

Terraced Chakra Garden

Notice before you a lovely terraced hillside . . .

It is a sunny day, and you can see a rainbow of colors cascading down the hill . . .

There is a stone pathway leading to the hill and up through the terraces, you take the path . . .

RED

And pass under a trellis of leafy greenery speckled with tiny red tea roses . . .

Take in the scent of red . . .

And take the stone stairway up to the first terrace . . .

And enter a garden of red flowers – roses, tulips, peonies, in full bloom. A feast for senses, as you take in the brilliant colors – all in the hue of red – vermillion, burgundy, pink . . .

and smell their differing fragrance from pungent to mild . . .

and feel their soft petals caressing your skin.

Take in the healing color of red, which is strongest at the bottom of your spine, your base chakra, which supports your feelings of security, physical health, vitality . . .

Let the shades of red wash over your whole body with its healing light . . .

Like a breeze of all the variations of red wafting over you . . .

You can scoop up the color with your hands and place the color red wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

ORANGE

And now you notice another trellis of leafy greenery, speckled with tiny orange tea roses . . .

Take in the scene of orange

And take the stone stairway up to the second terrace . . .

and enter a garden alive with vibrant orange roses, poppy, tulips, and dahlias in full bloom – in shades of deep reddish orange, coral, apricot . . .

and smell their differing fragrance from sultry to warm . . .

and feel their soft petals caressing your skin.

Take in the healing color of orange, which is strongest at the pelvis, your sacral chakra, which supports your feelings of pleasure, sensuality, creativity, wellbeing, regeneration . . .

Let the shades of orange wash over your whole body with its healing light . . .

Like a breeze of all the variations of orange wafting over you . . .

You can scoop up the color with your hands and place the color orange wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

YELLOW

And now you notice another trellis of leafy greenery, speckled with tiny yellow tea roses . . .

Take in the scent of yellow . . .

And take the stone stairway leading up to the third terrace . . .

and enter a garden dazzling with bright yellow roses, iris, sunflowers, daisies in full bloom . . . in shades of sunny yellow, pale yellow, citrine . . .

and smell their differing fragrance from robust to delicate . . .

and feel their soft petals caressing your skin.

Take in the healing color of yellow, which is strongest at the solar plexus, which supports your feelings self-worth, confidence, and self-esteem . . .

Let the shades of yellow wash over your whole body with its healing light . . .

Like a breeze of all the variations of yellow wafting over you . . .

You can scoop up the color with your hands and place the color yellow wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

GREEN

And now you notice another trellis of leafy greenery, speckled with delicate green tea roses . . .

Take in the scent of green . . .

And take the stone stairway leading up to the fourth terrace . . .

and enter a garden flourishing with pale green roses in full bloom, leafy ferns, holly bushes . . in shades of pale to dark earthy green . . .

and smell their differing fragrance from spicy to earthy . . .

and feel their soft petals, leaves and ferns caressing your skin.

Take in the healing color of green, which is strongest at the heart chakra, which supports your feelings of love, joy, communion with others, and tranquility . . .

Let the shades of green wash over your whole body with its healing light . . .

Like a breeze of all the variations of green wafting over you . . .

You can scoop up the color with your hands and place the color green wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

BLUE

And now you notice another trellis of leafy greenery, speckled with pale blue tea roses . . .

Take in the scent of blue . . .

And take the stone stairway leading up to the fifth terrace . . .

and enter a garden blossoming with tranquil blue roses, hydrangea, periwinkle . . . in shades of pale sky blue to deep ocean blue . . .

and smell their differing fragrance from heady to fragile . . .

and feel their soft petals caressing your skin.

Take in the healing color of blue, which is strongest at the throat chakra, which supports your ability to communicate creativity, express yourself, tell your truth . . .

Let the shades of blue wash over your whole body with its healing light . . .

Like a breeze of all the variations of blue wafting over you . . .

You can scoop up the color with your hands and place the color blue wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

PURPLE/VIOLET

And now you notice another trellis of leafy greenery, speckled with purple tea roses . . .

