

# Meditation

(Written by Christina Pawlaczyk and her longtime meditation teacher Joyce Barber)

Meditation is many things to different people and all MEDITATION IS CORRECT. It is the intention of the meditator that makes it true meditation.

When ONE starts to do meditation it is usually because they have something going on in their life, that they feel they cannot handle. It is wise to have a teacher, tape or CD of meditation to get one started. They can follow along with the sound and voice very easily.

You can start by getting in a comfortable position on the floor or a chair. You will take 3 deep breaths in and out slowly. Then intentionally relax your body from the top of your head to the bottoms of your feet. When your body is completely relaxed you can consciously go to a place of peace. There you can work on any situation, dream or desire you want. Most seasoned meditators just listen to the voice of intuition for the answers they seek, to improve upon their lives.

In the yogic tradition, we also remind ourselves of the seven major chakras along the spine of our body. We remember, or are guided by the color and energy they represent and give us. The base chakra is RED and is situated at the end of the spine (tailbone), it has the energy of life and self-awareness. So, we can envision the color red in every cell of our bodies giving us the needed life energy for a healthy life. Chakra 2 is below the navel and is the color ORANGE, representing strength, endurance, creativity and self-safety. The color orange flows through our bodies reassuring us that we have all the strength of body, mind and spirit to do what we have to do in our lives to be successful and well. Chakra 3 is above the navel (solar plexus) and the color here is YELLOW (like the sun). It spins and pulsates the energy of wisdom, good judgment and self-motivation. We need to know that we have this within us, from all of our teachings and past experiences we can live the life we desire, and make our dreams come true. Chakra 4 is at the heart center behind the breastbone. The color is GREEN (a rich emerald green). The energy here is health, wealth and self-love. We always have the divine perfect pattern for health in our body, and our bodies strive to maintain that perfection. As children of God we deserve abundance, and if we remember that all things on earth are here in abundance, then how can we be poor? Love yourself enough to accept the abundance that is here for you. HEALTH is a part of abundance. Love yourself...and accept yourself the way you are. Chakra 5 is at the throat and the color is BLUE, representing the power of your words, thoughts and self-expression. What you think and say TODAY, create your tomorrow. If your life is NOT on track, change your thoughts and the words you speak. Love yourself and Thank God you are alive! Chakra 6 is at the forehead between the brows (the third eye), and its color is INDIGO (a rich lavender). The energy here is intuition and self-understanding. With this you can pray, dream and know the positive words to turn your life around. Chakra 7 is above the crown, and the color here is WHITE. This is a culmination of ALL the colors within us and also known as the white light of protection surrounding us. This represents our belief in higher power, faith and selflessness. God or whatever you call God will hear your thoughts and act on them as you desire. Celebrate yourself, and come away with a relaxed idea for moving forward in your life. Many meditators just remain quiet and listen to their own thoughts in prayer like reverence. IT ALL WORKS, and that's meditation.