

Bonus Chapter

For

The 7-Step Insomnia Solution:

How Chakra Meditation and Mindful Breathing Deepen Our Sleep

By

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The 7-Step Chakra Meditation: Bringing Dreams to Life

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

In *The 7-Step Insomnia Solution: How Chakra Meditation and Mindful Breathing Deepen Our Sleep*, we learned the practical application of the 7-Step Insomnia Solution Chakra Meditation (7-SISCM) and discovered how this method can resolve fears and anxieties that prevent us from getting a good night’s rest. This method begins with the root chakra and progresses upward to the crown chakra.

Now that we are sleeping well, we will learn how to use the 7-Step Chakra Meditation (7-SCM) to clarify our hopes and dreams and create a plan to turn them into reality with our newfound vigor and vitality. We’ll revisit and deepen our understanding of each chakra as we shift our focus from resolving fears to manifesting our heart’s desire. This time, we’ll reverse direction, starting with the crown chakra and moving downward to the root chakra.

Step 1: Crown Chakra -- Envision Your Ultimate Dream

To reiterate, the crown chakra is centered around divine connection, enlightenment, wisdom, and future possibilities. Future possibility refers to the limitless potential that lies ahead, shaped by your actions, decisions, and mindset. Wisdom is the deeper understanding and insight gained from your experiences, guiding you to make thoughtful decisions. Through wisdom, you can access your unlimited potential. It enables you to see beyond immediate limitations and envision a broader horizon.

Allow your mind to explore your highest dreams and aspirations. What do you see for your future? What is your ultimate dream? Don’t hold back! This is your moment to use your imagination without any confines. Let this vision fill you with excitement and inspiration.

Recognize the role of hope in this process. Hope acts as a guide, keeping you focused and motivated, even when overwhelmed by challenges. It empowers your beliefs in a better future and promotes resilience, reminding you that your dreams are within reach. With wisdom and hope, you can confidently pursue your aspirations, knowing that you have the inner resources to actualize your vision.

Step 2: Third Eye Chakra -- Utilize Knowledge and Intuition

We now move down to the third eye chakra, which elucidates intuition and knowledge gained from past experiences. Intuition is the ability to understand or know something immediately without the need for conscious reasoning. It can work in tandem with knowledge, providing solutions that transcend your limited understanding. Your third eye chakra will shift your grand vision from the crown chakra and start to formulate a practical plan that can be manifested into reality.

Reflect on your strengths, skills, and resources needed to achieve your dream. Your past experiences have endowed you with valuable insights that can enlighten your path forward. Trust your inner knowing and let your intuition guide you in seeing the journey ahead.

Even if the path isn't visible, your intuition and the wealth of knowledge you have gained will help you sense the direction you want to go. This synergy between intuition and knowledge will enable you to navigate uncertainties with confidence and clarity, moving closer to realizing your dreams.

Step 3: Throat Chakra -- Find the Balance and Harmony

The throat chakra governs communication, balance, and harmony both within and without. It provides the best recipe for how much of each chakra's energy is needed to realize your goals in a balanced way, ensuring you avoid burnout. It offers guidance on how to achieve your goals while maintaining harmony with the people who support you in your daily life, without overwhelming yourself.

First, consider how to integrate your dream into your schedule in a balanced way. Ensure you allocate time for each aspect of your life -- work, rest, and personal pursuits -- in a way that supports your overall well-being. After that, think about

how you can communicate your dream to your family, friends, and coworkers. This might come in the form of writing, speaking, or creating a vision board. Effective communication ensures that others understand your intentions and can provide you with appropriate support.

Sharing your dreams adds a layer of accountability and brings your vision to life, creating a collaborative and supportive environment that fosters the achievement of your goals. By balancing these elements, you can pursue your dreams, sustain your energy, and maintain positive relationships.

Step 4: Heart Chakra -- Define the Dream

Moving down to the heart chakra, it highlights love, discernment, and definition: factors that help set boundaries and serve as the glue that holds your project together. Boundaries are guidelines, rules, or limits that define reasonable, safe, and permissible ways for others to behave with you. Boundaries also address your reaction when someone crosses those limits. Setting boundaries is imperative for any project as it ensures your well-being, respects your time and energy, and fosters healthy interactions with others.

Boundaries also support harmony with the people who are helping you achieve your goals. Respecting their time by setting mutual boundaries creates a balanced and collaborative effort. This shared respect harmonizes relationships, ensuring that everyone involved feels valued and understood.

