



Westchester Institute  
for Human Development

<https://www.wihd.org>

*Welcome!*

Community Support Network Transition Institute 2021

*Using a Mindfulness and Chakra  
Meditation Practice for Self Regulation  
with Susan Varsames, M.A.Ed.*

**WIHD's Community Support Network 2020-21  
'Virtual' Transition Institute**

## First let's talk about mindfulness

“a mental state achieved by focusing one's awareness on the present moment.....

while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.....

used as a therapeutic technique”

## What is Self Regulation?

**Self-regulation** is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

# What are chakras?

These are energy centers along the middle of the body.

They are spinning wheels of energy that keep us healthy, alert, calm and focused.

Energy needs to MOVE! If it is stuck or sluggish, that area of the body can become weak or sick.

The Seven Main Chakras each vibrate at a color and have matching frequency.

Illustration of the

Chakra colors --->



# Let's start from the bottom: The First Chakra, The Root Chakra

The color is **red**.

Place your hands on the root chakra and

Imagine inhaling red into this area

Think "I am safe, I am grounded. I have trust in myself and the people that love me." This is also the area of feeling financially secure and safe.

# The Second Chakra: The Sacral Chakra

The color is **orange**.

Place your hands on the sacral chakra and

Imagine inhaling the color orange into this area

Think “I am creative! I can have flexible and original thinking! I am comfortable with my sexuality.

# The Third Chakra: The Solar Plexus Chakra

The color is **YELLOW.**

Place your hands on the solar plexus chakra and

Imagine inhaling the color yellow into this area

Think “I trust my gut feelings, I have power and wisdom.”

# The Fourth Chakra: The Heart Chakra

The color is **green**.

Place your hands on the heart chakra and

Imagine inhaling green into this area

Think “I have love in my heart, I love myself, I love my family and I love

\_\_\_\_\_ (fill in who you love).

# The Fifth Chakra: The Throat Chakra

The color is **blue**.

Place your hands on the throat chakra and

Imagine inhaling blue into this area

Think, “I can communicate my needs, I can speak my honest truth, I can hear what others have to say and understand them.”

# The Sixth Chakra: The Third Eye Chakra

The color is **Purple**.

Place your hands on the third eye chakra and

Imagine inhaling purple into this area

Think, “I am smart, I have the intelligence I need in my life, I am aware of my surroundings”

# The Seventh Chakra: The Crown Chakra

The color is **Indigo or a bright white light.**

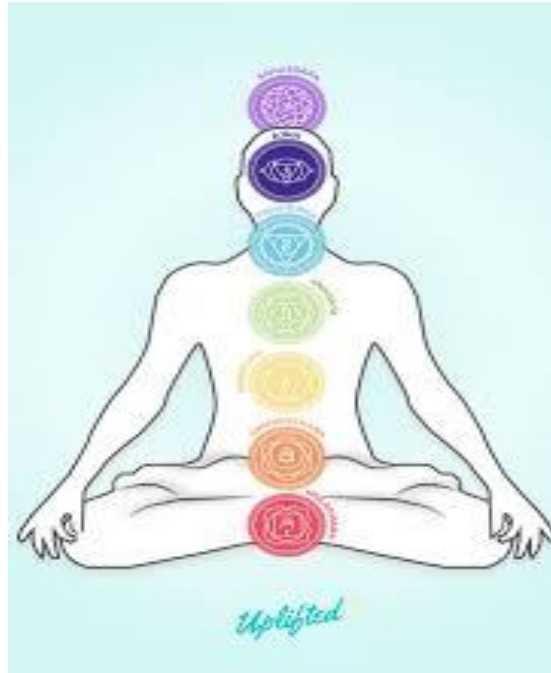
Place your hands on the crown chakra and

Imagine inhaling the color indigo or a bright white light into this area

Think, “I am connected to my spirituality, I know my angels are watching over me.”

