



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level Two Class Eight: Center Chakra Meditation

Preparation

Review the meditation procedure

Review the correspondences to the Center Chakra

Questions to consider:

What is the Center (2nd) Chakra?

What does it represent?

How does it relate to your life?

Study:

Center Chakra Meditation

Activity:

Before meditating, focus on the color orange

Do an Center Chakra meditation through your regular practice

Recommended Reading:

Follow-Up

Submit your answers to the questions above

Report on your meditation

Enter all information in your BoS

Center Chakra Meditation

begin your normal meditation procedure

Once inside your inner temple:

fill your space with the color orange

do an inner vibration on the sound "hee"

concentrate on the region of your body just below your navel

experience the chakra opening further

let its vibrations increase

experience the sensation of emotional acceptance

observe what you learn by connecting to this chakra

how does the energy of this chakra relate to you and your life?

listen and learn to what it teaches you

release the inner sound

close down the chakra so that it vibrates at a healthy normal rate

exit your temple and return