To fully utilize the heart chakra, connect deeply with your dream on an emotional level. Allow yourself to sink into passion, excitement, and love for your vision. This emotional connection will energize your journey, building inner strength to face obstacles. When challenges do arise, your heart-fueled passion will keep you motivated and aligned with your purpose. It's also necessary to discern what truly matters to you and define your priorities. This discernment doesn't allow you to overcommit or let distractions derail your progress.

Step 5: Solar Plexus Chakra -- Use Power and Cooperation to Act

The solar plexus chakra elucidates the role of personal power, encompassing the will to make things happen, self-control, and cooperation with others. Personal power can be defined as the inner strength that enables you to take decisive action and bring change. This chakra allows you to fuel your actions toward achieving your goals. It produces a sense of commitment and determination, which is vital for achieving your goals. Having a strong will is crucial because it propels you forward, even when faced with setbacks. It strengthens your resolve and keeps you focused on manifesting your ambitions.

Moreover, you must facilitate what you want to achieve instead of fighting against it within yourself. This implies aligning your thoughts, emotions, and actions with your goals, thus bringing in inner harmony rather than internal conflict. Cooperating with your dream means embracing your aspirations fully and honoring your inner desires.

Furthermore, aligning with others can help you reach the goals you desire. Collaboration and support from those around you can give new perspectives, resources, and encouragement, helping you stay on track. Affirm that you have the power to turn your vision into an achievable plan, and remember that willpower, cooperation, and alignment are the building blocks of your creative journey.

Step 6: Sacral Chakra -- Develop Steps of Action

Next comes the sacral chakra. This chakra fosters connection, allegiance, loyalty, and action. It fine-tunes your goal and how you intend to manifest it. To move toward your goal effectively, you must break down your action plan into manageable steps.

How can you do this? First, set specific, achievable goals and deadlines to keep yourself on track. Think about the practical aspects: *What resources do you need? Who can you join or connect with to accomplish the task? How will you measure progress?* By creating a detailed plan with clearly defined and achievable steps, you can make your path more approachable and less overwhelming.

Pledging allegiance to your dream can ensure success. This deep commitment to your goal will help you overcome all adversities that may arise. Your unwavering loyalty to your dream and willingness to take even small steps can inch you closer to your ultimate goal. Remember, each step forward, no matter how minor, will help you realize your vision. Being dedicated and methodically working through your action plan will result in momentum and confidence.

Step 7: Root Chakra -- Clarify Purpose and Focus

The root chakra is located at the base of your spine. This chakra is about what you want or don't want to allow in your life. This chakra helps you to clarify your purpose and realize the value of remaining focused on it.

Having a clear purpose and a steadfast focus will enable you to actualize what you want. In this situation, purpose is the deeply held intention that guides your actions and decisions, acting as a beacon that illuminates the path ahead. It gives both direction and meaning to your ambitions. It is the driving force that motivates you. With a clear purpose, you can consolidate your efforts and resources toward a specific outcome, avoiding distractions and maintaining a steady course of action.

Putting It All Together

To summarize, the chakras and their impact can be defined as:

1. **Crown Chakra** -- Envision Your Ultimate Dream
2. **Third Eye Chakra** -- Draw from Knowledge and Intuition
3. **Throat Chakra** -- Find the Balance and Harmony
4. **Heart Chakra** -- Define the Dream
5. **Solar Plexus Chakra** -- Use Power and Cooperation to Act
6. **Sacral Chakra** -- Develop Steps of Action
7. **Root Chakra** -- Clarify Purpose and Focus

Chakra meditation isn't a one-time thing. It needs to be integrated into your lifestyle if you wish to achieve the goals that you deserve. That's why it is necessary to revisit this concept regularly to stay aligned with your vision and adjust your plans as needed. Dreams evolve, and so should your approach.

Always remember that the journey from the birth of an idea to its realization is an ongoing process. Stay connected to each chakra's energy and let it guide you every step of the way.

As we learned in *The 7-Step Insomnia Solution*, you can ask your chakras questions during the 7-SCM, or you can instruct them by directing them. When you direct the chakras, you don't wait for answers because you tell them your desired result. Let's refocus on how to direct the chakras to clarify any misconceptions.

Sit comfortably or lie down. You can keep your eyes open or closed. Begin by focusing on your crown chakra. As we discussed in depth in the book, remember to take a deep breath after directing or questioning each chakra throughout this meditation.

