

# The Super-Easy Meditation Guide for People Who Can't Meditate

The Simple Meditation System  
That Will Improve Your Life!



By Susan K. Morrow



**Words Are We Press**  
Conroe, Texas

# The Super-Easy Meditation Guide

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Dedicated with much love to  
my late husband, Tim,  
who continues to support me from the Other Side,  
and to our incredible daughters,  
Madeline and Camille,  
who help keep me young and happy every day.



## Acknowledgments

A number of people have been instrumental in making this book happen. First, although I have yet to meet her, I must acknowledge Caroline Myss, whose book, *Anatomy of the Spirit*, was the first step in my education in chakras and medical intuition. It was from reading her book that I recognized my own gifts and abilities and was then able to develop my own sense of what was what. Thank you, Ms. Myss.

My friend and acupuncturist, Dave Jones, encouraged me in two ways: first, by taking an interest in learning the material for himself, and second, by giving me a free edit. Thanks, Dave, I owe you one!

Another good friend, Jen Blackert—who is an amazing coach in on-line marketing, Law of Attraction, and overall success—has asked me, “Why isn’t this done already?” often enough that I finally got this book done! Jen, you continue to support me in myriad ways and I can’t thank you enough.

## For People Who Can't Meditate

Naturally, my children are to be acknowledged in all areas of my life. M and M, you inspire me every day with your sharp intellects, your humor, and your zest for life. Everything is even more interesting when I see it through your eyes. Thank you for being my darlings.

And I have to thank my own GUS (God, Universe, and higher Self) for keeping me going and inspiring me—can you be inspired by your own Spirit? Yes, you can and yes, I am. I love the ideas and the gifts that wash over me every day from the Creator!

I also thank and acknowledge my past, present, and future clients, who teach me new things every day through their questions and their patronage. And to those who read this book and get something wonderful out of it, I thank you, too.

Blessings to all who have helped and contributed, and blessings to all who read these words.

--Susan K. Morrow  
Austin, Texas  
2007

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## What Is This Chakra Meditation?

Whether you call it prayer, meditation, introspection, communing with God, or any other name, meditation is a powerful path to self-knowledge and self-improvement.

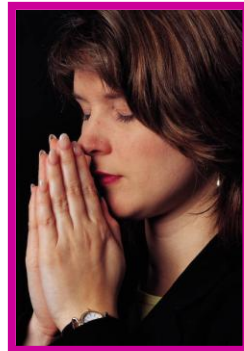
Prayer can be a welcome friend during all times of life, regardless of our spiritual status, whether or not we are religious, whether we are members of a traditional religion or believers in the Magic of the Universe.

**Prayer—to God, Allah, Buddha, The Universe, Angels, Mother Earth, The Blessed Virgin Mary, or any entity or spirit which rings true for us—creates an intimate connection between us and that entity.**

I like to call it “God, Universe, and Higher Self,” or GUS. As in, “In GUS we trust.” Communing with *It* connects us with life and with ourselves. Prayer is one of the things that make us at once human and divine.

Some prefer the word “meditation” to “prayer,” and actually, they are very similar. Meditation typically involves a greater effort to calm and center the physical body and connect with the Higher Power, whereas prayer, at least in churches and synagogues, is often more spontaneous.

Although many protestant Christian churches in America do not require or accommodate kneeling during prayer, it is provided for in Catholic and Episcopal churches, because it is a traditional symbol of respect, humility, and readiness for prayer or meditation. Like relaxation exercises, kneeling can be a method of centering the body for prayer.



Having been raised in the Presbyterian Church, I have mostly prayed in a “sit quietly in the pew” method. You may have heard the expression that Presbyterians are “God’s Frozen People,” because we tend to be very sedate during worship. We take pride in the moniker, though, because “Although many are cold, few are frozen.” (And she chuckles at one of her favorite jokes.)

In my definition, the main difference between prayer and meditation is listening. We are taught to pray in supplication: “Oh, please, grant me peace, forgive me, please help me, I am suffering...” We are not taught, as I instruct my clients, to “shut up and listen”. Meditation, on the other hand, is much more about listening or “tuning in” than supplicating.

I have learned to commune with my God and my Angels through meditation, and have also found peace and inspiration in it. For example, I completely changed my career path more than once because of the messages I received during, after, and even outside of meditation.

