

A woman with long, dark, wavy hair is shown from the chest up. She has her eyes closed and a serene expression. She is holding a crystal wand with both hands, positioned vertically in front of her chest. The wand has a dark, textured handle and a clear, faceted crystal tip. She is wearing a white, long-sleeved top with a square neckline and puffed sleeves. The background is a blurred forest scene with green foliage and trees. The overall lighting is soft and natural, suggesting an outdoor setting during the day.

CHAKRA HEALING

The Essential Guide To Healing

HIGHER SPIRITUAL HEALING

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01 chapter

**ANCIENT
CHAKRA
SYMBOLISM**

chakra symbolism



The concept of chakras and their symbols traces back to ancient Indian spirituality, particularly within the framework of Hinduism, where they were integrated into practices like yoga and Ayurveda. Chakras, derived from Sanskrit meaning "wheels" or "disks," are believed to be spinning energy centers within our subtle body.

These symbols, with their geometric shapes and intricate designs, represent the unique qualities of each chakra and each carrying its own significance and power.

For us modern day humans these symbols offer a gateway into our spiritual journey. They serve as visual aids during yoga sessions, meditation, or moments of self-reflection. As we navigate the hustle and bustle of daily life, they remind us to pause, breathe, and connect with our inner selves.

Whether it's the vibrant red of the Root Chakra symbol, grounding us in stability and security, or the ethereal purple of the Crown Chakra, guiding us towards higher consciousness and spiritual enlightenment, each symbol holds great potential.

Incorporating chakra symbols into our wellness routines adds a touch of magic and mindfulness to our lives. They're not just pretty designs – they're powerful tools for self-discovery, healing, and personal growth.

02 chapter

THE CHAKRAS



BLOCKED

POOR JUDGEMENT,
LACKS FOCUS, POOR
IMAGINATION, CAN'T
SEE BEYOND PHYSICAL.

BALANCED

IMAGINATIVE,
INTUITIVE, CLEAR
THOUGHTS AND
VISION, SEES BEYOND
PHYSICAL.

OVERACTIVE

NIGHTMARES,
DELUSIONS,
HALLUCINATIONS,
OBSESSIVE, SEE TOO
MANY SPIRITS.

The *crown* chakra

*T*he Crown Chakra, also known as Sahasrara in Sanskrit, is the seventh primary chakra located at the top of the head. It is associated with our spiritual connection, higher consciousness, and divine wisdom. When the Crown Chakra is balanced and open, we experience a deep sense of inner peace, spiritual enlightenment, and connection to the universe.



BLOCKED
NIGHTMARES,
DELUSIONS,
HALLUCINATIONS,
OBSESSIVE, SEE TOO
MANY SPIRITS.

BALANCED
STRONG FAITH,
UNIVERSAL LOVE,
INTELLIGENT, AWARE,
WISE,
UNDERSTANDING.

OVERACTIVE
DOGMATIC,
JUDGEMENTAL,
SPIRITUAL ADDICTION,
UNGROUND.

The *third* eye chakra

*T*he Third Eye, or Ajna Chakra in Sanskrit, is the sixth primary chakra located between the eyebrows. It is associated with intuition, insight, and inner wisdom. Often depicted as a symbol of spiritual awakening, the Third Eye serves as a gateway to higher consciousness and expanded awareness.



BLOCKED
CAN'T EXPRESS SELF
OR SPEAK OUT,
MISUNDERSTOOD,
SECRITIVE, NOT A GOOD
LISTENER.

BALANCED
CONFIDENT
EXPRESSION, CLEAR
COMMUNICATOR,
CREATIVE, DIPLOMATIC.

OVERACTIVE
OPINIONATED,
LOUD, CRITICAL,
GOSSIPY, YELL OR
TALK OVER
OTHERS, HARSH
WORDS.

The *throat* chakra

*T*he Throat Chakra, also known as Vishuddha in Sanskrit, is the fifth primary chakra located at the center of the throat. It is associated with communication, self-expression, and authenticity. When the Throat Chakra is balanced and open, we feel confident in expressing our truth, speaking our mind, and communicating with clarity and integrity.



BLOCKED

LACK OF
EMPATHY,
BITTER,
HATEFUL, TRUST
ISSUES,
INTOLERANT.

BALANCED

PEACEFUL,
LOVING,
COMPASSIONATE,
TOLERANT,
WARM, OPEN.

OVERACTIVE

JEALOUS,
CODEPENDENT,
SELF-
SACRIFICING,
GIVE TOO MUCH.