To recap: A single deep breath can be a powerful reset for the nervous system. When we inhale slowly and deeply, especially through the nose, and exhale even more slowly, we activate the parasympathetic nervous system -- the branch responsible for rest, digestion, and repair. This shift counteracts the fight-or-flight response triggered by stress, lowering heart rate, relaxing muscles, and calming the mind. In just one conscious breath, the body receives a signal that it is safe, helping to restore balance and promote a sense of calm, grounded in the present moment.

Directing the Chakras

Example #1 Health and Vitality

First Cycle: Select one of the three examples below or formulate your own.

Crown Chakra

- 1) Show me the **possibilities** of being healthy, full of energy, and vitality.
- 2) Allow me to **imagine** myself filled with health and vitality.
- 3) Actualize my **dream** of radiating health and vitality.

Breathe.

Third Eye Chakra

- 1) Draw helpful ideas from my **past experiences** to achieve this goal.
- 2) Utilize ideas from my base of **knowledge**, which lead to good health.
- 3) Find useful information from my **memory banks** to develop a healthy body.

Breathe.

Throat Chakra

- 1) **Balance** the chakras to achieve the best health possible.
- 2) **Harmonize** the chakras to achieve a healthy state in my body.
- 3) Create inner **balance** and **harmony** that establishes optimum health.

Breathe.

Heart Chakra

- 1) **Define** how I can love and appreciate my body more.
- 2) Commit and **stick** to a healthy plan.
- 3) **Discern** what works best for my body type.

Breathe.

Solar Plexus Chakra

- 1) Use **will** and **power** to **cooperate** with being healthier.
- 2) Use **self-control** to **cooperate** with my body's needs.
- 3) **Cooperate** with having a healthy mind, body, and spirit.

Breathe.

Sacral Chakra

- 1) Pledge **allegiance** to taking **steps** toward improving my health.
- 2) Be **loyal** to my health and well-being.
- 3) Create an **action** plan to optimize my health.

Breathe.

Root Chakra

- 1) **Focus** on my **purpose** to live a healthy lifestyle.
- 2) **Allow** myself to make healthy choices.
- 3) **Don't allow** bad choices that are toxic to my health.

Breathe.

Repeat the process two times. You can repeat each cycle using the exact phrase, or you can change it to suit your needs in each cycle. Follow your instincts and let your intuition guide you.

Questioning the Chakras

We will now apply the 7-SCM to our goals by asking questions and moving on when they do not come naturally. Answers do not always surface immediately. If that is the case, fill in the answer with “blank” and move on to the next chakra. As you proceed, you may or may not receive answers you are consciously aware of. However, you might notice that answers may randomly float into your mind in a few hours, days, or weeks when you least expect them.

Example #2 Expanding the Company

First cycle:

Crown Chakra: What are the possibilities of contributing more to my community/customers by expanding my company? Breathe.

Blank.

Third Eye Chakra: What knowledge and experience can I draw from? Breathe.

Blank.

Throat Chakra: How can I promote growth in my company and maintain balance and harmony? Breathe.

Blank.

Heart Chakra: How can I discern which departments need more attention to foster increasing productivity? Breathe.

Blank.

Solar Plexus Chakra: How can I cooperate more effectively to increase profitability? Breathe.

Blank.

Sacral Chakra: How can I develop an effective action plan? Breathe.

Blank.

Root Chakra: How can I allow myself to focus on what's most important for the growth of my company? Breathe.

Blank.

Repeat this process two more times for the best possible outcome, reformatting the questions to suit your needs. This is an example of when answers do not surface. However, some answers may arise periodically in some of the chakras as you proceed through the second or third cycle, or they may not. Either outcome is acceptable. The point is just to let your mind flow freely, not trying to force a particular result. The following example illustrates when answers surface into your awareness.

Example #3: Re-inventing Oneself

First Cycle:

Crown Chakra: Since losing my job, what are the **possibilities** of reinventing myself? Breathe.

You could look for another job in the same field, or you could return to school to gain a new skill set and move in a different direction. Also, you could start your own business and open a clothing store, a dog-grooming business, a hairdressing shop, a massage spa, a coffee shop, and an acrylic nail shop. Alternatively, you could open an online business and work from home. Everything is available online these days. You can sell almost any product or service online. The possibilities of reinventing yourself are limitless.

Third Eye Chakra: What **knowledge** can I draw from my **experience** that would be useful in reinventing myself? Breathe.

