

# CHAKRA MEDITATIONS



ALANA FAIRCHILD

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Released in 2015 by Blue Angel Music®

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Music composition, arrangement and production by Glen Schollum,  
Schollum City Records, and Alana Fairchild

Photograph of Alana Fairchild by Lisa Ambrose Photography

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**YOUR CHAKRAS ARE** your energetic software through which your higher self interacts with your physical body. The clearer and more balanced your chakras are, the easier it is for the energy of your higher self to flow through your energy field, into your body. As your higher self infuses its energy into your body, your spiritual awakening occurs in an earthly, practical, helpful way. You become more able to have your dreams and heart-inspired visions manifest in the material world. Your physical life becomes a more conscious extension of your inner spiritual life and instead of feeling perhaps that your spiritual or inner world is one thing and your external, physical world is unrelated, they begin to operate as one. Your beautiful inside world of dreams can begin to flow through your body into the physical world. You can live your divine light in a new way, anchored in the physical world where it is most needed.

This is not a 'once off' happening. We can do these meditations and benefit from them at any time we want a helping hand or spiritual boost to support us in living more of our dreams in the world. Clearing the chakras is a way to clear the path to manifesting our inner intentions.

Choose to do one or both of these meditations according to your intuition. A shorter and longer practice have been recorded so that you can choose what best suits your daily routine.

Below is an outline of the mantras and affirmations that are used on the CD should you wish to refresh your memory at any time. Mantras are a

gateway to wellbeing on all levels. As you clear and rebalance the energy in your chakras, you may experience effects of the healing through the hours or days following your healing work. This might mean that before you feel more energy and notice things happening more easily in your life, you may feel some emotions arising to be cleared or you may become quite tired and need to rest. These are signs that your healing is at work and you need to give yourself time to process the challenging part of the healing process so that the flow can occur afterwards. Your experience of the healing process can vary depending on what is shifting in you at the time. Whether the effects are subtle or obvious, you will draw in what you need each time you practice.

The mantras, names, sounds and colours that Alana has used in these meditations are based on teachings that are thousands of years old. You don't have to understand them, and exact translation is not a simple matter, or even absolutely possible. However a simple translation is offered for the mantras below as a guide so you understand and open to receive the sound sent into your energy field as you listen to Alana's voice.

Enjoy your practice!

For more information about Alana and her work, visit her website at:  
[www.alanafairchild.com](http://www.alanafairchild.com)

## CHAKRA MEDITATION 1: SOUND HEALING, COLOUR AND MANTRA

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**Base Chakra:** MULADHARA - RED - Earth - LAM - C

**Sacral Chakra:** SVADISTANA - ORANGE - Water - VAM - D

**Solar Plexus Chakra:** MANIPURA - YELLOW - Fire - RAM - E

**Heart Chakra:** ANAHATA - GREEN - Air/Ether - YAM - F

**Throat Chakra:** VISHUDDI - BLUE - Sound - HAM - G

**Third Eye Chakra:** AJNA - INDIGO - Light - OM - A

**Crown Chakra:** SAHASRARA - PURPLE - Unity - One OM then  
Silence - B

CHAKRA MEDITATION 2:  
SOUND HEALING, AFFIRMATION AND MANTRA

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**Base Chakra:**

I release fear, open to presence, groundedness, safety.

OM GUM GANAPATIYEI NAMAHA

(I call upon Ganesh, blessings of removing blockages and obstacles to my success!)

I AM PRESENT AND SECURE IN THIS MOMENT

**Sacral Chakra:**

I release guilt, open to pleasure, feeling, creativity.

OM SHRIM MAHA LAKSHMIYEI SWAHA

(I call upon Lakshmi, blessings of prosperity, love and abundance come to me now!)

I ATTRACT ALL THAT I NEED FOR MY LIFE PATH

**Solar Plexus Chakra:**

I release shame, open to respect, worthiness, instincts.

OM DUM DURGAYEI NAMAHA

(I call upon Durga, blessings of protection, success and confidence come to me now!)

I AM CONFIDENT AND EMPOWERED TO ACT

**Heart Chakra:**

I release sadness and grief, and open to love, trust, openness.

OM MANI PADME HUM

(I call upon Kuan Yin and open my heart to love, light and trust.)

I AM A BEING OF LOVE

**Throat Chakra:**

I release lies and toxins, open to expression, truth, purity.

OM EIM SARASWATIYEI NAMAHA

(I call upon Saraswati, and call upon wisdom, truth and creative self-expression now!)

I EXPRESS AND MANIFEST MY SOUL LIGHT

**Third Eye Chakra:**

I release illusion, open to insight, truth, wisdom.

OM NAMAH SHIVAYA SHIVAYEI NAMAHA

(I call upon Shiva, the divine light and truth of wisdom now!)

