

Chakra Poem Series



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Purity – Saucha (LAM...root-muladhara)

A baby enters the world with a pure existence

True acceptance, love and trust that all needs will be met

Life's existence is simple with physical requirements of nourishment, sleep, warmth, safety and security

The purest love is seen by a baby's smile

Progression in the world complicates the baby's purity

Yet, as an adult purity can be met with living with simple principles we enter into the world...acceptance, love, trust and compassion.

Being You, Accepting Yourself, Loving Yourself, Having Compassion for Yourself

That is PURE....

Mirrors (VAM...navel-svadistana)

We are all mirrors reflecting our light.

Mirrors of smiles

Mirrors of anger

Mirrors of pain

Mirrors of joy

Mirrors of laughter

Mirrors of love

Mirrors of the past

Mirrors of the now

Reflect your true authentic self.

Shine your brightest light.

As we are all mirrors reflecting our light.

Simple Core (RAM...solar pelux-manipura)

Simple is to know your breath. Your breath is a steady friend always within you to take you where you please.

Breathe into stillness.
Breathe into love.
Breathe into the day.
Breathe into the night.

Go back to your breath when you are searching for life clues.

Your breath will lead you.

Breathe into stillness.
Breathe into love.
Breathe into the day.
Breathe into the night.

Your breath will lead you.

Wide Open (YAM...heart-anahata)

Listen with an open heart.
Follow the rhythm of the beats.

Steady and slow -- slow and steady.
Listen to understand.
Listen with compassion.

Do you hear the rhythm of the words?
The beauty of words when you take time to hear them?

Pause to listen.

Smile to acknowledge your understanding.

The words and heartbeat join in compassion.
Steady and slow -- slow and steady.
Words in rhythm.

Heart beating wide open.

Up and Up (HAM...throat-vissudha)

I hear the truth in my soul

I believe in myself
Have confidence in my abilities
Have faith in the universe

I speak up and up

I hear the truth in my soul

I believe in myself
Have confidence in my abilities
Have faith in the universe

I speak up and up

I follow my inner guidance knowing each step no matter how small, will take me to where I am going – I hear the truth in my soul.

Illuminated Eye (OM...eye-anja)

Our third eye, the center of our intuition
The center of our being
A quiet and gentle force to see

Illuminating colors
Illuminating sounds
Illuminating sensations
Illuminating truth
Illuminating love

The center of our intuition
The center of our being
A quiet and gentle force to see

Sweetest Love (Om...sahasvara-crown)

The sweetest, softest love is the one we have for ourselves
The courage to be ourselves
The compassion to be kind to ourselves
The vulnerability to speak our truth
The constant practice of letting go of the past
The constant reminder to live in the present moment of now
The patience it takes to allow and accept ourselves first
The patience to allow others
The unconditional love we strive to give ourselves
The unconditional love we share with others
The courage to live with an open heart, an open mind
The sweetest and softest space of LOVE for ourselves and others.