You may already participate in daily prayer or meditation. Maybe you also practice the “sit quietly in the pew” method or maybe you are very adept at meditation. No matter where you are on the prayer and mediation scale, this book will be helpful to you.

In my professional practice as a mystic, I give psychic readings in which, among other things, I look at the client's chakras and interpret for him/her what's going on with his/her life, body, and spirit. There are many times when I suggest meditation as a helpful tool for better chakra health, spiritual well-being, and even physical improvement.

A few of my clients are familiar with and adept at meditation. Most of them, though, either only know a little about prayer or have trouble meditating.

**The reason my clients most often cite for having trouble with meditation is the difficulty in quieting the mind.**

It is common for us to have minds that work overtime, always thinking of the next day's duties, work issues, stressors, our children's activities, laundry, and any number of things. This is in direct opposition to meditation, whose main purpose is to bring us wholly into the present moment.

I think it is unfair to expect everyone to “quiet the mind” with ease, when it obviously is *not* easy for



most people. So if you have felt this way, take comfort in knowing that you are like most human beings, and that you can learn to meditate and “shut up and listen”.



I often give my clients meditation tools. Among them is something to meditate on. It's pretty simple, really. Giving your mind something to focus on rather than trying to be blank can get you to the point of an open mind and heart pretty fast.

Also, if having something to think about keeps you from falling victim to Busy-Mind Syndrome, you will feel more successful in meditation and may do it more often. This in turn will only bring you peace of mind, happiness, and better spiritual and physical health.

The beauty of this meditation program is in its simplicity—and maybe its logic, too. There are seven days in the week and there are seven major chakras. By using one of the following seven meditations each day of the week, you will establish a meditation routine that will help you cleanse your spirit and commune with GUS regularly or even constantly—a noble goal!

I suggest starting with the Root (1<sup>st</sup>) chakra meditation on Monday, because the Root chakra is our most human chakra. It is where we put some of our

unpleasant feelings and drag around garbage from our childhood. Sounds like a Monday, doesn't it? Likewise, Sunday is the traditional Christian Sabbath, and the Crown (7<sup>th</sup>) chakra relates to our connection to GUS.

However, you may choose to begin your meditation routine on any day that suits you. And of course, the best time to begin is right away. So even if today is Thursday, what are you waiting for?

## Shock-rah? What's That?

“Chakra” means “wheel” in Sanskrit. Our chakras are called that because healthy, happy chakras are perceived to be spinning, like wheels.



The way I see them in my mind's eye is usually presented as a variation on a sphere. Some of those variations are similar with most of the people I read: the Navel chakra often resembles a cantaloupe, the Heart chakra looks like a flower, the Throat chakra looks like a spherical ceramic planter, etc.

But these images are the ones I use to read for people, to determine where their troubles lie, and to teach them what will help them to live happier,

healthier lives. For your meditation purposes, you only need to remember the wheel or sphere.

So just what is a chakra? You will hear them called “energy centers” by some authors and teachers. I like to refer to them as “energy organs”.

Just as your liver reflects what you have eaten and drunk, your “energy organs” (chakras) reflect what your spirit has been up to since you were born.

And just as your liver is made of tissue that is specialized to do the liver’s job, the chakras are made of energy, and each has its job, as well.

**Each chakra *reflects* and *affects* three aspects of you: a physical aspect, an emotional/mental aspect, and a spiritual aspect.**

There are seven major chakras, although there is some evidence that there are more of the major ones—and I have even perceived at least an eighth—

but I mostly work with the original seven. There are also minor chakras, mostly in your joints, but again, for your meditation purposes, we'll work with the seven.

These seven major chakras are located along the spine, with the first or "Root" chakra located near the tailbone and the seventh or "Crown" chakra just above the head. Each one has a color that is specific to it, and the colors follow the rainbow's spectrum. The Root chakra should be red, the Navel or Sacral chakra, orange, and so forth.



These pictures offer a quick look at the locations and colors of the chakras. We'll talk more about what each one does in the upcoming meditations.



Some healers recommend that a client use a certain color of light or wear a color or particular stone in order to enhance the chakra that is in need of healing. If you've ever

been told something along those lines, now you know why.