The *heart* chakra

*T*he Heart Chakra, also known as Anahata in Sanskrit, is the fourth primary chakra located at the center of the chest. It is associated with love, compassion, and emotional well-being. When the Heart Chakra is balanced and open, we experience unconditional love, empathy, and harmonious relationships with ourselves and others.



BLOCKED

LOW SELF-ESTEEM, FEELING POWERLESS, INFERIORITY COMPLEX.

BALANCED

CONFIDENT, FEEL IN CONTROL, PERSONAL POWER, DRIVE, GOOD SELF-IMAGE.

OVERACTIVE

POWER HUNGRY, DOMINEERING, PERFECTIONIST, CRITICAL.

The solar plexus

*T*he Solar Plexus Chakra, also known as Manipura in Sanskrit, is the third primary chakra located at the upper abdomen, between the naval and the breastbone. It is associated with personal power, self-esteem, and confidence. When the Solar Plexus Chakra is balanced and open, we experience a sense of inner strength, self-assurance, and assertiveness.



BLOCKED
LOW LIBIDO, FEAR OF
INTIMACY, NO
CREATIVITY, ISOLATED.

BALANCED
PASSION, CREATIVE,
HEALTHY LIBIDO,
OPTIMISTIC, OPEN.

OVERACTIVE
OVER-EMOTIONAL,
FIXATED ON SEX,
HEDONISTIC,
MANIPULATIVE.

The *sacral* chakra

*T*he Sacral Chakra, also known as Svadhisthana in Sanskrit, is the second primary chakra located in the lower abdomen, just below the naval. It is associated with creativity, passion, and emotional well-being. When the Sacral Chakra is balanced and open, we experience a sense of joy, pleasure, and vitality.



BLOCKED
FEARFUL,
ANXIOUS,
UNSURE,
FINANCIAL
INSTABILITY,
UNGROUND.

BALANCED
SAFE, SECURE,
CENTRED,
GROUNDED,
HAPPY TO BE
ALIVE.

OVERACTIVE
GREEDY, LUST
FOR POWER,
AGGRESSIVE,
MATERIALISTIC,
CYNICAL.

The *root* charka

*T*he Root Chakra, also known as Muladhara in Sanskrit, is the first primary chakra located at the base of the spine. It is associated with feelings of safety, security, and stability. When the Root Chakra is balanced and open, we feel grounded, centered, and supported in all aspects of our lives.

03 chapter

CHAKRA

IMBALANCE

EFFECTS ON THE BODY + MIND

A balanced Crown Chakra promotes feelings of serenity, clarity, and unity with all beings. Imbalances in this chakra may manifest as feelings of disconnection, confusion, or spiritual emptiness.

Physical symptoms of imbalance can include headaches, migraines, and neurological disorders.

HEALING FOODS

Foods Associated with the Crown Chakra:

Foods that are light, pure, and high in prana (life force energy) support the Crown Chakra.

These include fresh fruits and vegetables, herbal teas, nuts, seeds, and purified water. Fasting or detoxifying rituals can also help cleanse and purify the Crown Chakra.



CONNECT + STRENGTHEN

Meditation is one of the most powerful ways to connect with and strengthen the Crown Chakra. Practice mindfulness and contemplative meditation to quiet the mind and open yourself to divine guidance.

Spend time in nature, contemplating the vastness and beauty of the universe.

Engage in spiritual practices such as prayer, chanting, or energy healing to deepen your connection to the divine.

RELEASE OVERACTIVE ENERGY

When the Crown Chakra is overactive, it can lead to feelings of spiritual superiority, dogmatism, or escapism.

To release excess energy from the Crown Chakra and restore balance, practice grounding techniques such as walking barefoot in nature, gardening, or spending time with loved ones.

Engage in activities that promote humility and surrender, such as selfless service or acts of kindness. Practice discernment and critical thinking to avoid becoming lost in spiritual fantasies or delusions.

MANTRA

"I am connected to the divine wisdom of the universe. I trust in the guidance of my higher self and embrace the beauty of my spiritual journey."

CROWN CHAKRA

By nurturing and balancing the Crown Chakra we cultivate a harmonious connection between our spiritual and physical selves, fostering a sense of wholeness and divine alignment.



EFFECTS ON THE BODY + MIND

A balanced Third Eye Chakra fosters clarity of thought, heightened intuition, and a deep sense of inner knowing.

Imbalances in this chakra may manifest as confusion, indecision, or difficulty trusting one's intuition.

Physical symptoms of imbalance can include headaches, eye strain, and sinus issues.

HEALING FOODS

Foods that support brain health and enhance cognitive function are beneficial for the Third Eye Chakra.