I SEE THE TRUTH AND THE TRUTH IS LOVE

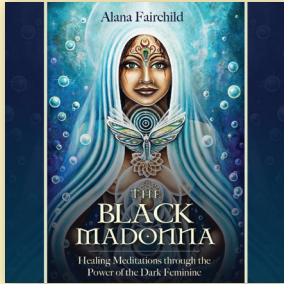
**Crown Chakra:**

I release attachment, open to freedom, surrender to the Divine.

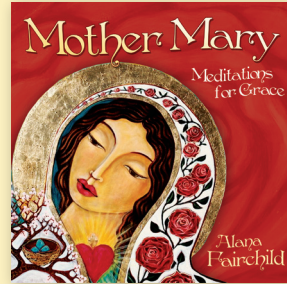
OM SRI RAMA JAYA RAMA JAYA JAYA RAMA

(I call upon Rama, divine love and enlightenment bless me now!)

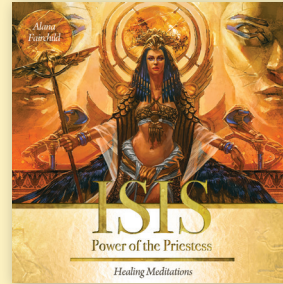
I AM A DIVINE SPIRITUAL BEING OF LIGHT



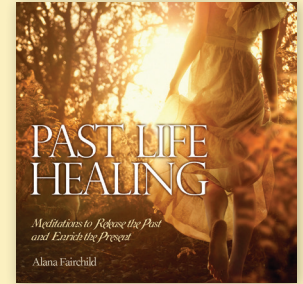
The Black Madonna CD



Mother Mary CD



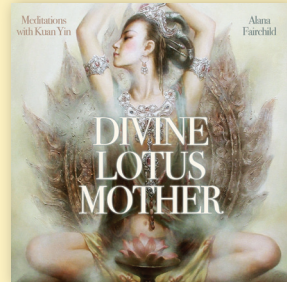
Isis: Power of the Priestess CD



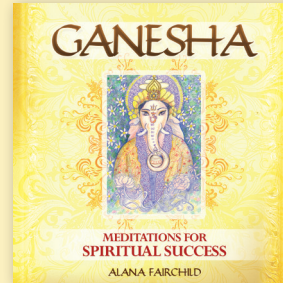
Past Life Healing CD



Voice of the Soul CD



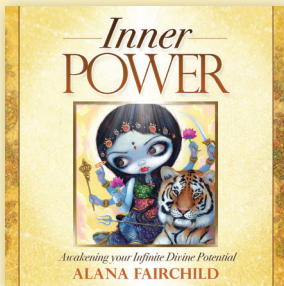
Divine Lotus Mother CD



Ganesha CD



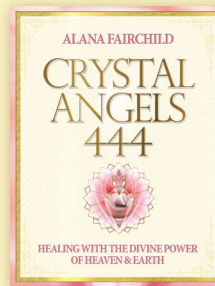
Star Child CD



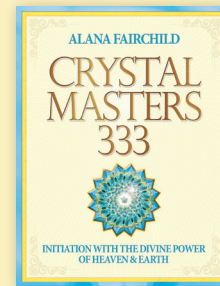
Inner Power CD



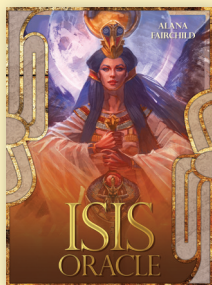
Kuan Yin DVD



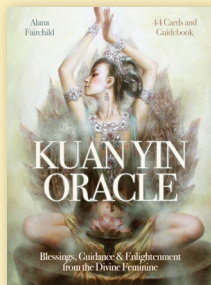
Crystal Angels 444 BOOK



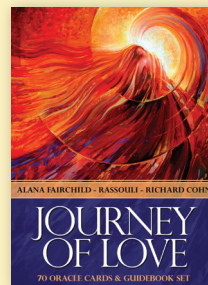
Crystal Masters 333 BOOK



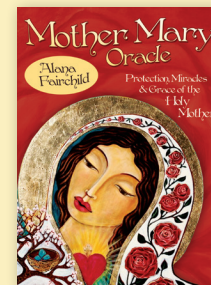
Isis Oracle ORACLE CARD SET



Kuan Yin Oracle ORACLE CARD SET



Journey of Love ORACLE CARD SET



Mother Mary Oracle ORACLE CARD SET



ALANA FAIRCHILD channels the Voice of the Soul. She surrenders her body and mind over to divine energy and becomes an emanation of love, wisdom and divine power. This eternal loving energy guides you into the mysteries of the divine presence that lies within you too, and that heals through unfathomable grace. That divine presence enables miracles, grace and protection. From that inner divine sanctuary, such gifts are freely bestowed. What we must learn is how to allow that flow and receive. Alana writes, speaks, sings and channels the many faces of the Divine that choose to serve human evolution, so that each one of us may become free, fearless and fully realised embodiments of the divine love that we are in truth.

Find out more about Alana's thriving creative spiritual work, and how it can assist you, on her website: [www.alanafairchild.com](http://www.alanafairchild.com)