You have extensive experience in sales. You are an excellent shopper who consistently finds great deals and high-quality merchandise. You have had dogs and have had a great deal of knowledge about them all your life. You are a coffee and wine connoisseur. You are a proficient gardener. You grow the best vegetables and the prettiest flowers. You are a great cook.

Throat Chakra: What is the best **recipe** for me to clarify which direction to choose in reinventing myself? Breathe.

Open your heart chakra to discern what you are most passionate about. Your root chakra will help you refine your purpose, and your sacral chakra will help you devise a plan.

Heart Chakra: How can I **discern** what I feel the most passionate about doing? Breathe.

Revisit the responses from your crown and third eye chakra. Recall the things in the past that have brought you joy and excitement. Let what you love doing be your guide. Do not let yourself be guided by what you think you “should” do, and don’t depend too much on logic at this phase.

Solar Plexus Chakra: How can I **control myself** so I am not motivated by should, have-to, or must? Breathe.

When you have an idea, ask yourself: Is this what I want? Or is this what my spouse, kids, parents, or friends think I should do?

Sacral Chakra: What **steps** can I take to give my **allegiance** to what I feel passionate about? Breathe.

Step away from the idea that you are selfish if you consider what you want. You become selfish if you constantly think only about yourself. You tend to prioritize the needs and wants of others, often overlooking your own. Your consideration of others is a great strength, and when you also prioritize being loyal to yourself, you will achieve greater balance.

Root Chakra: How can I **allow** myself to **focus** on what I want to do in my next job? Breathe.

Don’t allow yourself to be swayed by anyone or anything external. Focus within yourself and look for what excites you. Don’t allow the voice of limitation to cast its shadow of doubt. Allow yourself to dream.

Second Cycle:

Crown Chakra: What are the **possibilities** of opening a gardening shop? Breathe.

You will succeed at anything you're truly passionate about.

Third Eye Chakra: What **knowledge** and experience about gardening can I draw from? Breathe.

You have a wealth of experience in organic gardening and composting. You love working in your outdoor garden in the spring and summer, and in the greenhouse during the fall and winter months. You also love growing flowers in pots and hanging baskets. It has been your hobby, but you could turn that into a business.

Throat Chakra: To whom and what needs to be **communicated** if I want to open a gardening shop? Breathe.

You will need to discuss this idea with your husband. You already have a garden, orchard, and greenhouse on a large property, which could all be expanded. Maybe you could turn your guest house into a retail store?

Heart Chakra: How can I **discern** what to offer in a retail store? Breathe.

You could sell seeds, plants, herbs, vegetables, fruits, and flowers. You could offer classes about gardening. You could even offer cooking classes, "From Garden to Table." You also love canning and drying fruit. Your mother loves to bake fruit pies. Maybe she could sell them frozen and ready to bake.

Solar Plexus Chakra: How can I **control** myself and **cooperate** with others to make this happen? Breathe.

Be careful not to force your dream on others. Encourage them to take part only if they want to, and make sure that family members know they do not "have to" take part.

Sacral Chakra: What **steps** of action do I need to take? Breathe.

Once your husband is on board, you will need to clarify your purpose, create a business plan, conduct research on the viability of this type of business in your area, and find out about zoning, licensing, insurance, and more – all of which will be revealed as you move forward.

Root Chakra: What is the **purpose** of this business? Breathe.

Your purpose would be to empower and educate people about how to become more self-sufficient and support their health by improving their diet through the consumption of more fresh, organic fruits and vegetables. Keep in mind that your purpose is not static; make allowance for it to shift and change.

Third Cycle:

Crown Chakra: What is the **possibility** of success if I base the business on this purpose? Breathe.

Focusing on what you can contribute to your community is an ingredient for success. Be open to the possibility that one store could lead to multiple stores.

Third Eye Chakra: How has focusing on contributing to others worked for me in the **past**? Breathe.

You usually consider others first in almost everything you do. In your previous jobs, you have thought about empowering your coworkers on your team, which is partly why you have consistently been promoted to management positions. You have always held leadership roles, which have taught you skills that will be useful in starting your own business.

Throat Chakra: What is the best **recipe** for success? Breathe.

If you approach this in a balanced way, you will succeed. Consider what you can contribute to your community, but never forget to receive compensation for all that you give. You must set aside sufficient time to initiate this project, hire the appropriate staff, attend to your family responsibilities, and ensure that you also allocate time for self-care.

Heart Chakra: Help me **define** the staff I would need. Breathe.

