

Learn Guided Chakras Meditation and Balancing with Josie Bray

Josie Bray provides guided meditation programs for individuals interested in learning chakra meditation and balancing based on the Vedic and Tantric Chakra system

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/EINPresswire.com/ -- The seven chakras in the human body are focal points governing various physical, mental, and emotional health aspects. According to ancient Vedic and Tantric texts in Hinduism, unlocking these chakras can help individuals connect with their inner selves and may

improve overall wellness. In addition, trained practitioners say unlocking these chakras can bring several benefits, from calmness and relaxation to spiritual awakening. Although scientific evidence for the seven chakras is not well understood, some argue that they relate to the nervous system. Those who want to understand or practice the proper steps toward [chakra balancing](#) or meditation can benefit from guided meditation programs such as Josie Bray's 21-Day Chakra Activation course.

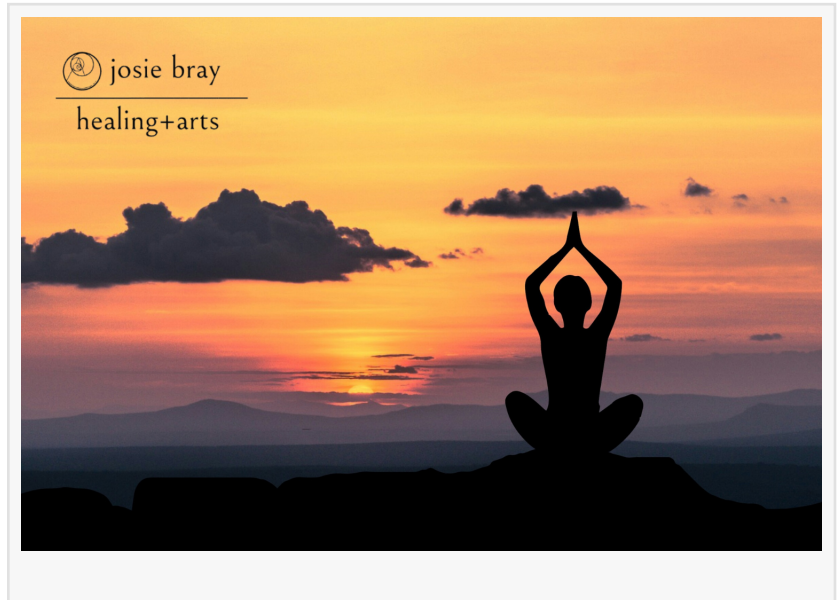
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Claire L, Dancer

Chakra meditation targets the seven energy centers located along the spine. The primary purpose of chakra meditation is unlocking these energy centers to achieve mental and physical health. Chakra meditation refers generically to practices that focus on activating and balancing the seven main energy centers (or chakras)

throughout the human body. They may be used for everything from relaxation and stress reduction to enlightenment. However, working with a trained practitioner is essential to understand the correct steps involved in chakra meditation. Some of the many advantages of chakra meditation are explained below.



[Chakras meditation](#) can alleviate stress and anxiety by inducing a deep sense of peace and tranquility. Practicing meditation can help people tackle wandering minds and emotions and develop a sense of inner peace and calm by paying attention to their breathing and the seven chakras. Chakra meditation focuses on the seven energy points (chakras) that are thought to be located throughout the body. As a result, people's physical and mental well-being can improve, and they may have a greater sense of vitality and vigor.

The practice of chakra meditation has been shown to heighten one's awareness of one's inner mental, emotional, and bodily states. People may learn about themselves and make suitable changes by being attuned to their chakras and noting any blocks or imbalances. Many people practice chakra meditation as a means of expanding their consciousness. The higher chakras (such as the third eye and crown chakras) are the portals to access their enlightened knowledge and intuition. Although not everyone will have the same experiences, many people incorporate chakra meditation into their daily routine to cultivate a sense of well-being and balance.