# Review of the colors:

The colors once again:



# Let's Practice Mindful Breathing:

Inhale through your nose:

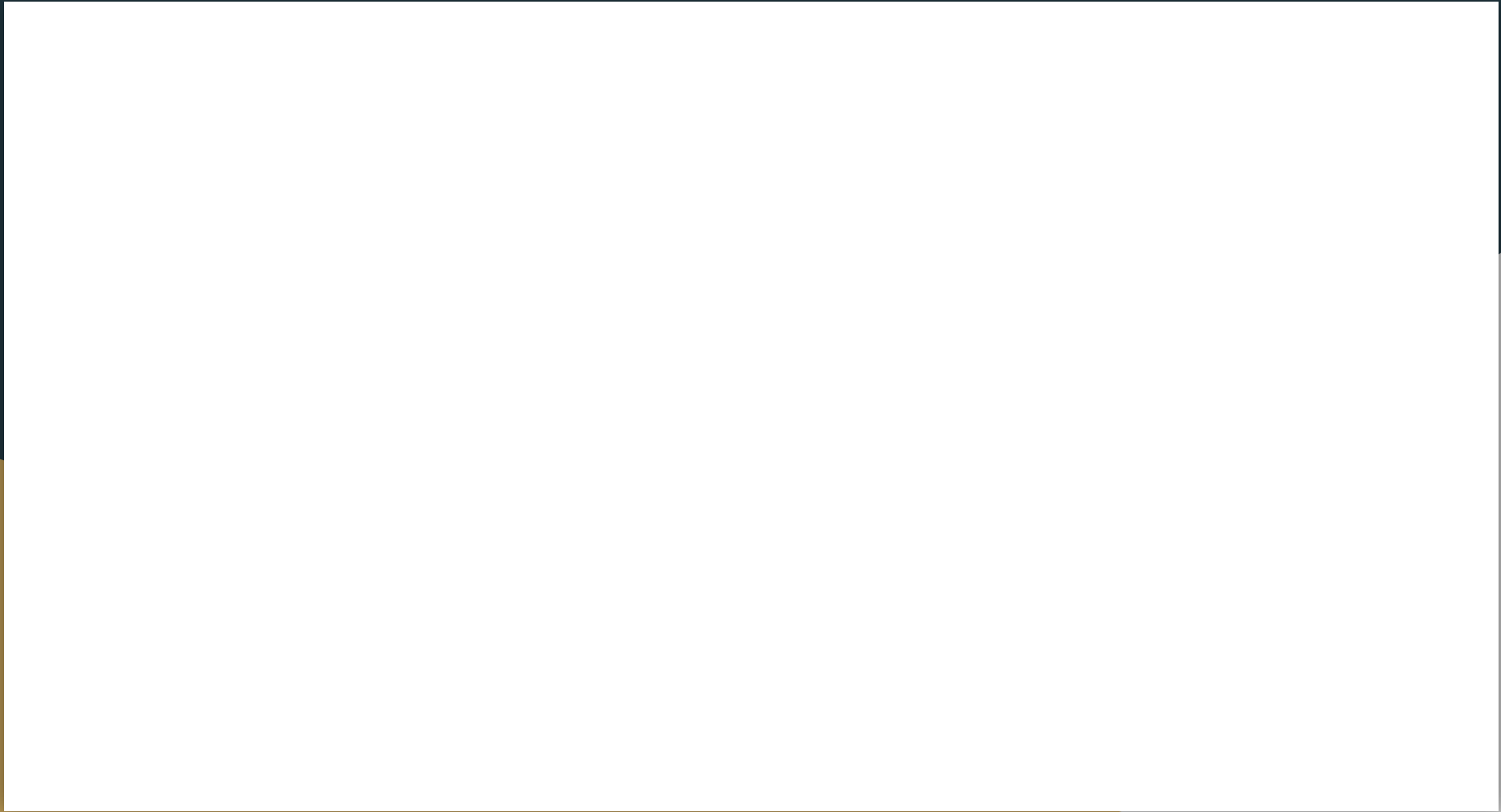
(Smell the flowers)



Exhale out of your mouth

(Blow the candle)

**SLOWLY !!**



OK! We are ready to meditate with the chakras!

Get comfortable

Find a space that is quiet and peaceful

Hug yourself and smile.....you are taking care of you!

Settle in and begin breathing and I will guide you through this!

# Questions?

How to contact me:

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# Thank you and NAMASTE!

Namaste means:

The light in me sees the light in you!



# namaste

I honor the Place in You  
in which the entire universe dwells.

I honor the Place in You  
which is of love, of truth, of light  
and of Peace.

When You are in that Place in You  
and I am in that Place in me,  
we are one.