

Sol Flower Wellness ~ Wendy E. Crane, LMFT

Couples Chakra Meditation for Conscious Connection

There is no right or wrong way to do this practice. You can experiment with various positions, eyes open or closed, sitting or lying down comfortably together side by side or facing each other. You may choose to hold hands or simply sit close enough to feel each other's presence. Another way to connect is to sit back-to-back so that you can tune into each other's breathing. Start where it feels safest and most comfortable.

Close your eyes and take a slow breath in together... and a long breath out. Continue this a few more times, allowing your breath to slow down. You may even notice your breathing syncs up a bit. Invite the qualities of Self into your relationship and repeat these words aloud together: "We are - Connected, Creative, Confident, Courageous, Compassionate, Clear, Curious, and Calm."

Then, bring your awareness to each chakra, starting with the root and working your way up. At each chakra, take a deep breath in and on your exhale repeat the phrase below that aligns with each one. Take another deep inhale and exhale before moving to the next chakra.

Root Chakra – Connected	We are grounded and safe together.
Sacral Chakra – Creative	We allow emotions and joy to flow freely.
Solar Plexus – Confident & Courageous	We face challenges with honesty and strength.
Heart Chakra – Compassionate	We hold one another with kindness and empathy.
Throat Chakra – Clear	We speak our truth with love and listen deeply.
Third Eye – Curious	We seek to understand rather than judge.
Crown Chakra – Calm & At Peace	We rest in stillness and trust together.

Once you complete the crown chakra, return your awareness to your hearts and notice a gentle field of light forming between your hearts as you breathe together. Breathe love into this light between you. Imagine that with every inhale, you are taking in the love your partner is offering, and on every exhale, you are sending love back to your partner. It flows effortlessly back and forth between you. Allow the flow of love and light to expand and fully surround you. Give freely and fully receive the love your partner is offering. Remember: *the more you give, the more you can receive, and the more you receive, the more you have to give.* Breathe in the support and connection that this reciprocity creates. Stay here for 6-10 breaths.

Notice how your Self qualities come to the forefront and see your partner through the lens of curiosity and compassion. You want to understand them more and your defenses soften. They've been here all along. Take a few final breaths together and rest in the peace and presence you have created within and between you. Take a moment to share your experience together, in whatever way feels right and natural for you. Do this as often as you like to continue to strengthen and build your connection.