Take in the scent of violet . . .

And take the stone stairway leading up the sixth terrace . . .

and enter a garden resplendent with serene purple roses, violets, lilacs, hyacinths in full bloom . . . in shades of lilac, purple, violet . . .

and smell their differing fragrance from intoxicating to subtle . . .

and feel their soft petals caressing your skin.

Take in the healing color of violet, which is strongest at the brow chakra, which supports your intuition, imagination, inner wisdom, psychic ability . . .

Let the shades of purple wash over your whole body with its healing light . . .

Like a breeze of all the variations of purple and violet wafting over you . . .

You can scoop up the color with your hands and place the color violet wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

WHITE

And now you notice another trellis of leafy greenery, speckled with white tea roses . . .

Take in the scent of white

And take the stone stairway leading up the seventh terrace . . .

and enter a garden luminous with brilliant white roses, lily, lotus in full bloom . . . in shades of white, moon, cream, shell, milk . . .

and smell their differing fragrance from brilliant to elusive . . .

and feel their soft petals caressing your skin.

Take in the healing color of white, which is strongest at the Crown Chakra, which supports our feeling of connection to the divine, of bliss, of perfection, eternity, God . . .

Let the shades of white wash over your whole body with its healing light . . .

Like a breeze of all the variations of white wafting over you . . .

You can scoop up the color with your hands and place the color white wherever you feel you need its special healing energy . . .

Let your skin absorb the healing color . . .

RAINBOW

You may feel all these vibrant healing colors swirling around and inside of you, empowering you with their primal magic, as we continue our journey . . .

Take in the scent of the bouquet of colors . . .

And now you notice another trellis of leafy greenery, speckled with all colors of tea roses, red, orange, yellow, pale green, light blue, violet and white. . .

And take the stone stairway leading to the apex of the terraced hill . . .

And here, you find a landscape that is special to you, of your own design. There may be rocks, trees, streams . . .

It may seem familiar, or not . . .

It is whatever you will it to be . . .

This is your special place . . .

And now you may imagine a building – perhaps a temple . . .

It is however you see it – open air, walls, columns, wood, stone, marble. It can even be a grove of trees or a circle of stones . . .

It is your own inner temple, and appears however you want to see it. It can transform like magic, so that it is alive within your imagination.

Walk around this inner sanctuary and see, hear, smell, touch, even taste the air . . .

What surrounds the building?

You are high on a hill. What lies below? Forests, oceans, rivers, meadows, farms, even cities? You can look out over your world.

This is where the past, present and future intersect . . .

You may wish to approach the temple. Notice the entry – is it a door, an arch, or is it open air?

You may step inside. What do you notice? Is it furnished or spare? Things may appear and disappear as you summon or dismiss them in your imagination.

You may notice that you are not alone, there is another in the temple, who has been here all along.

It is your Higher Self . . .

How does this being seem to you? It can take any shape – an image of God, Angel, Guide, even an Animal Spirit. It is a part of you, your connection to the divine. It is your gatekeeper that guides you in your various lives, it is the eternal part of you.

The veil between you and your Higher Self is lifted, and you can communicate with it directly. What questions do you have about this life, or perhaps another?

This Higher Being is pure love, the love of the Divine, of yourself, and your ability to give love to others. This is perfection.

This place is always available to you . . .

Your Higher Self is always with you . . .

You may return here any time wish, your inner temple is a part of you, your Higher Self is you.

And now you may wish to begin your progression back to your familiar life, in your body, in this place. You may wish to acknowledge thank your Higher Self for the gift of being present, and leave the temple precinct knowing you may return again and again.

And Now

And now, follow the winding stone path down from the terraced hillside, passing through the trellises, the gardens of white, violet, blue, green, yellow, orange and red, and finally emerging from the trellis of red tea roses at the bottom of the hill.

You find yourself feeling refreshed, energized, and yet relaxed as you come back to the here and now!

Sources:

http://commons.wikimedia.org/wiki/Category:Flowers_by_color

<http://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html>

<http://www.scentit.com/descriptions.html>