1. Begin at the base chakra. Visualize your base chakra as a whirling red vortex of energy, point facing upwards like a pyramid. Visualize either doors or shuttered doors and close them on the chakra, shutting out all of the light. You can visualize this from the front of the chakra, like looking at the chakra through a window.

2. Continue this with each individual chakra, all the way up to your crown chakra.

You should feel a sense of peace and quiet when all of your chakras are closed. This exercise can be done several times a day if you wish to block out unwanted external stimuli and/or to protect yourself in a negative environment like around Christians or other undesirables.

This is especially effective for people who are natural mediums and empaths, who easily absorb energy from those around them and their environments. This exercise is also a help for those who are easily distracted by external stimuli.

This is another exercise that is necessary to master, as it is used in an advanced stage of the [Magnum Opus](#).

Your chakras will open back up on their own after a bit. If you feel you need to open them right away, just reverse the above exercise, open the doors, and spin each chakra several times.

Directing Energy from Azazel

To make full use of your abilities in magick, it is important to be familiar with energy; sensing it, how to absorb it, detect it, send it out and manipulate it. This

comes with meditating, sensitizing yourself to it and working with it. With consistent practice, power meditation will naturally increase your bioelectricity. You will be able to feel this energy often, just by being aware of it. Awareness is the key to advancement in ability and power. This exercise works best after doing hatha yoga, mantra or any meditation that gives you an energy buzz.

1. Lie quietly and become aware of the energies on the left side of your body, then your right side.
2. Direct the energy from side to side and then bring it from both sides to meet in the middle of your torso. You do this by focusing your mind and concentrating on the middle of your torso, or anywhere else you want the energy to go. You should almost immediately feel energy in the middle of your torso. Wherever the mind is focused with intention, the energy will follow there.
3. From here, expand the energy past your body and into your aura and then contract the energy. Focus your attention to your aura [the energy field immediately outside of your body].
4. Continue to expand and contract the energy until both sides of your body feel balanced. Then feel the energies on the left and right sides together.
5. Feel energy from the front of your body, then the back, repeating the same steps as described above.
6. Do this again, this time from the waist up, then from the waist down. Same as above.
7. Now, feel the energy in your entire body as a whole. Practice expanding and contracting your aura several times.
8. The last time, bring the energy together in the center of your body and gently expand it out, expanding your aura, making sure it feels balanced and even.
9. Meditate on feeling the energy gently radiating and expanding your aura for a few minutes.

This is an excellent exercise for directing energy at will.


It is very important to always direct your energy upwards and out of your crown chakra. There will be times you will feel it drifting to your legs and feet. It should not remain there for any length of time as it can create problems because of a lack of circulation.

EZ Chakra Spin

This meditation only takes a few minutes, and can be done at any time when you are able to tune in and focus. It is easy to do and can take the place of a full or extended meditation for people who lack the necessary privacy and/or are short on time.

Turn your attention to the base of your spine and visualize your base chakra as a vortex [like a small pyramid]. Visualize this chakra a rich vibrant red and spin it. Keep spinning it until it spins fast and on its own. Make sure the point is facing upwards.

Work your way up through each chakra, visualizing each one and spinning it until it spins fast and on its own. Visualize each one as a spinning vortex with a powerful vibrant color-

- 1st- Red, point facing upwards
- 2nd- Orange, point facing upwards
- 3rd- Yellow/Gold, point facing downwards
- 4th- Green, this chakra is shaped like a yoni 
- 5th- Rich sky blue, point facing downwards
- 6th- Indigo [Bluish-violet], point facing downwards
- 7th- Purple, point facing downwards

When you spin the 6th chakra, focus **behind** your 3rd eye, in the middle of your head. Many people erroneously believe the third eye to be the 6th chakra. The 3rd eye is an **extension** of the 6th chakra; **not** the 6th chakra.

Each of your chakras should be a powerful vibrant color. Chakras that are dark or tainted are not functioning properly. Keep spinning them and focus your visualization to restore them to their own powerful color. You might also want to [clean them](#) if this is the case.