These include dark leafy greens, blueberries, nuts, seeds, and omega-3 fatty acids found in fish.

Herbs and spices such as turmeric, ginkgo biloba, and rosemary can also stimulate mental clarity and focus.



CONNECT + STRENGTHEN

Meditation is a powerful practice for connecting with and strengthening the Third Eye Chakra.

Focus on visualizations of a radiant indigo light at the center of your forehead, expanding and illuminating your inner vision. Practice mindfulness and present-moment awareness to cultivate a deeper connection with your intuition.

Engage in activities that stimulate the mind, such as reading, puzzles, or creative expression.

RELEASE OVERACTIVE ENERGY

When the Third Eye Chakra is overactive, it can lead to feelings of overwhelm, overanalysis, or excessive reliance on intuition.

To release excess energy from the Third Eye and restore balance, practice grounding techniques such as deep breathing or spending time in nature.

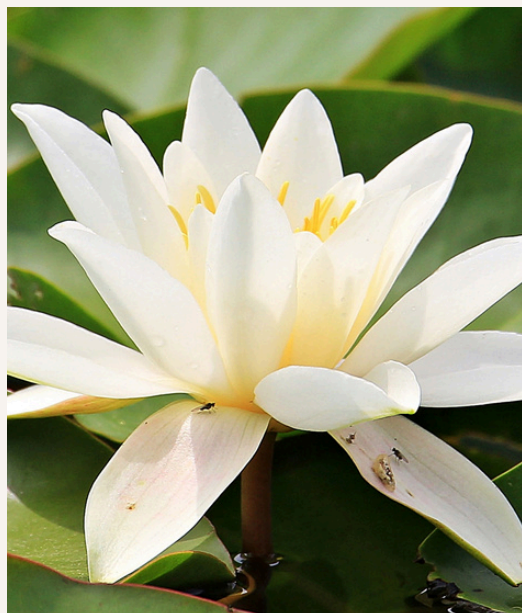
Incorporate physical activities like yoga, tai chi, or qigong to ground and center your energy.

MANTRA

"I trust in the wisdom of my intuition and inner vision. I am open to receiving guidance from my higher self and the universe."

THIRD EYE

By nurturing and balancing the Third Eye Chakra, we can enhance our perception, deepen our intuition, and access profound insights that guide us on our spiritual journey.



EFFECTS ON THE BODY + MIND

A balanced Throat Chakra promotes clear and effective communication, both verbally and non-verbally.

Imbalances in this chakra may manifest as difficulty expressing oneself, feeling misunderstood, or experiencing throat-related issues such as sore throat or thyroid imbalances. Emotional symptoms of imbalance can include fear of speaking up, feelings of insignificance, or excessive talkativeness to compensate for feeling unheard.

HEALING FOODS

Foods that support throat and thyroid health are beneficial for the Throat Chakra.

These include hydrating foods with high water content, such as cucumber, blueberries and coconut. Herbal teas like Slippery Elm Bark and Licorice Root along with soothing vegetable base soups are beneficial as well.

Spices such as ginger, cinnamon, and peppermint can help stimulate the throat chakra and enhance vocal clarity.



CONNECT + STRENGTHEN

Practice mindful communication by expressing yourself authentically and listening actively to others.

Engage in creative activities such as writing, singing, or public speaking to unleash your voice and creativity.

Practice throat chakra yoga poses such as Fish Pose, Lion's Breath, or Shoulder Stand to open and activate the throat area.

Use affirmations or mantras to reinforce positive self-expression and communication.

RELEASE OVERACTIVE ENERGY

When the Throat Chakra is overactive, it can lead to excessive talking, gossiping, or speaking without considering the impact of one's words.

To release excess energy from the Throat Chakra and restore balance, practice mindful listening, and silence.

Engage in activities that promote introspection and self-reflection, such as journaling or meditation. Singing or chanting can also help release stagnant energy and promote balance in the Throat Chakra.

MANTRA

"I express my truth with clarity and confidence. My voice is powerful, and my words have meaning. I communicate authentically and listen attentively."

THROAT CHAKRA

By nurturing and balancing the Throat Chakra, we can enhance our communication skills, express our truth with confidence, and cultivate deeper connections with others.



EFFECTS ON THE BODY + MIND

A balanced Heart Chakra fosters feelings of love, compassion, and connection with oneself and others.

Imbalances in this chakra may manifest as feelings of loneliness, jealousy, or resentment, as well as physical symptoms such as heart palpitations or respiratory issues.

Emotional symptoms of imbalance can include difficulty forgiving, fear of intimacy, or a tendency to give too much without receiving in return.