In my work, I use the chakras as a way to look into the client's body, mind, and spirit, as well as his/her past, present, and future. They are not my only tool, but they are an important one.

In one of my first medical intuitive readings, I saw a very sick chakra that had a "silver lining" of white light, such as you might see around a dark cloud. As it turned out, the client had a tumor in the area of the body governed by that chakra. The silver lining accurately predicted that the tumor was benign.

As we go through the following meditations, I will explain the realm of each chakra, its meanings, its colors, its risks, and why you want it to be healthy! You may notice that the lower chakras govern the more human, physical aspects of a person, while the upper chakras are more spirit-related.

The Heart chakra, which is in the middle, has the job of drawing the two levels together and helping your energy to flow through all of you.

## Who Thought This Up?

Like astrology, the chakras were discovered, not invented, by people. Unlike astrology, there is no way to see the chakras, other than by someone like me who has a gift for seeing them. There is no x-ray machine or MRI for chakras. However, you can visualize them actively so that they come closer to being what they should be for good health of your body, mind, and spirit.



If I see a client who has a healthy Root chakra (pretty rare), I know that the person has worked on childhood issues and/or relationships with his/her parents. The chakra *reflects* what has happened.



**However, a chakra's state can also be altered with visualization and meditation, thereby creating better health in the aspects it reflects.**

By using the chakras as visualization points in your meditation, you not only improve the results of meditation, but you also may begin to heal aspects of your life that are in need.

One note of caution: If you persistently perceive the color black in any chakra, please see a medical doctor about the physical aspect covered by that chakra. In my perception, black usually indicates serious physical illness. And of course, you should see your doctor with any physical concerns or suspicions.

## The Essential Meditation



For each of the seven days, the meditation is similar, but your focus will be on a different chakra.

You may want to

print out all or part of these instructions or record yourself reading them to play back.

Ruled pages are included here between meditations for your convenience. You may print them out or use a meditation journal or paper of your choice. Whichever way you choose, I do recommend writing at least a couple of notes after each meditation. You will find that these notes yield valuable information regarding your progress.

Start by getting comfortable in a quiet place. You may choose a room in your house or a quiet place outside. Be sure that you won't be disturbed for at least 10 minutes. You may meditate for as long as you like, but 10 minutes is a good minimum. Even if you can manage only five minutes a day, you will enjoy greater serenity in your life.

“Comfortable” can mean sitting in a chair or on the floor or lying down on a couch or bed. I often lie down to meditate. If I drift into a light sleep, that's okay, because the more relaxed I am, the better I am able to receive messages from the cosmos. Besides, that's how I discovered my soul's propensity for wandering off—but that's another book!

Place your hands where they feel comfortable. If you prefer a “namaste” position, as in the picture above, that will work, or you hold a traditional “Om” pose, with thumbs connected to forefingers. Or you may simply lay your hands in your lap or let them hang by your sides. The important thing is for you to feel comfortable and connected.

You may choose to have some kind of sound, such as a white-noise machine, a fan, or soothing music. However, keep in mind that even soft background noise can inhibit your ability to hear your guides or angels or GUS giving you messages. Some people do not receive messages aurally, so I mention this only for your awareness.

Next, close your eyes and turn your attention to your breath. Breathe deeply but not so deeply that you feel strained. Do not hold your breath.

Count mentally as you inhale and exhale. I use 1 through 4 for the inhale and 5 through 8 for the exhale. You may use whichever numbers make sense to you and fit your breathing pattern. (According to numerology, 8 is a “money” number. Again, that’s another book, but I do like the number 8!)

Once you feel relaxed—that may take three breaths or 20—start to consider the chakra of the day...

## **Meditation #1: Root Chakra**

The Root, or Base, chakra is located near the tailbone and should be red. Most of the Root chakras I perceive in my clients range from dark red to reddish-brown to brown. It is one of the more difficult chakras to bring to its true color. But that doesn't mean you can't do it!

