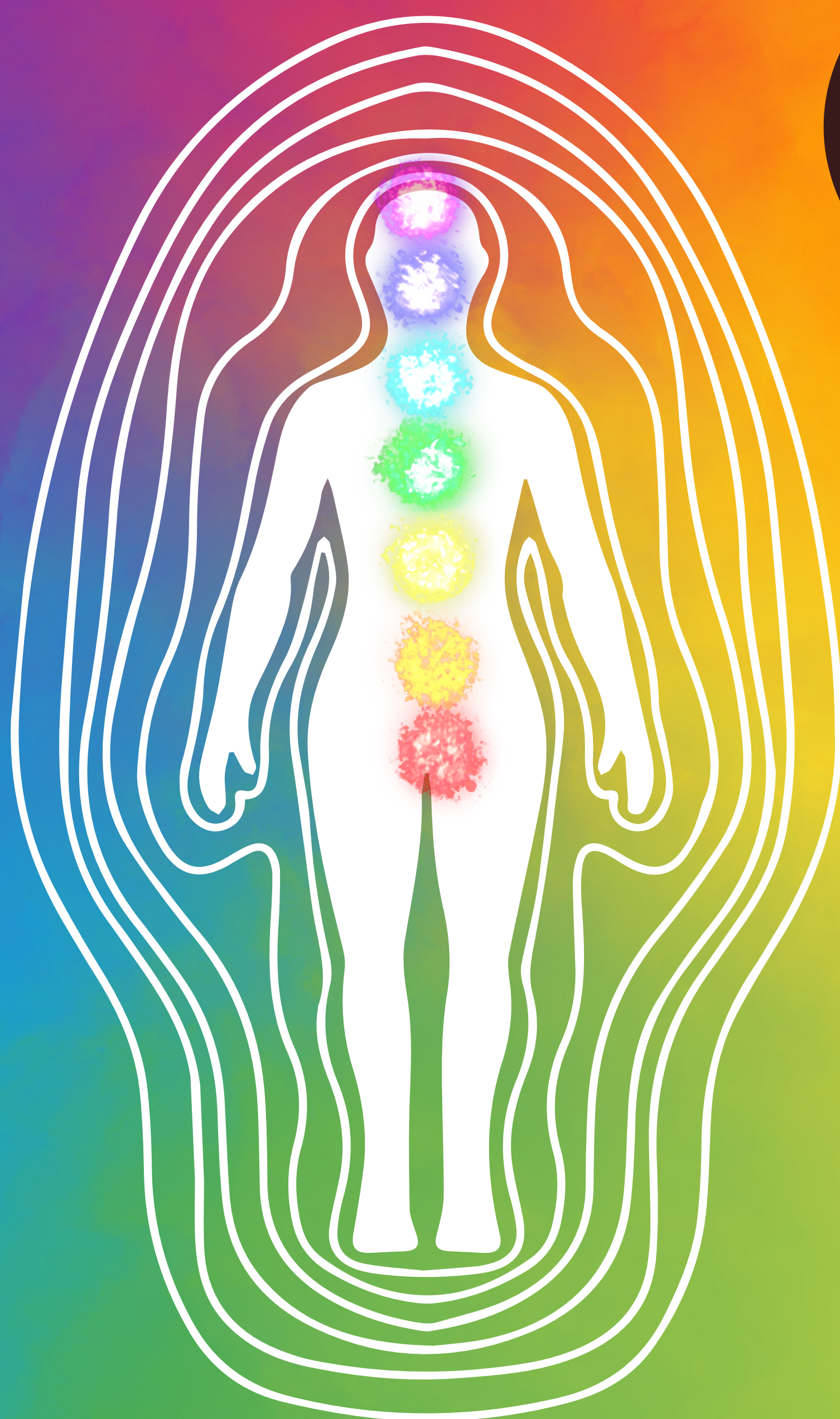


THE COMPLETE GUIDE TO BALANCING
YOUR CHAKRAS AND HEALING YOUR
MIND, BODY, AND SPIRIT.