HEALING FOODS

Foods that support heart health and are green in color are beneficial for the Heart Chakra.

These include green leafy vegetables, fruits such as apples, grapes, and kiwis, nuts and seeds, and green tea.

Foods rich in antioxidants and omega-3 fatty acids, such as salmon and avocados, can also nourish the Heart Chakra.



CONNECT + STRENGTHEN

Practice self-love and self-care rituals to nurture your emotional well-being and cultivate a sense of inner peace.

Engage in activities that promote kindness and compassion, such as volunteering or acts of service. Practice heart-opening yoga poses such as Camel Pose, Bridge Pose, or Cobra Pose to open and activate the heart center.

Practice loving-kindness meditation to cultivate feelings of compassion and goodwill towards oneself and others.

RELEASE OVERACTIVE ENERGY

When the Heart Chakra is overactive, it can lead to codependency, smothering love, or a tendency to give too much at the expense of one's own well-being. To release excess energy from the Heart Chakra and restore balance, practice setting healthy boundaries and practicing self-love.

Engage in activities that promote emotional release, such as journaling, expressive arts, or spending time in nature.

Practice forgiveness and letting go of past hurts to open your heart to love and healing.

MANTRA

"I open my heart to love and compassion. I am worthy of giving and receiving love unconditionally. I forgive myself and others, releasing all that no longer serves me."

HEART CHAKRA

By nurturing and balancing the Heart Chakra, we can deepen our capacity for love and compassion, cultivate harmonious relationships, and experience greater emotional well-being and fulfillment in life.



EFFECTS ON THE BODY + MIND

A balanced Solar Plexus Chakra fosters feelings of confidence, self-esteem, and empowerment. Imbalances in this chakra may manifest as feelings of insecurity, low self-worth, or lack of motivation, as well as digestive issues or stomach ailments. Emotional symptoms of imbalance can include feelings of inadequacy, perfectionism, or a need for external validation.

HEALING FOODS

Foods that support digestion and metabolism are beneficial for the Solar Plexus Chakra. These include complex carbohydrates such as whole grains, legumes, and starchy vegetables, as well as yellow-colored foods like bananas, corn, and yellow peppers. Spices such as ginger, turmeric, and cumin can also stimulate the Solar Plexus Chakra and promote digestive health.



CONNECT + STRENGTHEN

- Practice self-confidence affirmations and positive self-talk to reinforce feelings of personal power and worthiness.
- Engage in activities that promote self-expression and creativity, such as dancing, singing, or painting.
- Practice core-strengthening exercises like yoga or Pilates to activate and strengthen the Solar Plexus Chakra.
- Practice breathwork techniques such as Kapalabhati (Skull Shining Breath) or Breath of Fire to stimulate and energize the Solar Plexus Chakra.

RELEASE OVERACTIVE ENERGY

When the Solar Plexus Chakra is overactive, it can lead to feelings of aggression, dominance, or excessive control.

To release excess energy from the Solar Plexus Chakra and restore balance, practice relaxation techniques such as deep breathing or meditation.

Engage in activities that promote surrender and letting go, such as spending time in nature or practicing mindfulness.

Practice gratitude and humility to cultivate a balanced sense of personal power and humility.

MANTRA

"I am worthy of love, respect, and success. I embrace my personal power with confidence and grace. I trust in my ability to manifest my desires and pursue my dreams."

SOLAR PLEXUS

By nurturing and balancing the Solar Plexus Chakra, we can cultivate a strong sense of self-esteem, assertiveness, and personal empowerment, enabling us to navigate life with confidence and resilience.



EFFECTS ON THE BODY + MIND

A balanced Sacral Chakra fosters feelings of creativity, passion, and emotional balance. Imbalances in this chakra may manifest as feelings of emotional instability, lack of creativity, or issues with intimacy and sexuality.

Physical symptoms of imbalance can include reproductive issues, lower back pain, or urinary problems.

HEALING FOODS

Foods that support reproductive health and are orange in color are beneficial for the Sacral Chakra.

These include fruits such as oranges, mangoes, and melons, as well as sweet and spicy foods like honey, cinnamon, and ginger.

Foods rich in healthy fats and omega-3 fatty acids, such as salmon, avocados, and nuts, can also nourish the Sacral Chakra.



CONNECT + STRENGTHEN

Practice creative expression through art, dance, music, or writing to tap into your creative potential and enhance Sacral Chakra energy.

Engage in activities that bring you joy and pleasure, such as spending time in nature, enjoying a hobby, or socializing with loved ones.

Practice mindfulness and emotional awareness to connect with and honor your emotions without judgment.