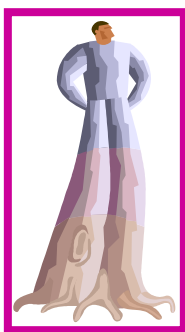
The Root chakra reflects the following:

**Physical: feet, knees, legs, pelvic floor, rectum**

**Emotional/Mental: fitting into the family of origin, relationships with parents, grandparents, and siblings, childhood traumas and lessons**

**Spiritual: ability to stand up for oneself, ability to stand on one's own two feet and/or support oneself**

In your Root chakra meditation, after your initial breathing and relaxation, visualize your Root chakra near your tailbone. Make it as big as you think it should be. Try to see a bright, shining shade of red that suits you. You may see it as a wheel, a fan, or a sphere.



Next, imagine your Root chakra coming forward, out of your body, until it is in front of you. Concentrate on the color for a moment. Is it just the right shade of red? The color of a fire engine? Or a tomato? Or maybe a magenta tone from a sunset? Choose what appeals to you.

Now expand the color to have depth and texture. Is it smooth and silky? Metallic? Maybe you want to put

lights in it. I like to imagine twinkle lights in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Root chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But leave your mind open to messages, thoughts, and feelings.

**For example, as you complete this exercise, you may notice thoughts of your mother and your relationship with her coming into your mind. Or**

**you may remember a long-forgotten incident from your childhood. It may be pleasant or unpleasant.**

Examine these ideas and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your Root chakra.

When you feel that you are complete within the exercise, inhale as you bring your Root chakra back into your body, into its proper place by your tailbone. You may feel warmth in this area as you replace the chakra. Exhale, then take several more deep breaths as you count.

Open your eyes. Your Root chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!



# Root Chakra Notes

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# Root Chakra Notes

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## **Meditation #2: Navel Chakra**

The Navel, or Sacral, chakra is the second one, located inside the lower back, just below the belly button. Its natural color is orange. Most of the ones I see are a pale orange and they often resemble a cantaloupe. Because of the terminology, “navel” and “orange”, they also sometimes look like oranges. These are my perceptions and I have learned to interpret the images I see, whether they are fruity or not!

The Navel chakra reflects the following:

**Physical: reproductive organs and genitals, lower intestine, appendix, lower back, pelvis**

**Emotional/Mental:** primary romantic relationships, sexuality, procreation, creativity, children

**Spiritual:** sacred creation of one's life processes, projects, and relationships

In your Navel chakra meditation, after your initial breathing and relaxation, visualize your Navel chakra just below your belly button. Make it as big as you think it should be. Try to see a shade of orange that suits you. You may see it as a wheel, a fan, or a sphere.

Next, imagine it coming forward, out of your body, until it is in front of you. Concentrate on the color for a moment. Is it just the right shade of orange? Is it cantaloupe-colored, like the ones I see? Or is it more like an orange or a sunset? Maybe it's the color of a favorite shirt or toy from your childhood. Choose what you like best.



Now expand the color to have depth and texture. Is it smooth and silky? Bumpy like an orange peel? You may choose to put lights in it. I like to imagine twinkle lights in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Navel chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But

leave your mind open to messages, thoughts, and feelings.

**For example, as you complete this exercise, you may notice thoughts of your child or a child you hope to have. You might think of something creative, like painting. Or you may notice unpleasant feelings, such as guilt or betrayal.**

Examine them and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your Navel chakra.

When you feel that you are complete within the exercise, inhale as you bring your Navel chakra back into your body, into its proper place below your belly button. Exhale, then take several more deep breaths as you count like before.

Open your eyes. Your Navel chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

# Navel Chakra Notes

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# Navel Chakra Notes

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## **Meditation #3: Solar Plexus Chakra**

The Solar Plexus chakra is third in line and is located where its name indicates: just below the solar plexus at the tip of the breastbone. Its natural color is yellow. I usually see them looking something like a fish bowl filled or partially filled with yellow liquid. (I pretend it's lemonade.)

The Solar Plexus chakra reflects the following:

**Physical: stomach, liver, gall bladder, spleen, duodenum, diaphragm, kidneys, adrenal glands, mid-back**

**Emotional/Mental: self-esteem, self-worth, sense of self**

**Spiritual: personal power, actions on one's own behalf, sense of sacred worth**

In your Solar Plexus chakra meditation, after your initial breathing and relaxation, visualize your Solar Plexus chakra just below your sternum. Make it as big as you think it should be. Try to see a shade of yellow that suits you. You may see it as a wheel, a fan, or a sphere.

