

Color Breathing to Open Chakras

List of chakra locations, chakra colors, chakra consciousness, and instructions that'll help you get started.

How to Use Color Breathing to Open Your Chakras

Color breathing is a simple meditative practice that can be used by beginners and advanced meditators alike to clear, charge and unblock chakras. As each energy center is associated with a specific color, one can incorporate the color into a breathing practice to open the chakra consciousness and heal the chakras.

Color breathing is a simple stress-reducing activity that may be quickly learned. It involves mentally picturing/meditating on a color that represents how you want to feel or what you want to let go in your life (stressor). Using color breathing for opening chakras is a similar process except the colors chosen are based on the chakras you want to unblock not necessarily how you want to feel.

As chakras are points of spiritual entry associated with the expression of different aspects of the personality, when a chakra is blocked it can affect the way one feels and behaves. The breath can be used to bring color into a chakra energy point to unblock it, releasing stagnation and congestion while facilitating healthy energy flow.

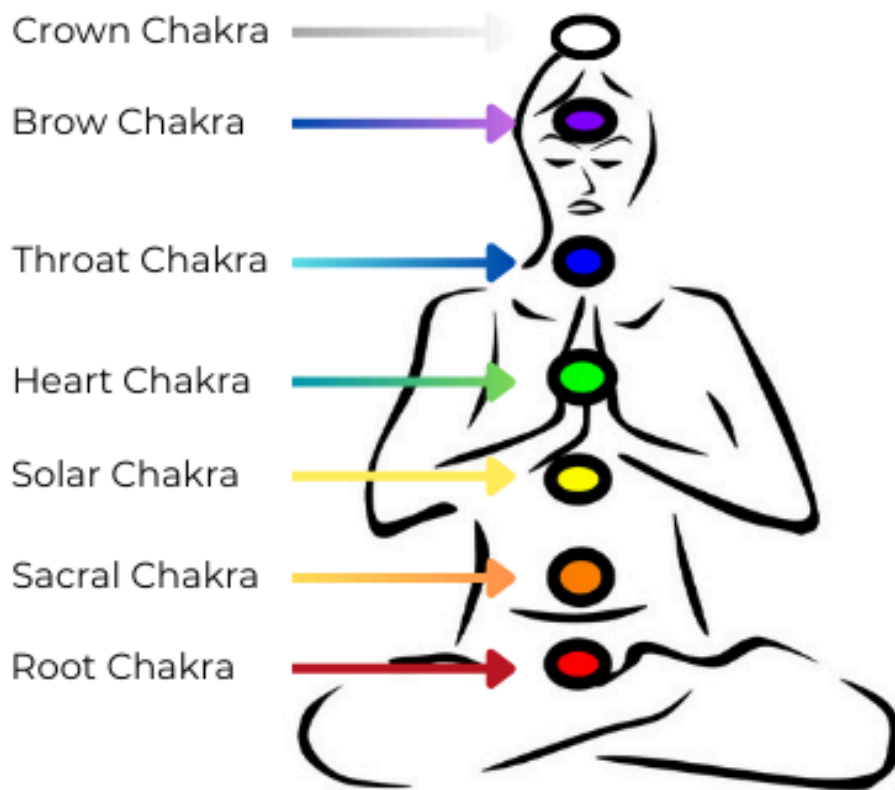
The first thing you have to do is to choose a chakra you want to cleanse using color breathing. Once you've picked the chakra you want to open, you need to find the corresponding color. Each chakra has a specific color that is determined by wavelengths of energy vibration the chakra gives off as it spins. Each chakra spins at a certain rate or frequency therefore, each chakra is associated with a different wavelength of color.

Chakras spin quickly when healthy, but as they become blocked, the vibration rate decreases and affects the color given off as well as the physical, emotional, and spiritual balance of the body.

The first few times you practice the color breathing exercise you may feel lightheaded, especially if you are targeting one of the upper chakras. It's a good idea to sit or lay down while practicing chakra color breathing.

Using the breath to facilitate the movement of color through a specific chakra can clear congestion from the chakra allowing it to regain function and allow for healthy expression of its consciousness.

Chakra Locations:



Chakras, Colors & Consciousness

- **Root Chakra** - Red is the color that you can use to enhance feelings of safety and security. It's also the color to use if you are trying to get rid of a headache. Focus on filling your feet and your legs with this color.
- **Sacral Chakra** - Orange is the color to help you enhance creativity and increase vitality in your life. It will also help ease congestion in your abdominal area.
- **Solar Chakra** - Yellow is the color to use if you want to build self-esteem and enhance your self-confidence. It also improves digestion and is great for the liver.
- **Heart Chakra** - Green is the color of nature and healing as it enhances loving connection to self and others. The color green will also help you strengthen your lungs and immune system.
- **Throat Chakra** - Blue is the color to use to improve communication that's associated with this chakra. Focus on bringing the color blue into your throat area, jaw, mouth, nose, and ears.
- **Brow Chakra** - Purple is the color that will help you gain clarity in your thoughts and enhance organization. It will also help you clear your head and enhance any visualization exercises.
- **Crown Chakra** - Violet or white are the colors you want to use if you want more inspiration and connection to divinity. Feelings of bliss are also associated with this color and chakra.

Here's how you do it

Pick the chakra you want to clear, then select the corresponding color. Find a quiet space where you won't be disturbed, close your eyes, and visualize yourself in a room filled with the color you selected. Slowly, begin to inhale the color through your nostrils. As you do, allow the color to enter and fill every inch of your body. Take your time with this.

When you've inhaled completely, hold your breath for a few seconds before you begin to slowly exhale the color. Then, as you exhale, allow your lungs to empty entirely before getting them ready to receive your next breath.

Inhale the color again (slowly). This time, imagine that you can 'see' the color, 'feel' the color, and 'embody' the color as you allow it to move through your body. Again, hold your breath for a few seconds before releasing your exhale.

Repeat exercise 5-10 times.

Proceed slowly as you maintain awareness of your breathing and of the color you are focusing on. Do not rush through this exercise as the true potential to clear your chakra exists in the conscious awareness of the process. When you're done color breathing, slowly bring your awareness back to your surroundings by wiggling your fingers and toes, then maybe you move your hands and feet.

As you slowly open your eyes, allow yourself to reconnect with your surroundings. **Take your time** and let your body adjust to the new movement of energy.

By breathing in the Chakras associated color.