When our chakras spin at a faster rate, this helps to protect us from misfortune and disease, opens us to the astral, and protects us astrally as well as in the physical world. Always remember, energy work must be done every day as each day builds on the day before and until a strong energy field is permanently established, short term benefits can be lost or difficult to restore.

Also, note that the soul is made of light. Each of the chakras is a wavelength of light frequency, as can be seen in a light prism, when the light of the sun is broken into the spectrum of visible colors. This is in physics. All of the so-called "occult" can be scientifically explained. When we breathe in or invoke light energy, we are empowering our soul.

Flame Meditation

Method One:

1. Light a candle and stare at the flame for approximately two minutes. Make sure your attention does not wander.

2. Close your eyes, place your hands in a relaxed cupped position, palms over your eyes, and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision. Keep looking for it, bring it back and keep concentrating on it for approximately four minutes.



3. Relax, empty your thoughts and tune into your breathing for a few minutes, concentrating only on each breath

What this exercise does:

This exercise prepares the mind for one-pointed concentration, which is so important to any psychic/astral workings. With the average person, thoughts are scattered and dissipate into nothing. With a trained mind that can concentrate intensely, one's thoughts are single-pointed, focused like a laser, and have power. Total concentration makes the difference in astral workings. One's will is also developed with this exercise, as a powerful will does not give into distraction. Do not become frustrated or impatient with yourself. It is normal for thoughts to creep in to distract you in the beginning. Total concentration takes time and for most people, is one of the most difficult aspects of training the mind.

Method Two [intermediate]:

1. Focus on the flame for several minutes

2. Close your eyes and place your hands in a relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision.

3. Keeping your eyes closed, bring the flame closer. Move it back and forth. When you are proficient at moving and controlling the flame, try to enter the imprint. You will find the imprint begins to compact and change color. The bright image will change to pink, then to red and grow dark.

4. Repeat the exercise if you wish.

What this exercise does:

This exercise trains the mind and third eye to direct psychic energy.

Complete Chakra Meditation

To perform this meditation optimally, it is important that your soul is already open. If you haven't already performed the ["Opening of the Soul"](#) meditations, then I strongly encourage you to do so before beginning the meditation given below.

In the ancient grimoires, the secret code words for chakra/s are "God/s." The full chakra meditation involves working on all of your seven chakras per meditation session. For example, you would begin with your crown chakra, visualize this chakra, making sure it is aligned correctly, then you would do the specific breathing for the crown chakra. Following this, you would perform the vibration for the crown chakra, and then you would meditate on your crown chakra. After working on your crown chakra, you would move onto your 6th chakra and do the same, then your throat chakra and all the way down to your base chakra. That is the full chakra meditation. You can also work on only one or more individual chakras of your choice as well, but if you choose to do this, at the end of the meditation, it is important to make sure your energies are balanced and this can be done by visualizing/aligning each chakra and vibrating its word of power.

If you have a weaker chakra or want to amplify the powers of one of your chakras, then it is important that you perform the meditation during the day and hours of that specific chakra. When doing this, even though you are working on all seven chakras, the energies of that specific chakra will dominate. To find the planetary hours for your specific locale, I highly recommend this free program. Research has proven that the Ancient Chaldean planetary hours are extremely accurate. I strongly encourage you to download the Chronos program from this website:

[CLICK HERE](#)

There are different words of power that you can choose from to empower your chakras. Make sure you stay consistent, for example, if you are using Rune vibrations, then stay with the Rune vibrations for the entire session, using the Rune vibrations for all seven chakras.

The words of power are given in levels. The "Traditional" vibrations still do work, but they have been corrupted and drastically watered down. The reason I am leaving them here is that the correct vibrations in Sanskrit can be overwhelming if one's soul is not yet strong enough to handle the energy. The words from the 1586 Necronomicon, along with the traditional words of power can be used by new/inexperienced people. The Runic vibrations came directly from both Satan and Lilith, as I used these under their direct supervision in working on

empowering a human soul in spirit form who has passed from this earth and is now residing in Hell.