Next, imagine it coming forward, out of your body, until it is in front of you. Concentrate on the color for a moment. Do you like the shade of yellow? Does it have a solid color, like a banana, or is it clear, like lemonade? Maybe you prefer the color of gold, like bullion. Or a bright yellow like the sun. It's your choice.



Now expand the color to have depth and texture. Is it smooth? Or liquid? Is the liquid tranquil or rippling or even in waves like the ocean? I like to imagine twinkle lights in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Solar Plexus chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But leave your mind open to messages, thoughts, and feelings.

**For example, as you complete this exercise, you may notice thoughts of feeling proud or ashamed of yourself. You may hear a parent's or partner's put-downs or praise of you. You might think of events in which you have felt proud of yourself.**

Examine them and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your Solar Plexus chakra.

When you feel that you are complete within the exercise, inhale as you bring your Solar Plexus chakra back into your body, into its proper place below sternum. Exhale, then take several more deep breaths as you count like before.

Open your eyes. Your Solar Plexus chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

Solar Plexus Chakra Notes

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# Solar Plexus Chakra Notes

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## **Meditation #4: Heart Chakra**

The Heart chakra is right in the middle of the seven chakras, the fourth one, located in the center of the chest. It has two possible colors: pink and green. It may have one or both colors at any given moment.

I find that, in my perception, the green is protective love and the pink is the true center love of the Heart. I do not mean to be sexist, but the few men in my practice tend to have small, green-coated Heart chakras. Women's Heart chakras vary greatly and almost all have some green in them, protecting or guarding or soothing a wound, reminding them not to get hurt in that way again.

In keeping with my fruit-y theme, some Heart chakras look to me like watermelon. The pink is always on the inside and the green on the outside. Others look to me like flowers (roses usually) with varying amounts of protective green. You get to choose which color you like better or if you want to have both. If you choose both, be sure to put the green outside or under the pink.

The Heart chakra reflects the following:

**Physical: chest, arms, lungs, heart, breasts, upper back, thymus**

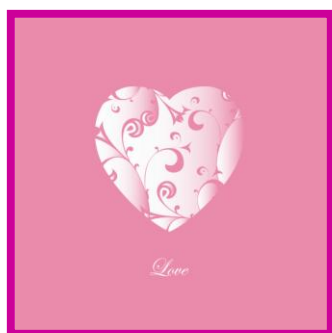
**Emotional/Mental: love, money, self-love**

**Spiritual: sacred self-love, vulnerability of the soul, the meeting of the physical and spiritual selves**

In your Heart chakra meditation, after your initial breathing and relaxation, visualize your Heart chakra

in the center of your chest. Make it as big as you think it should be. Try to see shades of pink, green, or both that suit you. You may see it as a wheel, a fan, or a sphere.

Next, imagine it coming forward, out of your body, until it is in front of you. Concentrate on the color for a moment. Is the color or colors right? Is the pink pale and soft or deep and rosy? Is the green like a lime or more like grass? Choose what you like best. Remember to keep the green, if any, outside or below the pink.



Now expand the color to have depth and texture. Is it velvety or creamy? Or maybe it's slick like ice. You may choose to put lights in it. I like to imagine twinkle lights

in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Heart chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But leave your mind open to messages, thoughts, and feelings.

**For example, as you go through this exercise, you may notice thoughts of someone you love or a sensation of love or joy. You may feel a physical tingle as you feel love coming to you from the spiritual plane.**

Examine these thoughts and feelings and acknowledge them. See if you can let them meander

back out of your mind. Continue breathing and watching your beautiful Heart chakra.

When you feel that you are complete within the exercise, inhale as you bring your Heart chakra back into your body, into its proper place within your chest. Exhale, then take several more deep breaths as you count like you did in the beginning.

Open your eyes. Your Heart chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

# Heart Chakra Notes

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# Heart Chakra Notes

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## **Meditation #5: Throat Chakra**

The Throat chakra is the fifth one, located obviously in the neck. Its natural color is light blue. I usually perceive fifth chakras as round ceramic planters. For your purposes in this meditation, you may simply see a light blue sphere or wheel.