Practice pelvic-strengthening exercises such as yoga or Pilates to activate and strengthen the Sacral Chakra.

RELEASE OVERACTIVE ENERGY

When the Sacral Chakra is overactive, it can lead to emotional volatility, addiction, or excessive indulgence.

To release excess energy from the Sacral Chakra and restore balance, practice moderation and self-discipline.

Engage in activities that promote emotional release, such as journaling, dance therapy, or expressive arts.

Practice mindfulness and grounding techniques to anchor yourself in the present moment and cultivate inner stability.

MANTRA

"I embrace my creativity and passion. I allow myself to experience joy, pleasure, and emotional balance. I am worthy of love, pleasure, and fulfillment in all areas of my life."

SACRAL CHAKRA

By nurturing and balancing the Sacral Chakra, we can unlock our creative potential, embrace our sensuality, and experience greater joy, pleasure, and vitality in life.



EFFECTS ON THE BODY + MIND

- A balanced Root Chakra fosters feelings of safety, security, and stability in both body and mind. Imbalances in this chakra may manifest as feelings of insecurity, fear, or instability, as well as physical symptoms such as lower back pain, digestive issues, or immune system disorders. Emotional symptoms of imbalance can include anxiety, restlessness, or a sense of disconnection from oneself and the world.

HEALING FOODS

- Dense foods that grow below the earth support grounding and nourishment for the Root Chakra. These include root vegetables such as potatoes, carrots, and beets, as well as protein-rich foods like beans, lentils, and animal products (if you're not vegetarian or vegan). Spices such as ginger, turmeric, and cloves can also help stimulate and balance the Root Chakra.



CONNECT + STRENGTHEN

- Practice grounding techniques such as walking barefoot in nature, gardening, or spending time outdoors to connect with the earth's energy and anchor yourself in the present moment. Engage in physical activities such as yoga, tai chi, or martial arts to strengthen the connection between mind and body. Practice mindfulness and meditation to cultivate a sense of inner peace and stability. Use affirmations or mantras to reinforce feelings of safety and security.

RELEASE OVERACTIVE ENERGY

When the Root Chakra is overactive, it can lead to feelings of rigidity, stubbornness, or excessive focus on material security.

To release excess energy from the Root Chakra and restore balance, practice letting go of attachment to material possessions and cultivating a sense of trust in the universe. Engage in activities that promote relaxation and stress relief, such as deep breathing, meditation, or gentle movement.

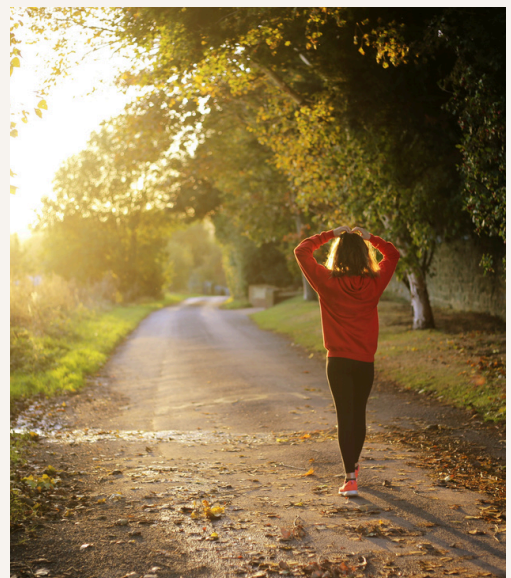
Practice surrendering to the present moment and embracing change as a natural part of life.

MANTRA

"I am grounded, safe, and supported. I trust in the universe to provide for my needs. I am rooted in the present moment and open to the flow of life."

ROOT CHAKRA

By nurturing and balancing the Root Chakra, we can cultivate a strong foundation for emotional and spiritual growth, allowing us to feel grounded, stable, and secure as we navigate life's challenges and opportunities.



04 chapter

ALIGNMENT TEST



chakra *alignment* test

By engaging in this self-reflection exercise, you can gain valuable insights into the state of your chakras and identify any areas that may be out of alignment. Once you've identified which chakras may need attention, you can then explore specific practices and techniques to help restore balance and harmony.

1. Find a quiet and comfortable space where you can relax and focus without distractions. Sit or lie down in a comfortable position, close your eyes, and take a few deep breaths to center yourself.
2. Begin by scanning your body from head to toe, paying attention to any areas of tension, discomfort, or sensation. Notice any physical symptoms or areas where you feel blocked or restricted.
3. Visualize each of the seven chakras starting from the base of your spine (Root Chakra) and moving up to the top of your head (Crown Chakra). As you focus on each chakra, notice any images, colors, or sensations that come to mind. Trust your intuition and allow your inner wisdom to guide you.
4. Take a few moments to tune into your emotions. Notice any recurring feelings or emotional patterns that may be present. Pay attention to any feelings of fear, insecurity, anger, sadness, or joy.