"The subject is naturally one of the most obscure that is known to scholarship, and so far no one has thrown any real light on it. That, however, there was once in Egypt and Chaldea a science of this "nature language," or "tongue of the gods,"

"In Egypt the priests hymn the Gods by means of the seven vowels, chanting them in order; instead of the pipe and lute the musical chanting of these letters is heard.

In speaking of the vowels or "sounding letters" - each of the seven spheres being said to give forth a different vowel or nature-tone - Nicomachus informs us that these root-sounds in nature are combined with certain material elements, as they are in spoken speech with the {14} consonants; but " just as the soul with the body, and music with the lyre- strings, the one produces living creatures and the other musical modes and tunes, so do those root-sounds give birth to certain energies and initiatory powers of divine operations."

- From A Mithraic Ritual

The Complete Chakra Meditation is extremely powerful.

[Each session should begin with correctly aligning your chakras. \[Click here\]](#)

Ideally, you should have performed all of the meditations for [opening the soul](#).

The full meditation for each chakra is in four steps:

1. Visualizing and correctly aligning the specific chakra you are working on.
2. Performing the breathing technique specific to the chakra you are working on.
3. Vibrating the word of power for the chakra.
4. Spending a few minutes meditating on [visualizing, sensing and feeling] the chakra.

To keep this webpage from being overloaded, links for each chakra are given below. It is important to work on each chakra in the order given [crown to base], or you may reverse the order [base to crown], if your chakras are fully open.

Crown Chakra Meditation



THE SEVENTH CROWN CHAKRA, THE SEAT OF GODHEAD, [SAHASRARA] THOUSANDFOLD

The Crown Chakra is known as the "thousand-petal lotus." The lotus is also known as a lily. Lily = "Lilith." In addition to each Demon as an actual living being, each Demon has his/her own spiritual message. Lilith rules the Crown Chakra. Satan rules the Base Chakra. Both the Base and Crown Chakras are a male and female couple and work together.

LOCATION: Top of the head

ELEMENT: Water

COLOR: Violet

NUMBER OF PETALS: thousand-petal lotus

PLANET: Jupiter

GENDER: Female

DAY: Thursday

METAL: Tin

FUNCTION: Enlightenment

INNER STATE: Bliss

VIBRATION [Choose from one of the following]:

- MARDUK [Necronomicon] This vibration can be used by both new and experienced meditators

"M-M-M-AH-AH-AH-R-R-R-DH-DH-DH-OO-OO-OO-K-K-K"

Be sure to place your tongue for the 'DH' part of the vibration immediately above your front two teeth, as you would in saying the English word "Dog" and vibrate this. This is very similar to, but a bit more exaggerated than the 'TH' vibration.

- ING [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators

"E-E-E-E-E-N-N-N-G-G-G-G-"

- MAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators

"M-M-AH-AH-AH-U-U-U-U-M-M-M-M"

The U rhymes with the English word tOO

- There is no traditional chant for this chakra.

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS, AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.

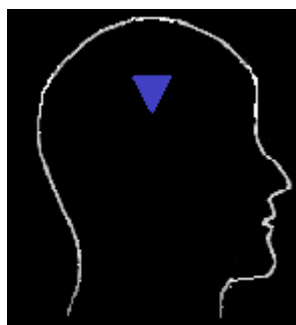
There is no breathing technique for this chakra.



THE MEDITATION: This meditation is best performed on Thursdays during the hours of the Jupiter, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your seventh chakra point down as shown at the top of this page.
2. Breathe in, focus upon, and feel your seventh chakra and on the exhale, vibrate your selected word of power from the above.
3. Breathe in, focus upon, and feel your seventh chakra and on the exhale, vibrate your selected word of power several times.
4. Remain still, focusing upon and feeling your seventh chakra for several minutes.

