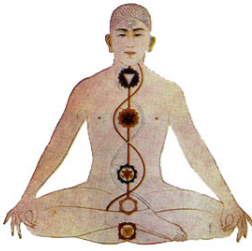


# The String of Pearls -Chakra Meditation

*Restores harmony and balance to the energy systems of the body*  
[ an excerpt from *Meditation - A Treasury of Technique* - Pam & Gordon Smith ]



The meditation "The String of Pearls" is based on a Laya Yoga technique in which visualisation and mantra are used to raise the latent or suppressed forces in ourselves to a higher level.

There is a great deal of energy in every human being involved in **worldly** activities, which if they are not refined by **spiritual** activities, will at the end of a life still be drawn down and out towards the world and result in what could be a low level of re-birth.

We have here, while still keeping to the Laya Yoga and Tantric tradition, modified the technique slightly to make it more suitable for the Westerner.

We have called this meditation "The String of Pearls", however there is **one pearl of great price** which can only be achieved by a great deal of hard work and this is the pearl which represents the **innermost Self**.

We have discovered through experience that the benefits which come from meditating on the chakras are fully experienced on the following day, when there is mergence, and the energies of the higher levels have had time to settle down and re-allocate themselves and refine the lower chakras.

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## MEDITATION

**Visualise a string of pearls** as lying along the spine, reflecting the light of the **Divine Sun** which lies like a beautiful crown of light above the head.

Within each pearl of light is a **mystic symbol** which links the energy of the chakra to the one **Supreme energy of the Universe**.

**Muladhara** chakra is the energy link which lies at the **base** of the spine. If you imagine that the spine is a cord along which lies a number of beautiful pearls, then the pearl at the end of the cord is the base or Muladhara chakra.

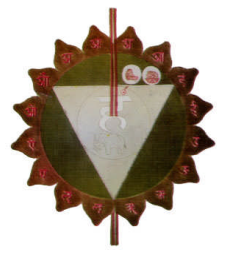
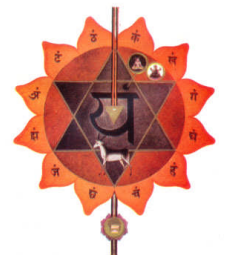
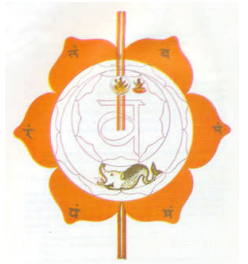
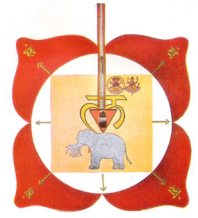
Concentrate your attention on this base chakra and imagine that you look into the light of this lowermost pearl, and that deep within its centre it has a heart of **gold**. As you move closer to the centre you see that the light at the heart is reflected from a **golden square** which is the Yogic symbol for this chakra, Gold representing the colour of the **Will**, and the square **stability**.

This lower chakra with the one above can be the storehouse of a great deal of sexual as well as repressed energies. Start to work for control of this lower centre by first **quietening the breath**, then by breathing Peace and Harmony towards its centre. The square is a symbol for right-angled behaviour. Feel its strength and stability as a symbol.

Consolidate that strength by repeating its seed mantra **LAM**.

**Swadisthana** Chakra is some **six inches** above the base of the spine at the level of the genitals and this is the position for your second pearl of light. At its centre visualise a **crescent moon against a dark sky**. Imagine that the reflective light of the moon adds purity and lustre to the pearl which contains it. The moon is the symbol of the **phasic** behaviour of human nature. Feel that your crescent moon is always potentially full, and its light represents the **purity of the soul** reflecting the positive forces of **Wisdom** and **Truth**.

To integrate these forces at this level intone the Bija mantra **YAM**.



**Manipura** Chakra lies at the level of the **navel**, and the pearl on which to meditate here is **white, tinged with a fiery glow** which emanates from its centre. This area of the body is associated with **energy** and **life**. The Yogic symbol at the centre of the Chakra is an **inverted red triangle**. The energy of this centre when focused and expressed through its Bija Mantra **RAM lifts the spirit and dispels depression**. Repeat the mantra several times before moving on.

**Anahata** Chakra lies at the **heart** level and its pearl of light is a **beautiful blue grey** which reflects the colour of its central Yantric symbol, which is **two interlaced triangles**. The **male** triangle aspires upwards towards Truth and Wisdom, the downward pointing **female** triangle towards the earth and procreation.

When meditating on this chakra first become aware of the breath and its subtle inner rhythm, then **move with the breath to the centre of the heart chakra**. Continue to refine the breathing until you hear within the inward and outward flowing breath its **Prana** Bija Mantra which is "**Hangsa**". The Prana Bija Mantra will refine the energy of the centre, the Bija Mantra **YAM** integrates the energy of this centre.

**Vishuddha** Chakra is at the level of the **throat** and it is here that we visualise another beautiful pearl of light. The Sufis have a saying, the purport of which is to **let the Truth of your heart be on your tongue**. When this is the case the light of Truth not only enlightens the heart, but also the throat chakra. Meditate on the throat chakra by visualising a **white disc** at the centre of the pearl of light, the disc representing the **purity of Truth**. Feel that there are no restrictions at this level, and **Truth keeps you healthy and Free**.

If you cannot speak the Truth — Remain silent.  
The Bija Mantra at this level is **HAM**.

The **Ajna** Chakra or **Brow** centre is just above the centre line of the eyebrows and a little bit back, and the pearl here is the most penetrating yet as it represents the pure light of Consciousness which has within it a central harmonic, the mantra **OM**, which is the most ancient name of God. This **command centre** of the Yogis is experienced by developing an **objective Self awareness**, during which one observes with **detachment** the activities of one's own **mind** and the **world** around, all activities being presented to the **pure light of Consciousness**, which from itself determines whether to act or not.

**Sahasrara** Chakra is just **above the crown of the head** and is symbolised by a thousand petalled lotus which in reality is a lotus whose petals cannot be numbered, and which reflects the **infinite creative possibilities of the Absolute**. When meditating feel that this beautiful lotus actually exists, and that its light continually descends to **illuminate, refine** and bring **health and light** to all the lower energy centres in the body, which in themselves continually work to maintain the strength and harmony of the whole body.

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