Once you have scanned your full chakra system, take out a journal or notebook and write down any insights, sensations, or emotions that arose during the exercise. Reflect on which chakras felt strong and balanced and which ones may have felt blocked or out of alignment.

A close-up photograph of a hand holding a white pen, poised to write on a white notebook. The hand is positioned on the left side of the frame, with the pen tip resting on the paper. The background is a soft, out-of-focus light brown.

journaling prompts

These prompts can be used as a starting point for exploring and connecting with your chakras through journaling. It's important to approach these prompts with openness and curiosity, and to allow yourself to explore your thoughts and feelings without judgment or expectation.

Do you feel any of your chakras are blocked?

Why do you think they might be blocked?

How does it manifest? How can you tell?

1. Root Chakra: What beliefs or fears do I have around my basic survival needs (food, shelter, safety)? How do these beliefs impact my sense of grounding and stability in life?

2. Sacral Chakra: How do I express my creativity and sexuality? What blocks or fears do I have around these areas of my life? How can I connect more deeply with my sense of pleasure and joy?

3. Solar Plexus Chakra: How do I express my personal power and confidence? What situations or people make me feel disempowered or lacking in self-esteem? How can I take action to pursue my goals and dreams?

A woman with dark hair, wearing a white tank top, is sitting on a beach. She is looking down with a thoughtful expression. The background shows the ocean and a cloudy sky.

journaling prompts

4. Heart Chakra: How do I give and receive love and compassion? What blocks or fears do I have around opening my heart to others? How can I cultivate more self-love and inner peace?

5. Throat Chakra: How do I express myself and speak my truth? What fears or blocks do I have around sharing my thoughts and ideas? How can I use my voice to manifest my goals and aspirations?

6. Third Eye Chakra: How do I connect with my intuition and inner wisdom? What practices or habits help me to tap into my spiritual insight? How can I cultivate more clarity and insight in my life?

7. Crown Chakra: How do I connect with the divine and my sense of purpose and meaning in life? What practices or experiences help me to feel a sense of connection to something greater than myself? How can I align my life with my highest purpose and calling?

05 chapter

CHAKRA

HEALING

Body parts & vertebrae associated with each chakra

THERE IS AN INTRICATE RELATIONSHIP BETWEEN THE PHYSICAL BODY AND THE ENERGETIC ASPECTS ASSOCIATED WITH EACH CHAKRA. BALANCING AND ALIGNING THE CHAKRAS CAN HELP PROMOTE OVERALL HEALTH AND WELL-BEING ON BOTH PHYSICAL AND SPIRITUAL LEVELS.

CROWN CHAKRA (SAHASRARA):



- BRAIN, SKULL, CEREBRAL CORTEX, AND PINEAL GLAND.
- VERTEBRAE: TOP OF THE SPINE (ABOVE THE SEVENTH CERVICAL VERTEBRA).

THIRD EYE CHAKRA



THROAT CHAKRA

- BRAIN, EYES, PITUITARY GLAND, PINEAL GLAND, AND SINUSES.
- VERTEBRAE: FIRST CERVICAL VERTEBRA (ATLAS) TO THE SECOND CERVICAL VERTEBRA (AXIS).



HEART CHAKRA

- THROAT, NECK, THYROID GLAND, VOCAL CORDS, AND MOUTH.
- VERTEBRAE: THIRD THORACIC VERTEBRA TO THE FIFTH CERVICAL VERTEBRA.



SOLAR PLEXUS CHAKRA

- BODY PARTS: HEART, LUNGS, CHEST, ARMS, HANDS, AND THYMUS GLAND.
- VERTEBRAE: FIRST THORACIC VERTEBRA TO THE SECOND THORACIC VERTEBRA.



SACRAL CHAKRA

- DIGESTIVE SYSTEM, STOMACH, LIVER, GALLBLADDER, AND PANCREAS.
- VERTEBRAE: FIRST THORACIC VERTEBRA TO THE FIRST LUMBAR VERTEBRA.



ROOT CHAKRA

- REPRODUCTIVE ORGANS, LOWER ABDOMEN, BLADDER, AND LOWER BACK.
- VERTEBRAE: SECOND LUMBAR VERTEBRA TO THE FIRST SACRAL VERTEBRA.