Your kids love to help in the garden. If they want to participate with you, they could consider taking on summer jobs. Your husband is an accountant with an excellent business mind. Could he help you set up that part? You would also need to hire people to work on a full-time basis. Ensure that you have clearly defined job descriptions, based on mutual agreement and understanding. Clear boundaries are constructive.

Solar Plexus Chakra: How can I set clear boundaries to ensure my team's cooperation? Breathe.

Refrain from being too controlling by micromanaging your team. Be open to their ideas about the skills they can contribute and the roles they could fulfill that you have yet to consider. Although you will be in a leadership role, let your team carry some responsibilities. Excellent leaders recognize that everything is a co-creation.

Sacral Chakra: What **steps** can I take to clarify job descriptions without taking too much control? Breathe.

When interviewing people (including family members) to join your team, provide them with a job description before hiring them. That way, they will know precisely what is needed from them. Then, they can make an informed decision about whether they want to join your team. Make it clear that their job description could change to adapt to unforeseen necessities. Ask them if they have any ideas that they would like to add.

Root Chakra: Is there anything I should or shouldn't **allow**? Breathe.

There are many things, but for now, allow yourself to keep dreaming and focus on having fun in this creative stage. Allow the right people to enter your orbit who can help bring this plan to life.

Example #4 Finding a Romantic Partner

First Cycle:

Crown Chakra: What are the **possibilities** of attracting a romantic partner into my life? Breathe.

The possibilities are endless if that is what you TRULY want.

Third Eye Chakra: What **knowledge** can I draw from my past experiences that would be useful now? Breathe.

Think about your past relationships. Did they occur as planned? Or did they materialize in your life when you least expected them? They were an unforeseen surprise, weren't they? In most cases, you had a desire to meet someone. Then, you let go of your attachment to your goal, and someone mysteriously appeared.

Throat Chakra: How can I let go of my attachment and create a **harmonious**, romantic relationship? Breathe.

Communicate your desire. Let your friends and family know that you are available and free. Look for compatibility and shared interests. A similar set of values, personal ethics, and moral standards also impacts the establishment of common ground and harmony. But there should also be some differences to create a little spice and excitement. Then, let it all go and trust that it will happen if it is meant to happen.

Heart Chakra: How can I **define** what I want in my next relationship? Breathe.

Write out a list that describes the ideal attributes and characteristics you are looking for in a partner. On the one hand, allow yourself to write these lists without any limitations. For example, “My ideal partner would be _____ (fill in the blank).” But on the other hand, be realistic. No one is perfect, not even you. Following this, write a description of what your relationship would look like. Are you seeking a brief, casual romantic encounter that requires minimal commitment? Are you looking for a companion to have some fun with? Do you want to get married? Do you want to have children? After you clarify the type of relationship you want, define what you want to give to the relationship and what you would like to receive from the relationship.

Solar Plexus Chakra: How can I **control** myself to **cooperate** with defining what I want? Breathe.

Just do it! Don't analyze too much. Let go of control and allow your ideas to flow freely as you write your lists. Cooperate with your deepest desires – don't repress them.

Sacral Chakra: What **action** can I take to attract a good partner? Breathe.

For now, create the internal conditions that attract a partner magnetically. Develop yourself to be the kind of person you want to attract into your life. Focus on developing the ability to trust that it will happen if it is meant to happen. And, if it doesn't, trust that there is a different purpose for your life right now.

Root Chakra: How can I focus on letting go and trusting that whatever unfolds is how it is meant to be? Breathe.

Blank.

Second Cycle:

Crown Chakra: What role does **imagination** play in creating what I want? Breathe.

You must allow yourself to dream and imagine. All creations begin by allowing an idea. Imagine what you want in a relationship. Engage your five senses. See it in your mind's eye. What would it look like? Imagine what it would feel like emotionally. If the relationship was represented by a song, what would it sound like? If it was represented by a food, what would it taste like? If a flower represented it, how would it smell? Imagine with every fiber of your being. Imagine yourself engaging in various activities with your new partner.

Third Eye Chakra: What role did **intuition** play in the past when I chose a partner? Breathe.

If you look back, you will discover that the relationships that were logical decisions were not as fulfilling as those that superseded your intellect. When you followed your heart and gut instincts, you were led in the most fruitful direction.

Throat Chakra: How can I join with another in a **balanced** way without losing myself? Breathe.

Draw from your sacral chakra and be allegiant to yourself, first and foremost. Know what your needs, wants, and desires are as an individual, and then, from there, join with another. Draw from your heart chakra and have enough love between you that joins you together while, at the same time, defines you as separate. Rather than two people merging into one path and becoming too enmeshed, strive to walk two paths, holding hands with each other.

