

Meditation to Increase Reproductive Energy

To do this meditation you will need to know a little about chakras. Chakra is a concept originating from Hindu traditions and means wheel-like vortices that receive and transmit energy. The chakra is a center of activity that receives, assimilates, and expresses life force energy. Your body contains 7 chakras, and we will be connecting to 3 of them in this meditation. The 1st chakra, the base or root chakra, is located at the perineum between the genitals and the anus. The 2nd chakra, the sacral chakra is located at the sacrum or 2 finger widths below the belly button. The 3rd chakra, the solar plexus chakra, is located 3 finger widths above the belly button. You are able to control the movement and flow of life energy in and out of your chakras by focusing on them. These chakras are all connected via a central channel that runs along the spine. Energy moves up and down the central channel and gets distributed to different areas of your body. This meditation will create more reproductive energy and increase your awareness with this area of your body. It will move your energy, which can address blocks and stagnation.

This is a meditation you can do on your own or with a partner (if present). A helpful way to experience this would be to record yourself reading it, and listen to it when you want to create more reproductive energy. You will want to do this in a quiet space where you will not be interrupted. Sit on a chair or on the ground with your back upright or lay down. Read slowly and make pauses to give yourself time to follow the instructions. Please do not replicate this meditation without my permission. Enjoy!

Allow yourself to get settled and gently close your eyes. Bring your awareness to your breath. (long pause, about 1 min.) Now begin to slow and deepen your breath. Extending the length of your inhale and your exhale.

Now take a deep breath and feel your body relax and open. Bring your awareness to your 1st chakra, which is at your perineum, between your genitals and anus. Sense, feel or imagine a grounding cord coming from your 1st chakra moving all the way down into the center of the earth. This grounding cord can be made of any material you choose. Perhaps a rope, a beam of light, a plant, anything that comes to mind. With this cord, feel your connection to the earth and the earth's connection to you.

Now bring your awareness back to your 1st chakra. Sense or feel or imagine your chakra as a wheel or a spinning circle. Notice if there is any particular color associated with your chakra. When you're ready, on the inhale begin to draw energy up from the earth through the grounding cord into your 1st chakra. On the exhale, feel the energy and your breath move down the grounding cord back to the earth. Continue to breathe in this pattern while visualizing energy coming up to your 1st chakra and back down to the earth. Each time you're doing this, the energy is building up and you are creating more life force in this area. You can visualize the energy as light or water or any form that comes to you. Sense, or feel, or image your chakra spinning clockwise, moving the energy in this area.

When you're ready, bring your awareness to your 2nd chakra, which is 2 finger widths below your belly button, at the sacrum. Breathe into this space, and tune into this energy center.

Notice and open the channel between your 1st and 2nd chakra, visualizing it as a tunnel or a pathway or light. On the inhale, draw the energy from the earth through your grounding cord up to your 2nd chakra. On the exhale, send your breath and energy through the channel, back down to the earth. Continue this breathing pattern feeling more and more of your energy building around your 2nd chakra. You can visualize your 2nd chakra spinning clockwise in your body. Notice if there are any colors that come to mind as you're doing this. If there are, you can focus on bringing up that color from the earth to your 2nd chakra when you inhale and bring the color back down to the earth when you exhale. Continue with this chakra until you feel ready to move on.

Now we will move onto your 3rd chakra, which is located about 3 fingers width above your belly button. Now open the channel that connects your 3rd chakra to your 2nd chakra, to your 1st chakra, to the center of the earth. On the inhale draw energy from the center of the earth, all the way up, through the channel to your 3rd chakra. On the exhale, send your breath and energy down through the channel back to the earth. Continue breathing in this pattern, consciously circling your energy back and forth. Feel more and more energy build in your 3rd chakra, spinning it clockwise. Notice if there are any colors associated with this chakra. If there are, send that color back and forth between your 3rd chakra and the earth. When you feel ready, notice all the energy you've created in your 1st, 2nd, and 3rd chakra. Notice how this area of your body feels.

Now we will churn the energy you just created in this area of your body. Place your hand on your belly and begin to move it in a clockwise motion from your 3rd chakra to your 1st chakra. Bring your hand over your belly button down to your pubic bone and back up again. Apply light pressure and make your circle as big or small as you wish. Continue to take slow deep breaths, directing your breath to this area of your body. Feel the energy moving as you continue to churn the energy as slow or as fast as you like.

Sense or feel or image that there is a fire building within you. This fire starts at your 1st chakra and extends up to your 3rd chakra. With each breath you are stoking this fire, creating more energy in your body. Feel warmth spread through your body as you continue to churn the energy with your hand. Now we will chant the sound "hoo" three times. This will be a low deep sound, coming from your root chakra. You will take a deep inhale and on the exhale chant "hoo." Let this be a low sound. (if you are reading this script, make the sound also)
Inhale – hoo. Inhale – hoo. Inhale – hoo.

Now rest your hand and let yourself settle inward. Tune into this area of your body and feel all the energy that you have created. (pause) Now state your intention, your intention to create a baby and to bring a baby into your life. Feel all the energy you just created assisting you in your intention. Let your mind stay soft and your body open. (long pause – couple min)

When you're ready, begin to feel the surface underneath you. (pause) Slowly move your hands and feet and taking all the time you need, open your eyes.