6th Chakra Meditation



THE SIXTH CHAKRA [AJNA]

LOCATION: Directly beneath the [Crown Chakra](#)

ELEMENT: Ether

COLOR: Indigo/bluish-violet

NUMBER OF PETALS: 2

PLANET: Moon

GENDER: Female

DAY: Monday

METAL: Silver

FUNCTION: Psychic vision

INNER STATE: Intuition

BREATHING TECHNIQUE: [Kumbhaka Lunar Breath](#)

VIBRATION [Choose from one of the following]:

- INANNA [Necronomicon] This vibration can be used by both new and experienced meditators.
"EE-EE-EE-N-N-N-N-AH-AH-N-N-N-AH-AH"
- AUM [Traditional chant] This vibration can be used by both new and experienced meditators.
"AH-AH-AH-U-U-U-U-M-M-M-M"
- THOR [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
"TH-TH-AH-AH-U-U-U-R-R-R" [Roll the R's]
The U rhymes with the English word tOO
Be sure to place your tongue for the 'TH' part of the vibration directly behind your front two teeth, right where your teeth meet at your gums.
- THAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators.
"TH-TH-AH-AH-AH-U-U-U-U-M-M-M-M"
The U rhymes with the English word tOO
Be sure to place your tongue for the 'TH' part of the vibration directly behind your front two teeth, right where your teeth meet at your gums.

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.



THE MEDITATION:

This meditation is best performed on Mondays during the hours of the Moon, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your sixth chakra point down, as shown at the top of this page

2. [Perform the Kumbhaka Lunar Breath \[click here\]](#)

3. Breathe in, focus upon, and feel your sixth chakra and on the exhale, vibrate your selected word of power several times.

4. Remain still, focusing upon and feeling your sixth chakra for several minutes.

Throat Chakra Meditation



THE FIFTH THE THROAT CHAKRA [VISHUDDI]

LOCATION: Throat

ELEMENT: Air

COLOR: Sky Blue

NUMBER OF PETALS: 16

PLANET: Venus

GENDER: Female

DAY: Friday

METAL: Copper

FUNCTION: Communication, emotional self-expression

INNER STATE: Psychic hearing, emotions

BREATHING TECHNIQUE: [Yogic Humming Breath \[Brahmari\]](#)

VIBRATION [Choose from one of the following]:

- NANNA [Necronomicon] This vibration can be used by both new and experienced meditators.
N-N-N-N-AH-AH-N-N-N-AH-AH
- HAM or HANG [traditional chant] This vibration can be used by both new and experienced meditators.
"H-H-AH-AH-AH-M-M-M-M" or "H-H-AH-AH-AH-N-N-G-G"

- KAUN [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
K-K-AH-AH-AH-U-U-U-N-N
- HAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators.
"H-H-H-AH-AH-AH-U-U-U-U-M-M-M-M"

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.

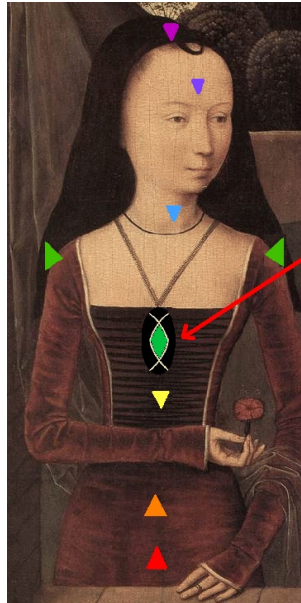


THE MEDITATION:

This meditation is best performed on Fridays during the hours of the Venus, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your throat chakra point down, as shown at the top of this page
2. Perform the [Yogic Humming Breath \[Brahmari\] \[click here\]](#)
3. Breathe in, focus upon, and feel your throat chakra and on the exhale, vibrate your selected word of power several times.
4. Remain still, focusing upon and feeling your throat chakra for several minutes.