- LEGS, FEET, BONES, ADRENAL GLANDS, COLON, AND KIDNEYS.
- VERTEBRAE: BASE OF THE SPINE (COCCYX) TO THE FIRST LUMBAR VERTEBRA.



natural chakra healing

IF YOU SUSPECT THAT ONE OR MORE OF YOUR CHAKRAS MAY BE BLOCKED, THERE ARE MANY DIFFERENT HEALING PRACTICES THAT CAN HELP TO BALANCE AND OPEN THEM. YOU MAY WANT TO CONSIDER WORKING WITH A QUALIFIED ENERGY HEALER OR EXPLORING SELF-CARE PRACTICES SUCH AS MEDITATION, YOGA, OR AROMATHERAPY.

THESE ARE JUST A FEW EXAMPLES OF THE MANY DIFFERENT HEALING PRACTICES THAT UTILIZE CHAKRAS TO PROMOTE HEALTH AND WELL-BEING.

acupuncture healing

ACUPUNCTURE: ACUPUNCTURE IS A TRADITIONAL CHINESE MEDICINE PRACTICE THAT INVOLVES THE USE OF FINE NEEDLES TO STIMULATE SPECIFIC POINTS ON THE BODY. MANY ACUPUNCTURISTS WORK WITH THE CHAKRAS TO PROMOTE BALANCE AND HARMONY WITHIN THE BODY'S ENERGY SYSTEMS.

reiki healing

REIKI IS A JAPANESE ENERGY HEALING PRACTICE THAT INVOLVES THE USE OF GENTLE TOUCH OR NON-TOUCH TECHNIQUES TO CHANNEL HEALING ENERGY TO THE RECIPIENT. MANY REIKI PRACTITIONERS WORK WITH THE CHAKRAS TO HELP CLEAR BLOCKAGES AND PROMOTE ENERGY FLOW THROUGHOUT THE BODY.

meditation healing

MEDITATION: MEDITATION IS A POWERFUL TOOL FOR PROMOTING RELAXATION, REDUCING STRESS, AND IMPROVING MENTAL CLARITY. MANY MEDITATION PRACTICES FOCUS ON VISUALIZING AND BALANCING THE CHAKRAS TO HELP CLEAR BLOCKAGES AND PROMOTE HEALING.

yoga healing

YOGA IS A HOLISTIC PRACTICE THAT INCORPORATES PHYSICAL POSTURES, BREATHING EXERCISES, MEDITATION, AND OTHER TECHNIQUES TO BALANCE AND HARMONIZE THE BODY AND MIND. MANY YOGA PRACTICES FOCUS ON OPENING AND BALANCING THE CHAKRAS TO PROMOTE ENERGY FLOW AND OVERALL HEALTH.

HERE ARE SOME YOGA POSES THAT ARE COMMONLY USED TO BALANCE AND ACTIVATE EACH CHAKRA:

CROWN CHAKRA (SAHASRARA):



HEADSTAND (SIRSASANA), LOTUS POSE (PADMASANA), OR MOUNTAIN POSE (TADASANA)

THIRD EYE CHAKRA



CHILD'S POSE (BALASANA), DOWNWARD-FACING DOG (ADHO MUKHA SVANASANA), OR EAGLE POSE (GARUDASANA)

THROAT CHAKRA



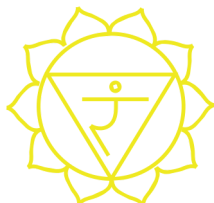
PLOW POSE (HALASANA), SHOULDERSTAND (SARVANGASANA), OR FISH POSE (MATSYASANA)

HEART CHAKRA



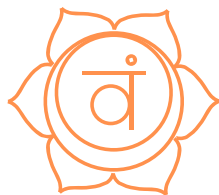
CAMEL POSE (USTRASANA), FISH POSE (MATSYASANA), OR BRIDGE POSE (SETU BANDHA SARVANGASANA)

SOLAR PLEXUS CHAKRA



BOAT POSE (NAVASANA), WARRIOR III (VIRABHADRASANA III), OR BOW POSE (DHANURASANA)

SACRAL CHAKRA



COBRA POSE (BHUJANGASANA), PIGEON POSE (EKA PADA RAJAKAPOTASANA), OR GODDESS POSE (UTKATA KONASANA)

ROOT CHAKRA



TREE POSE (VRKSASANA), MOUNTAIN POSE (TADASANA), OR WARRIOR I (VIRABHADRASANA I)