Heart Chakra: How can I be more allegiant to myself and **discern** my needs, wants, and desires? Breathe.

*First, understand the difference between needs, wants, and desires. All human beings have a fundamental **need** to connect with others to maintain their mental health and well-being. You **want** to form a romantic relationship with someone. You **desire** a harmonious, romantic relationship that is both meaningful and fulfilling. Do not let what you want or desire become a need. When it becomes a*

need, you will appear desperate. Nothing will deter a potential partner more quickly than a needy, desperate person. You do not need a romantic relationship to be whole and complete.

Next, clarify your personal needs, wants, and desires. For example, you need money to survive. You want a job. You have a desire to own and operate a gardening store. You need transportation. You want a dependable car. You desire to have a reliable, luxurious sports car. You need to sleep. You want a restful sleep. You desire to have 8 hours of uninterrupted sleep that are filled with extraordinary dreams.

Once you have found a partner, ideally, you will each have a set of individual needs, wants, and desires, and you will co-create another set for the relationship. It will become my needs, wants, and desires. Your needs, wants, and desires will eventually become OUR needs, wants, and desires.

Again, remember that problems occur when wants and desires shift into needs. When that happens, everything becomes driven by fear. It becomes that I need to have a Ferrari to feel good enough, or I need to be in a relationship to feel whole and complete. No, the essence of who you are is already whole, complete, and good enough. If you stay focused on what you want, which is a dependable car, something magical can occur, and you will end up with a Ferrari. However, if you are desperate to own a Ferrari, it will likely elude your grasp, or worse yet, you will achieve the goal, but it will be disappointing and unfulfilling. You might end up being haunted by the fear that you are still not good enough while driving your Ferrari.

Solar Plexus Chakra: How can I **control** myself and **cooperate** by staying focused on my wants and desires? Breathe.

Do not try to control or use willpower to force a specific outcome to occur. All you have to do is have a clear idea of what you want. Your need for connection can be fulfilled in many ways. You can feel a meaningful connection with family, friends, coworkers, pets, or even an inanimate object. Do you remember Tom Hanks in the movie Castaway? He was stranded alone on a deserted island in the middle of nowhere, and he formed a connection with “Wilson,” which was a soccer ball. This connection fulfilled a fundamental need that kept him sane.

Sacral Chakra: How can I give my **allegiance** to my wants and desires? Breathe.

Be clear about what you want and desire, and do not settle for anything less. Your first loyalty should be to your well-being.

Root Chakra: How can I **allow** my ideal relationship to come into my life? Breathe.

Now that you have clarified what you want to allow into your life, identify what you don't want to allow in your next relationship. Both are important. They are the flip side of the same coin. Another way of saying this is that desires are fears turned inside out and vice versa. "I don't want someone who cheats on me!" Now, flip that fear into a desire -- turn it inside out -- and return it to the crown chakra. When your root chakra is open, it helps you clarify what you will and won't allow to occur in your life.

Third Cycle:

Crown Chakra: Show me the **possibility** of having a relationship with someone trustworthy and faithful. Breathe.

There is an unlimited variety of types of potential partners available. Imagine someone who puts the same value on fidelity.

Third Eye Chakra: What **past experiences** can I draw from that will help me find someone who shares the same values? Breathe.

Fear and desire are equally magnetic. In the past, when you were driven by fear, you got precisely what you were trying to avoid. You were afraid of losing your job, and that is what happened. Notice how the reverse was also true. When you had a strong desire to find a new and better job, you did! Simply put, you often—but not always—get what you focus on. However, the law of attraction is a lot more complex than that.

Sometimes, your fears manifest, even when you are focused on what you want, because there is something essential to learn from them. For example, you believe you will be brokenhearted if someone cheats on you and that you will never be able to love and trust anyone ever again. And then, it happens. But you discover that you are stronger than you thought, and you develop the skill set to identify a cheater when you meet one. You learn to stand up for yourself more effectively and

declare what you want. You have gained a deeper understanding that you deserve to be treated with more love and respect, and, most importantly, you learn that you are lovable, regardless of your partner's infidelity.

So, even when your fears have manifested in your past, you have come out wiser and stronger through the process of overcoming them. You get what you want, or you learn something invaluable that will take you closer to your goal. Either way, you can never lose unless you give up.