Heart Chakra Meditation



THE FOURTH, THE CENTER THE HEART CHAKRA (ANAHATA)

LOCATION: Center of the chest

ELEMENT: Fire/Air

COLOR: Green

NUMBER OF PETALS: 12

PLANET: Mercury

Gender: Neuter

DAY: Wednesday

METAL: Mercury

FUNCTION: The heart chakra is the neuter connector for the upper and lower chakras

INNER STATE: Levity, astral projection

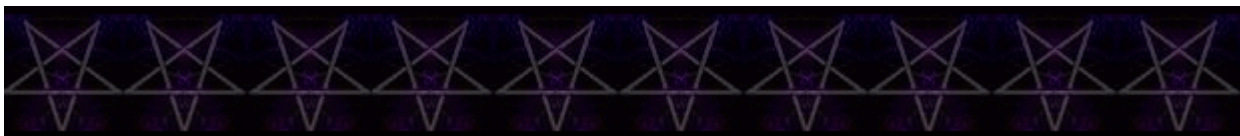
BREATHING TECHNIQUE: [Alternate Nostril \[Sun/Moon\] Breathing \[Anuloma Viloma\]](#)

VIBRATION [Choose from one of the following]:

- NEBO [Necronomicon] This vibration can be used by both new and experienced meditators
"N-N-N-NAY-AY-AY-B-B-B-B-OH-OH-OH"
- YAM or YANG [traditional chant] This vibration can be used by both new and experienced meditators.
"Y-Y-AH-AH-AH-M-M-M-M" or "Y-Y-AH-AH-AH-N-N-G-G"

- GEBO [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
"G-G-G-G-AY-AY-AY-B-B-B-B-OH-OH-OH-OH"
- YAUM
[Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators.
"Y-Y-Y-AH-AH-AH-U-U-U-U-M-M-M-M"

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.



THE MEDITATION:

This meditation is best performed on Wednesdays during the hours of the Mercury, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Visualize your heart chakra as a YONI:



2. [Perform the Alternate Nostril \[Sun/Moon\] Breathing \[Anuloma Viloma\] \[click here\]](#)

3. Breathe in, focus upon, and feel your heart chakra and on the exhale, vibrate your selected word of power several times.

4. Remain still, focusing upon and feeling your heart chakra for several minutes.

Solar 666 Chakra Meditation



THE THIRD THE SOLAR CHAKRA (MANIPURA)

LOCATION: Slightly above the naval near the solar plexus

ELEMENT: Fire

COLOR: White-Gold [Brilliant like the Sun]

NUMBER OF PETALS: 10

PLANET: Sun

GENDER: Male

DAY: Sunday

METAL: Gold

FUNCTION: This chakra is the powerhouse of the soul; will, power, manipulation

INNER STATE: Willpower, timing. This chakra is the Grail of Lucifer

BREATHING TECHNIQUE: [Breath of Fire \[Kapalabhati\]](#)

VIBRATION [Choose from one of the following]:

- UDDU [Necronomicon] This vibration can be used by both new and experienced meditators.
"OO-OO-OO-OO-DH-DH-DH-DH-OO-OO-OO-OO"
The U rhymes with the English word too
Be sure to place your tongue for the 'DH' part of the vibration immediately above your front two teeth, as you would in saying the English word "Dog" and vibrate this. This is very similar to, but a bit more exaggerated than the 'TH' vibration.
- RAM or RANG [traditional chant] This vibration can be used by both new and experienced meditators.
"R-R-AH-AH-AH-M-M-M-M" or "R-R-AH-AH-AH-N-N-G-G" [Roll the R's]

- REDA [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
R-R-AY-AY-DH-DH-AH-AH [Roll the R's]
Be sure to place your tongue for the 'DH' part of the vibration immediately above your front two teeth, as you would in saying the English word "Dog" and vibrate this. This is very similar to, but a bit more exaggerated than the 'TH' vibration.

