

Open Eyed Meditation Help Sheet.

***Red Base Chakra.** Principal values, and life beliefs, and goals.

***Orange Chakra.** Putting brilliant orange creative energy into those things you are looking to achieve, develop.

***Yellow Chakra.** Working on inner power and strength. Confidence building and self worth statements.

***Green Heart Chakra.** Acknowledging and stimulating self love. Some areas you can think of that you love about yourself.

***Blue Throat Chakra.** Some situations you would like to increase the ability to speak clearly.

***Indigo, Third Eye Chakra.** Main goal, how it looks, and feels when achieved. How others will see you when you achieve your goal.

***Violet Chakra.** This is the place of meditation. What is your idea of God or Higher Power, Life Force? Merge with it here.