Once you have overcome your fears, you will have a greater chance of attracting a partner who values loyalty, honesty, and trust like you do.

Throat Chakra: What is the best **recipe** for attracting a compatible partner? Breathe.

Focus on the root, sacral, and solar plexus chakras. In combination, they bring creations into three-dimensional form. The root chakra provides focus and purpose, the sacral chakra clarifies steps of action to take, and the solar plexus chakra gives you the will and power to make it happen. Together, these three chakras serve as the starting points for every tangible goal.

Heart Chakra: How can I **discern** the best partner for me? Breathe.

You cannot figure that out ahead of time. You will naturally feel an attraction to each other.

Solar Plexus Chakra: How can I **cooperate** with my heart's desire? Breathe.

Use your personal power and cooperate with taking practical action steps.

Sacral Chakra: What are the right **steps** of action I can take? Breathe.

Do not worry too much about taking the "right" step. Any step, however small, is a step in the right direction. If it leads to disappointment, it is still progress because you have learned something—even if what you learned is that it was the wrong direction to take, you are a step closer to discovering a more effective path. Inaction is what impairs growth and guarantees failure. A step of action you could take is to set up a profile on a dating site.

Root Chakra: How can I **allow** myself to take a risk by setting up a profile on a dating site? Breathe.

Post your photo and personal profile. Share your vision of an ideal relationship. Freely express what you are looking for. Try also to include what you have to offer in a relationship. Direct your attention to having fun with it!

Example #5 Deepening Family Ties

First Cycle:

Crown Chakra: What are the **possibilities** of creating closer, more intimate, and fulfilling relationships within my family? Breathe.

Use your imagination and picture your ideal family. How does it feel? What does it look like? What does it sound like? Imagine it as if it already is as you wish it to be.

Third Eye Chakra: What **past experiences** can I draw from that would be helpful now? Breathe.

Remember when you were a child? What did your parents do to promote close family ties? What were your happiest memories? What did you wish there was more of? If you didn't feel close to your family growing up, how would you have wanted it to be? "I wanted more communication and interaction with my parents when I was growing up."

Throat Chakra: How can I **communicate** more effectively with my children? Breathe.

Be yourself! Do not get too stuck in your role as a parent. Be their friend as well as their role model. Ask questions about them and actively listen to their responses. Make time for them, time for work, and time for self-care. Strike a balance.

Heart Chakra: How can I **define** clearly how to strike a balance? Breathe.

Blank.

Solar Plexus Chakra: How can I **control** myself and **cooperate** with striking a balance? Breathe.

Create time for all three things. However, be sure to allow flexibility in your scheduling. Sometimes, your work will require more attention, while at other times, your family will be more critical, and at different times, self-care will be a priority.

The quality of time spent with family is more important than quantity. One hour of genuinely engaging with them is more valuable than spending an entire day with everyone on their phones and tablets.

Sacral Chakra: What **steps** could I take to promote more intimacy within my children? Breathe.

You could engage in more activities with them, such as reading to your kids at bedtime, attending their school functions, playing sports with them, going fishing, going on a picnic, watching movies together, putting puzzles together, going hiking, and much more. You could share more meals with them -- no electronics allowed.

Root Chakra: How can I **allow** myself to see this as a fun opportunity and not a parental responsibility or burden? Breathe.

Clarify your purpose. Find a reason to participate for yourself and your family. For example, my purpose is to foster more love and intimacy, creating happy memories together that bring satisfaction to both my children and me.

Second Cycle:

Crown Chakra: Show me more **possibilities** of how to do it for myself. I am usually motivated by doing things for them and their happiness. Breathe.

You could do it because you want to feel good about yourself and what you've contributed as a parent. You could suggest activities that are fun for you, too, and make you laugh. Your family can be a safe refuge, providing a respite from the challenges at work and alleviating your stress. You can participate with a genuine desire to discover and develop your capacity to love and be loved, and to relax and enjoy.

Third Eye Chakra: What **knowledge** can I draw from so I can have more fun, relax, and enjoy time with my family? Breathe.

Do not see it as solely your responsibility. Accept that everything is a co-creation. You are a team. As a team leader, your role is to clarify the purpose and set a direction, and then you need to step aside and allow each member to contribute their part. Instead of seeing yourself as the complete source, make a shift from "I

have to do this” to “We get to do this together.” That is when a miracle can transpire.

Throat Chakra: How can we co-create relationships that are in **balance** and **harmony** with each other? Breathe.

Let your heart and your sacral chakra guide you!

