

A ritual for...

# AWAKENING YOUR IMAGINATION

Practise this meditation whenever you need to spark inspiration.

**T**his meditation can be practised daily and clears imbalances in the lower three chakras.

It is one of the key meditations to awaken your Kundalini, a powerful energy that lies coiled at the base of your spine, and invite more creativity into your life.

## Step one

Sit on a chair and interlock your fingers, leaving your index fingers together and extended. Place your left thumb on top of your right thumb.

## Step two

Stretch your arms up high with your index fingers pointing straight up. Keep your shoulder blades relaxed as you stretch from the base of your spine to the tips of your index fingers.

## Step three

Close your eyes and focus on your third eye. This will stimulate your

pituitary gland and awaken your intuition, which is powerfully linked with creativity.

## Step four

Begin to chant SAT NAM (meaning 'truth is my name'), pulling your navel in and up on SAT and releasing it on NAM. Do this for three minutes.

## Step five

To finish, inhale through your nose and contract your naval upwards. Lift your diaphragm and tuck in your chin. Focus the energy for a few seconds, rolling your eyes up as if looking through the top of your head.

## Step six

Lie on your back with your heels spread and your arms an inch away from the body, palms facing upwards. Feel the Kundalini energy circulate through your body.



**Expert tip**

You can add a little extra power to this inspiration meditation by gradually building up your practice time to about half an hour.

**More info**

Discover more about how to enhance your life with Kundalini in *Everyday Kundalini* by Kathryn McCusker (£14.99, Watkins Publishing)