ESSENTIAL OILS *AND CHAKRAS*

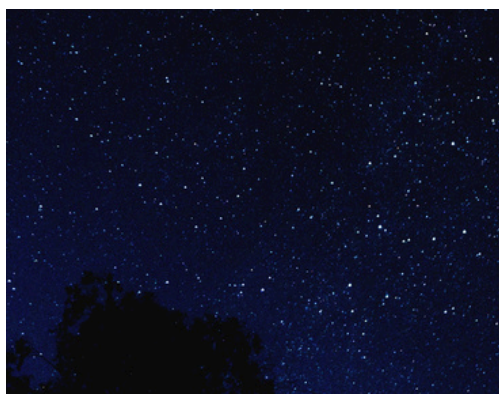
ESSENTIAL OILS CAN BE USED TO BALANCE AND SUPPORT THE CHAKRAS IN A NUMBER OF WAYS. EACH CHAKRA IS ASSOCIATED WITH DIFFERENT SCENTS AND OILS THAT CAN HELP TO ACTIVATE AND BALANCE IT.



CROWN

UPLIFTING + SPIRITUAL

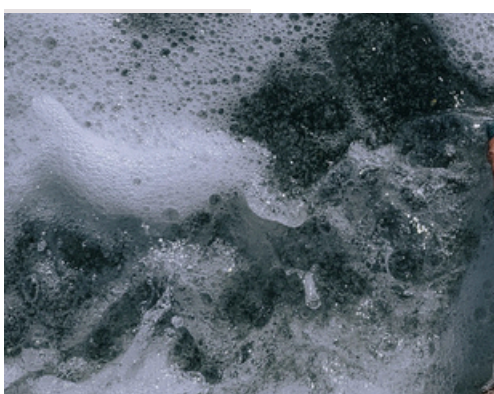
Frankincense, Myrrh,
Sandalwood, Lotus,
Cedarwood, Lavender.



THIRD EYE

CALMING + CLARIFYING

Lavender, Clary Sage,
Frankincense,
Sandalwood, Rosemary



THROAT

COOLING + REFRESHING

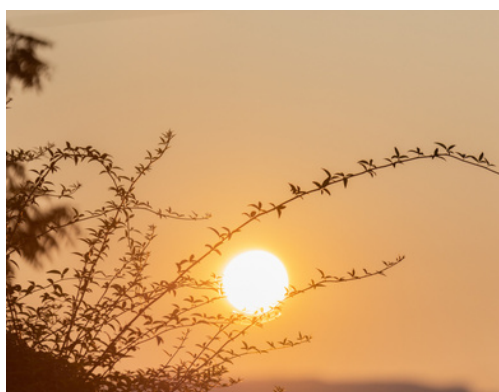
Eucalyptus, Peppermint,
Chamomile, Tea Tree,
Sage, Frankincense



HEART

SOOTHING + CALMING

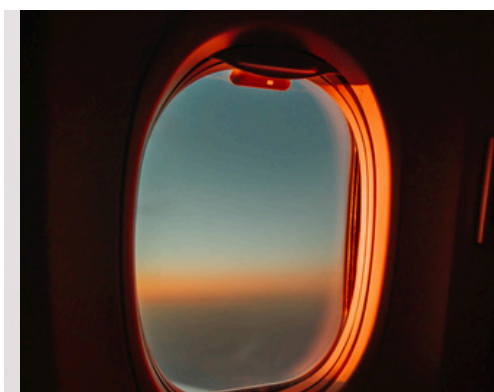
Rose, Geranium,
Lavender, Jasmine,
Bergamot, Ylang Ylang



SOLAR PLEXUS

STIMULATING + ENERGIZING

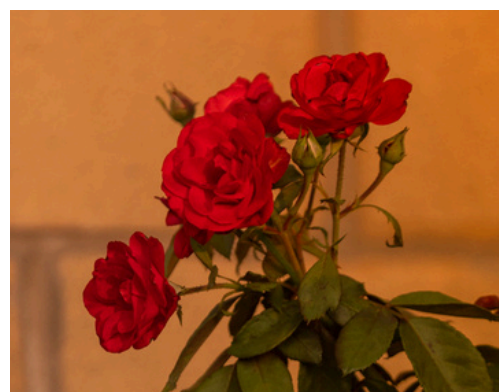
Lemon, Bergamot,
Ginger, Peppermint,
Juniper, Rosemary



SACRAL

UPLIFTING + INVIGORATING

Orange, Ylang Ylang,
Jasmine, Sandalwood,
Neroli, Clary Sage



ROOT

GROUNDING + EARTHY

Patchouli, Cedarwood,
Vetiver, Frankincense,
Myrrh, Sandalwood

"THE *power*
THAT MADE
THE BODY
heals **THE BODY."**

- B.J. PALMER