Heart Chakra: How can we **define** our relationships so they can be more harmonious and balanced? Breathe.

Don't hesitate to express more love and affection to each other, both directly and indirectly. Extend praise and positive recognition to each other. Respect each other's boundaries. Celebrate each other's wins, no matter how small. Also, be sensitive to the times when discipline and strict feedback are necessary.

Solar Plexus Chakra: I tend to be more authoritarian, whereas my partner tends to give more praise. How can I **control** myself and extend more love and praise? Breathe.

There is no fault in being authoritarian. It serves a beneficial purpose as long as it is done in a balanced way. The challenge for both parents is to recognize what is needed in each situation. Take a risk and extend a little more love and recognition, even if you feel shy about doing so.

Sacral Chakra: What **steps** can I take to extend more love and recognition to my family members? Breathe.

It can be expressed in a smile, a nod, or a wink. It can be as simple as a gentle tap on the shoulder or a warm hug. Alternatively, you can engage in arm wrestling with your son. It can be as simple as saying the words, “Good job” or “I love you.” If that is too much of a stretch, it can be sent in a text, written on a card, or a “Post-it” note. Start with gradual and small steps of action. You will feel shy and uncomfortable at first, but over time, it will become a natural ability to express warmth and caring. These steps have a magnetic quality that will bring your family closer together.

Root Chakra: What can we as a family **focus** on doing together that will allow us to feel more connected? Breathe.

Take a family vacation together.

Third Cycle:

Crown Chakra: What would be the best **possible** vacation destination for our family? Breathe

You could rent an RV and go camping in your own country. You could also choose a foreign destination, such as Hawaii, California, or Florida, as well as visit Disneyland and other family attractions in Europe or Asia.

Third Eye Chakra: What information can I draw from my **past experiences** that would be useful now? Breathe.

You have done a lot of camping both as a child and as an adult. You have fond memories, especially as a child, with your family. Perhaps your family would enjoy it, too. You have also traveled extensively, so you already know what to expect. Your kids were too young to appreciate a trip together, but now might be a good time.

Throat Chakra: Who and what do I need to **communicate**? Breathe.

You need to speak with your partner first and decide which of the various options fits within your budget and would be enjoyable for all.

Heart Chakra: How can we **define** the best choice? Breathe.

Clarify what each family member enjoys doing. For example, your daughter enjoys dancing, watching movies, and socializing with other girls her age. Your son likes water sports activities. Your partner enjoys sunbathing, being on the beach, and having a break from cooking. You appreciate live music, good food, exploring new places, and relaxing. This will help you and your spouse decide on the type of holiday that will satisfy everyone. Perhaps, an all-inclusive resort would better serve what everyone likes rather than camping. The final decision can't be made without input from your partner.

Solar Plexus Chakra: How can I **control** myself to **cooperate** with my partner to make it happen? Breathe.

If you are always getting your way, it could be an indication that there might be a problem. Compromise. Listen to each other. Consider everyone's wants.

Sacral Chakra: What is the **action** plan? Breathe.

Once the destination and activities are agreed upon, you will be able to identify the necessary steps.

Root Chakra: What is our **focus** and **purpose**? Breathe.

The purpose is to have fun and develop stronger bonds with each other through co-creating lasting memories together.

Final Thoughts

We've come a long way together on this beautiful journey of healing and transformation, exploring the 7-Step Insomnia Solution Chakra Meditation (7-SISCM). Along the way, we've discovered how this powerful practice can gently soothe the fears and anxieties that often prevent us from achieving the deep, nourishing sleep we need and deserve.

When we begin this meditation at the root chakra and rise upward to the crown, we focus on releasing fear, doubt, and confusion, clearing the path for inner peace and emotional balance. And when we reverse the direction -- starting from the crown and moving down to the root -- we tap into our higher wisdom and creativity, allowing ourselves to dream big, clarify our purpose, and begin building a grounded plan to bring those dreams to life.

This meditation is more than a sleep aid -- it's a tool for empowerment. It helps calm the mind, quiet the heart, and inspire the soul. Whether you're using it to release inner blocks or to chart a bold new course forward, know that you are engaging in a sacred act of self-care and intention.

Please be gentle with yourself as you learn to move through the meditation in both directions. Like any true practice, it takes time, patience, and love. But the changes it can bring -- greater peace, clarity, and fulfillment -- are truly life-changing.

Thank you for walking this path with me. May your nights be peaceful, your spirit be light, and may every dream that lives in your heart find its way into reality.