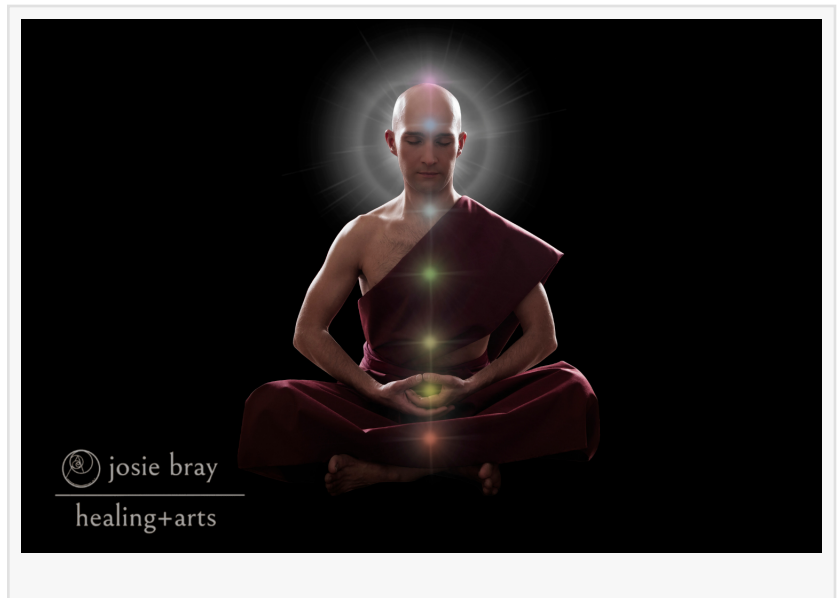
Those new to charka meditation should understand that, unlike basic meditation techniques, it is a much more complex practice and requires knowledge and assistance from someone experienced and trained in Vedic and Tantric chakra systems. In addition, they should know that meditating on chakra energy centers will require knowing the different aspects and locations of these centers. A trained practitioner like Josie Bray can provide an introduction to



the seven chakras and provide proper steps for balancing or unblocking these [chakra energies](#). As a result, many students experience positive changes in their life after completing the course.

"I have honored my needs for rest much more. One of the things I've been paying more attention to is this energy input, energy output, and the value that holds in my own body. And I feel like because of that, I've been a lot more protective of my boundaries and more intentional about what I am

giving my energy to in ways that I was not before. Working at a slower pace does not make me any less valuable as a contributor to society." - Claire L, Dancer



Every chakra has a specific location and governs a human body's different physical and mental aspects. For example, root chakra on the spinal base symbolizes essential physical health. Meditations that target the root chakra aim to reinstate a sense of security and stability. The second, which controls imagination and creativity, is called a sacral chakra, located right below the naval. The third, the solar plexus chakra, located in the middle of the stomach, is associated with feelings of strength and confidence. Meditation on this chakra helps boost self-confidence and determination. Next is the heart chakra, the center for self-love and social connection.

Expressing oneself and communicating are functions of the throat chakra, the fifth of seven chakras. Meditations on the throat chakra might aid in releasing inhibitions and living more truthfully. The sixth is the third-eye chakra, the seat of awareness and wisdom. Focusing on the third eye during meditation might help individuals gain perspective on their life and boost their emotional well-being. The seventh chakra, the crown chakra, is the spiritual epicenter. Regular crown chakra meditation can aid spiritual development and a sense of oneness with the divine.

Again, each person's energy patterns and imbalances are different, and a skilled practitioner may adjust their methods accordingly. The outcomes may be more specific and efficient as a consequence. A trained practitioner may advise and assist clients through chakra meditation and other chakra-balancing activities. They have the knowledge and experience to deconstruct chakra meditation into understandable and bite-size training sessions, so beginners can easily incorporate them into their lifestyle. For instance, Josie Bray's mediation reboot and chakra meditation program can be a good start for those interested in learning seven chakras, 5-15 minutes daily for 21 days. These guided meditation programs provide everything: audio recordings, practices to connect to each chakra, chakra journal prompts, and guidebooks about the seven chakras. In addition, enrolling in these courses requires no previous experience or

visiting a physical location.

About Josie Bray

Josie Bray is a wellness coach, movement specialist, and meditation teacher who dedicated her career to helping individuals achieve excellent health and well-being. With over 20 years of experience in the field, Josie has trained in functional and experiential anatomy, Pilates, personal training, yoga, meditation, and somatics, making her a well-rounded and knowledgeable practitioner. The 21-Day Chakra Activation Program is one of her most sought-after programs since it assists people in balancing and activating their chakras to increase their energy, vitality, and overall health. Josie guides her students to harness the energy of their chakras, increase their consciousness, and find inner peace via various meditation and movement activities.

Josie Bray

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