The Throat chakra reflects the following:

**Physical: neck and neck bones, carotid artery, thyroid, esophagus, trachea, mouth, teeth**

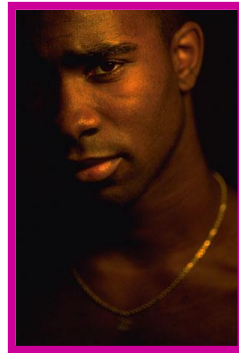
**Emotional/Mental: career/work, knowledge, faith**



**Spiritual: life path and life purpose, expression of your sacred Truth**

In your Throat chakra meditation, after your initial breathing and relaxation, visualize your Throat chakra in the center of your neck. Make it as big as you think it should be. Try to see a shade of light blue that you like (I'm partial to turquoise). You may see it as a wheel, a fan, or a sphere.

Next, imagine it coming forward, out of your body, until it is in front of you. Concentrate on the color for a moment. Is the color right? Is the light blue similar to the Caribbean Sea, a turquoise stone, or a clear sky? Choose what you like best.



Now expand the color to have depth and texture. Is it velvety or creamy? Or maybe it's slick like ice. You

may choose to put lights in it. I like to imagine twinkle lights in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Throat chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But leave your mind open to messages, thoughts, and feelings.

**For example, as you go through this exercise, you may notice ideas or worries about your work or**

your chosen career. You might feel a certainty that you are going in the right direction—or “on the right path”. (I will tell you that almost all of my clients are going in the right direction, regardless of their progress.) You might get an idea about doing work that you never thought of before—and it could be accompanied by a physical feeling of confirmation, like a chill or tingle.

Examine these thoughts and feelings and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your beautiful Throat chakra.

When you feel that you are complete within the exercise, inhale as you bring your Throat chakra back into your body, into its proper place within your neck. Exhale, then take several more deep breaths as you count like you did in the beginning.

Open your eyes. Your Throat chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

# Throat Chakra Notes

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# Throat Chakra Notes

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## **Meditation #6: Third-Eye Chakra**

The Third-Eye chakra is located in the center of the head and its view on the world is from the center of the forehead. Its natural color is either indigo or purple. To a person, every one I see is periwinkle (bluish-purple). You can choose any of these colors for your Third-Eye chakra. I also sometimes perceive something pertaining to an eye, such as eyelashes. If you see this, go with it!

The Third-Eye chakra reflects and affects the following:

**Physical: head, brain, nervous system, eyes, ears**

**Emotional/Mental:           personal       interaction,  
depression, mental illness, thoughts and beliefs**

**Spiritual:** intuition about others, awareness of Spirit

In your Third-Eye chakra meditation, after your initial breathing and relaxation, visualize your Third-Eye chakra inside your head. Make it as big as you think it should be. Try to see a bright, shining shade of indigo or purple that suits you. You may see it as a wheel, a fan, or a sphere—or, in this case, an eye!



Next, imagine it coming forward, out of your head, until it is in front of you. Concentrate on the color for a moment. Is it just the right shade of indigo? A midnight sky? Or purple, a blueberry? Choose what appeals to you.

Now expand the color to have depth and texture. Is it smooth or velvety? Crystal clear? Maybe you want to put lights in it. I like to imagine twinkle lights in my chakras.



Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Third-Eye chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But leave your mind open to messages, thoughts, and feelings.

**For example, as you complete this exercise, you might begin to think of times you have experienced “déjà vu” or when you were certain you knew what someone else was feeling. You may even think of simple things, like knowing who was calling before the phone rang.**

Examine these thoughts and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your Third-Eye chakra.

When you feel that you are complete within the exercise, inhale as you bring the Third-Eye chakra back into your head, into its proper place between your eyes. You may feel warmth in this area as you mentally replace the chakra. Exhale, then take several more deep breaths as you count.

Open your eyes. Your Third-Eye chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

# Third-Eye Chakra Notes

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# Third-Eye Chakra Notes

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## **Meditation #7: Crown Chakra**

The Crown chakra is located just above the head, where a crown would sit. Its natural color is either purple or white. To me, rather than a sphere, I always see Crown chakras as a beam of light coming out of the top of the head. For our purposes here, we will stay with our sphere/wheel image, but feel free to experiment with the shape.

