

# Meditations and Kriyas for the Navel Centre: Unlocking the Gateway to Awakening and Transformation



## Empower & Eliminate: Meditations and Kriyas for the navel centre by Ilana Fintz

★★★★★ 5 out of 5

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In the vast expanse of the human body lies a hidden treasure, an energy vortex of immense power and potential. This is the navel centre, a vital point located three finger-widths below the navel.

Ancient yogis and sages have long recognized the significance of the navel centre. In various spiritual traditions, it is known as the "Manipura Chakra," the "Hara," or the "Tan Tien." It is believed to be the seat of the fire element, the digestive system, and the solar plexus.

When the navel centre is awakened and balanced, it can bring about profound transformations in our physical, emotional, and spiritual well-being. It can ignite our inner fire, boost our digestion and immunity, and enhance our overall vitality.

Furthermore, the navel centre is said to be a gateway to higher states of consciousness. By focusing our attention on this area, we can cultivate a

deep sense of inner peace, clarity, and intuition.

In this article, we will explore the transformative power of the navel centre through meditations and kriyas. These practices are designed to awaken and balance this energy vortex, leading to a profound journey of awakening and transformation.

## **Meditations for the Navel Centre**

Meditation is a powerful tool for connecting with the navel centre and experiencing its benefits. Here are a few simple meditations you can try:

- **Navel Centre Breathing:** Sit comfortably with your spine straight. Place your hands on your lower abdomen, just below your navel. Close your eyes and focus on your breath. Inhale deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth, feeling the energy flowing through your navel centre.
- **Visualisation Meditation:** Sit or lie down in a comfortable position. Close your eyes and bring your attention to your navel centre. Visualize a golden ball of light radiating from this area. Allow the light to expand and fill your entire body, bringing warmth, vitality, and a sense of peace.
- **Mantra Meditation:** Choose a mantra that resonates with you, such as "Om Namah Shivaya" or "So Hum." Sit comfortably and close your eyes. Chant the mantra repeatedly, focusing on the vibration in your navel centre.

## **Kriyas for the Navel Centre**

Kriyas are specific movements or exercises designed to activate and balance the navel centre. Here are a few simple kriyas you can practice:

- **Navel Centre Massage:** Sit comfortably on the floor with your legs crossed. Place your hands on your lower abdomen, just below your navel. Massage this area in a clockwise motion for a few minutes. This helps to stimulate the energy flow and promote digestion.
- **Navel Centre Rotation:** Lie down on your back with your legs extended. Bend your knees and bring your feet flat on the floor, hip-width apart. Place your hands on your lower abdomen, just below your navel. Inhale deeply and lift your legs off the floor, keeping your knees bent. Rotate your legs in a clockwise direction for a few minutes. Then, reverse the direction and rotate your legs counterclockwise for a few minutes.
- **Navel Centre Crunches:** Lie down on your back with your legs extended. Bend your knees and bring your feet flat on the floor, hip-width apart. Place your hands behind your head. Inhale deeply and lift your head, neck, and shoulders off the floor, bringing your elbows towards your knees. Exhale and lower your head and shoulders back down. Repeat for a few minutes.

## **Benefits of Awakenning the Navel Centre**

Awakenning and balancing the navel centre can bring about a wide range of benefits, including:

- Improved digestion and elimination
- Boosted immunity and overall health

- Enhanced vitality and energy levels
- Reduced stress and anxiety
- Increased self-confidence and self-esteem
- Enhanced creativity and intuition
- Deeper spiritual connection and awareness

By incorporating meditations and kriyas for the navel centre into your daily routine, you can unlock the transformative power of this energy vortex and experience a profound journey of awakening and transformation.

The navel centre is a powerful gateway to our inner world, a source of immense energy and potential for healing, growth, and transformation. Through the practices of meditation and kriya, we can awaken and balance this vital energy centre, unlocking its transformative power and experiencing a profound journey of awakening and transformation.

I encourage you to explore the meditations and kriyas described above and discover the transformative benefits of the navel centre for yourself. By connecting with this powerful energy vortex, you can embark on a journey of personal growth, awakening, and the realization of your full potential.



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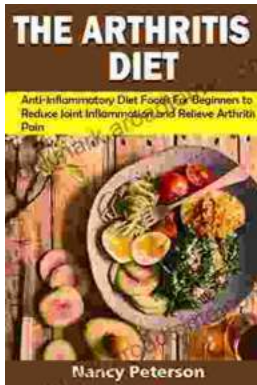
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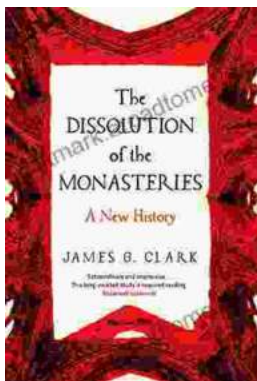
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