VARIATION [MUCH MORE POWERFUL AND BASED UPON THE GOTHIC]:

RAUDA

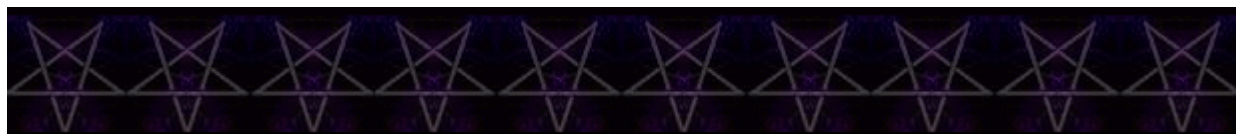
R-R-R-AH-AH-U-U-U-DH-DH-AH-AH [Roll the R's]

The U rhymes with the English word tOO

Be sure to place your tongue for the 'DH' part of the vibration immediately above your front two teeth, as you would in saying the English word "Dog" and vibrate this. This is very similar to, but a bit more exaggerated than the 'TH' vibration.

- RAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators
"R-R-AH-AH-AH-U-U-U-U-M-M-M-M" [Roll the R's]
The U rhymes with the English word tOO

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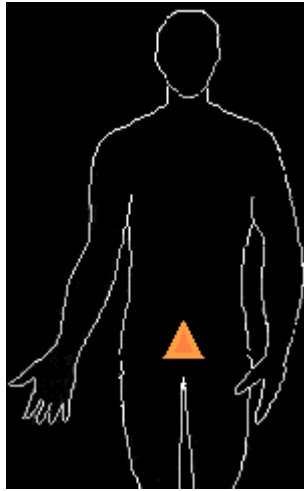


THE MEDITATION:

This meditation is best performed on Sundays during the hours of the Sun, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your Solar 666 chakra pointing downwards, as shown at the top of this page [This all-important chakra is a 'cup' and catches the nectar of the pineal gland, which gives immortality].
2. Perform the [Yogic Breath of Fire \[Kapalabhati\] \[click here\]](#)
3. Breathe in, focus upon, and feel your solar 666 chakra and on the exhale, vibrate your selected word of power several times.
4. Remain still, focusing upon and feeling your solar 666 chakra for several minutes.

Sacral Chakra Meditation



LOCATION: Halfway between the naval and pubic bone.

ELEMENT: Earth

COLOR: Orange

NUMBER OF PETALS: 6

PLANET: Mars

GENDER: Male

DAY: Tuesday

METAL: Iron

FUNCTION: Sexuality, pleasure, procreation, creativity, the seat of sexual energy.

INNER STATE: Creative Potential

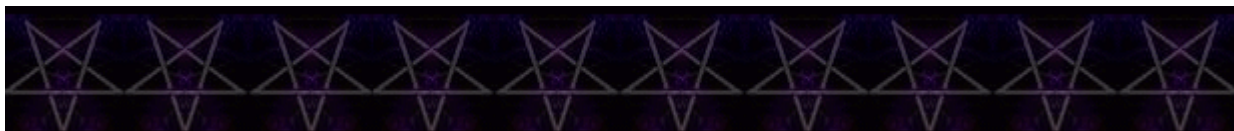
BREATHING TECHNIQUE: Sacral Breath [See below]

VIBRATION [Choose from one of the following]:

- NERGal [Necronomicon] This vibration can be used by both new and experienced meditators.
"N-N-N-AIR-AIR-AIR-G-G-G-AH-AH-AH-L-L-L"
- VAM or VANG [traditional chant] This vibration can be used by both new and experienced meditators.
"V-V-AH-AH-AH-M-M-M-M" or "V-V-AH-AH-AH-N-N-G-G"
- DAGUR [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
DH-DH-AH-AH-G-G-U-U-U-R-R-R [Roll the R's]
Be sure to place your tongue for the 'DH' part of the vibration immediately above your front two teeth, as you would in saying the English word "Dog" and vibrate this. This is very similar to, but a bit more exaggerated than the 'TH' vibration.

- VAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators
"V-V-AH-AH-AH-U-U-U-U-M-M-M-M"
The U rhymes with the English word too

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.

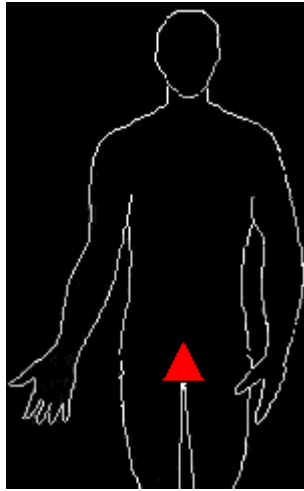


THE MEDITATION:

This meditation is best performed on Tuesdays during the hours of Mars, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your sacral chakra pointing upwards, like a pyramid, as shown at the top of this page.
2. Perform the Sacral Breath:
Inhale through your nose and focus upon drawing energy from your base chakra into your sacral chakra; inhale the energy into your sacral chakra and hold for a count of 6. [This can be varied for however long you are comfortable, as holding the breath should never be pushed. A count of 4 or 8 is fine as long as you stay with this count through the remainder of the breathing exercise].
Then, exhale and just let the air fall out of your lungs effortlessly.
The above completes one round. Do several rounds.
3. Breathe in, focus upon, and feel your sacral chakra and on the exhale, vibrate your selected word of power several times.
4. Remain still, focusing upon and feeling your sacral chakra for several minutes.

Base Chakra Meditation



THE FIRST, THE BASE CHAKRA, THE "MULADHARA" MEANING, "ROOT."

ELEMENT: Earth

COLOR: Red

NUMBER OF "PETALS": 4

PLANET: Saturn

GENDER: Male

DAY: Saturday

METAL: Lead

FUNCTION: Survival, grounding

INNER STATE: Stability

BREATHING TECHNIQUE: [See below]

VIBRATION [Choose from one of the following]:

- NINIB [Necronomicon] This vibration can be used by both new and experienced meditators.
"N-N-N-N-EE-EE-EE-N-N-N-N-EE-EE-EE-B-B-B-B-B"
- LAM or LANG [Traditional chant] This vibration can be used by both new and experienced meditators.
"L-L-AH-AH-AH-M-M-M-M" or "L-L-AH-AH-AH-N-N-G-G"
- SOWILO [Runic] This vibration is intermediate to advanced, but can be used by both new and experienced meditators.
"S-S-OH-OH-V-V-EE-EE-LL-OH-OH"
- SAUIL [Runic] [GOTHIC VARIATION, WHICH IS MUCH MORE POWERFUL AND SHOULD ONLY BE USED BY EXPERIENCED MEDITATORS]
"S-S-AH-AH-U-U-U-L-L-L"

- LAUM [Sanskrit] This vibration is advanced and exceptionally powerful, and should only be used by experienced meditators
"L-L-AH-AH-AH-U-U-U-U-M-M-M-M"
The U rhymes with the English word too

Note* ALWAYS KEEP THE SAME CATEGORY IN REGARDS TO YOUR WORD OF POWER, IF YOU ARE PERFORMING THE FULL CHAKRA MEDITATION; FOR EXAMPLE, IF YOU ARE USING THE RUNIC VIBRATION, STAY WITH THIS AND USE THE RUNIC VIBRATIONS FOR THE OTHER CHAKRAS.



THE MEDITATION:

This meditation is best performed on Saturdays during the hours of Saturn, but if you are doing the full meditation; working on all of your chakras, then any time is fine.

1. Align [visualize] your base chakra pointing upwards, like a pyramid, as shown at the top of this page.
2. Perform the following breathing exercise:
 - Inhale slowly through your nose, contract your anus and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
 - Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.
 - Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.
3. Breathe in, focus upon, and feel your base chakra and on the exhale, vibrate your selected word of power several times.
4. Remain still, focusing upon and feeling your base chakra for several minutes.