The Crown chakra reflects the following:

**Physical: skeleton, skin, immune system, whole-body issues (and probably hair)**

**Emotional/Mental:** religion, spiritual beliefs and ideals

**Spiritual:** connection to God/Universe/Higher Self, innate and sacred *knowing*

In your Crown chakra meditation, after your initial breathing and relaxation, visualize your Crown chakra just above your head. Make it as big as you think it should be. Try to see a bright, shining shade of purple or white that suits you. You may see it as a wheel, a fan, or a sphere. Remember, if you see instead a beam of light, work with that!

Next, imagine it coming forward, off of your head, until it is in front of you. As an alternative, you may wish to leave it in place atop your head and visualize it there. Concentrate on the color for a



moment. Is it just the right shade of purple, like grape juice? Or is it milky, misty white? Maybe it is white with a tinge of purple.

Next, expand the color to have depth and texture. Is it smooth or velvety? Crystal clear? Maybe you want to put lights in it. I like to imagine twinkle lights in my chakras.

Make sure your chakra's shape is holding, although you may imagine it to be as large as you like. If it expands and envelopes you, go with it!

Now that you have color, texture, and size solidly in your mind, start to spin your Crown chakra. Notice whether it wants to spin clockwise or counter-clockwise and whether it is spinning vertically or horizontally. Watch it for as long as you like and as long as you can maintain the image.

Notice what thoughts occur to you while you do this. It is possible that none will. Or perhaps nothing will come to you the first time or the first five times. But

leave your mind open to messages, thoughts, and feelings.

**For example, as you complete this exercise, you may think of ideas that you haven't heard before about the mysteries of Life. If they ring true for you, keep them. You might also have thoughts about religion. Again, try to determine if they feel right to you. Your first thought will be the Truth.**

Examine these ideas and ideals and acknowledge them. See if you can let them meander back out of your mind. Continue breathing and watching your Third-Eye chakra.

When you feel that you are complete within the exercise, inhale as you bring your Crown chakra back onto your head, into its proper place like a crown.. You may feel a tingle throughout your body as you mentally replace this chakra. Exhale, then take several more deep breaths as you count.



Open your eyes. Your Crown chakra meditation is complete.

When you have finished, you may choose to write down any thoughts and feelings that were prominent during your meditation. Keeping a regular meditation journal will reveal patterns in your thoughts and may also reveal messages from the cosmos!

# Crown Chakra Notes

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# Crown Chakra Notes

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## **What's Next?**

Once you have meditated your way through a week, consider meditating another week and then another...

By keeping your meditation journal and reviewing it periodically, you will notice what shifts in different areas of your life.

For example, you might notice that your relationships with your parents or children improve—a result of Root or Navel chakra work. Or you might notice that you're surer of your purpose in your life—reflecting improvement in the Throat chakra.

If there is something in particular you want to work on, such as career or relationships, you might spend extra days or time on the appropriate chakra.

## For People Who Can't Meditate

You may also begin to feel more spiritually aligned with the Universe or your version of GUS. As this process continues, you will naturally enjoy greater peace and better health.

I wish you success with your meditation and in all areas of your life!



Namaste!



## About the Author

**Susan K. Morrow** is a mystic, author, speaker, psychic medium, medical intuitive, and spiritual teacher. She lives a very happy life that has had some pretty extraordinary moments, such as predicting her husband's death and the events of September 11, 2001.

In her practice, Susan gives her clients readings, coaching, and enlightenment in spirituality—all in very practical terms that result in greater understanding of their lives and increased health and happiness.

Susan K. now enjoys offering her many services to her clients around the world, as well as speaking and giving readings for private and public groups.

Although Susan has been a writer since she could hold a pencil, this is her first published book. Other published volumes include *Dead On: Spirited Stories from a Medium's Diary* and *Channel One: 137 Messages from the Universe*, both available on the web site, [www.SusankMorrow.com](http://www.SusankMorrow.com). Titles under construction include *Channel Two: More Messages from the Universe*, *The Psychic and the Detective* (a novel), *Growing Up Pleasant* (a memoir), and *3-D: Three Simple Steps to Creating What You Want*.

Susan makes her home in the Houston, Texas, area.