HEAL & BALANCE YOUR CHAKRAS



**BEST
SELLER**

Karma gaia

ABOUT THE CHAKRA SYSTEM

about the chakra system

WHAT ARE CHAKRA'S?

The Chakra's are the keys to our energy system and can help with physical health, emotional stability, and mental clarity.

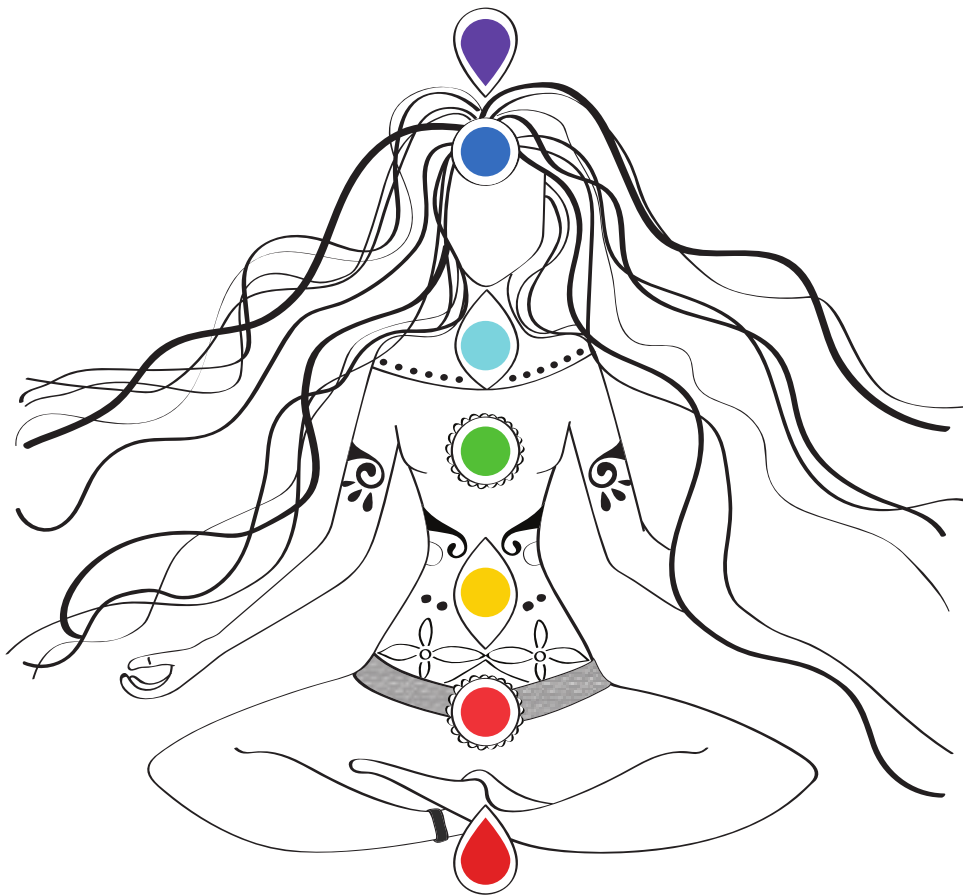
They act as conductors which can stimulate the various endocrine hormones that control our body and state of mind, the Chakra system can be considered as a filtration system which purifies energy.

Chakra healing can help with overall physical and mental health, providing balance, love and stability.

WORKING WITH THE CHAKRA'S?

The Chakra system assists the flow of subtle energy that runs through all life and the human energy system, it's like a ladder that provides steps up from the physical realm to the workings of the higher mind and spirit, into the world of divine consciousness.

When working with the Chakra system and healing your energy centres, there can be different messages and feelings that are presented. Writing these messages and feelings down can be an effective way to reflect and work through various emotions and feelings.



When all of the Chakras are open, energy can run through them freely, creating harmony exists between the physical body, mind, and spirit.

THE SEVEN CHAKRA'S

the seven chakra's



CROWN CHAKRA - *Sahasrara*

PINEAL

Located at the top of the skull:

It represents selfless realisation, serenity, oneness with all that is, resilience, and a connection to the higher spiritual realm.

THIRD EYE CHAKRA - *Ajna*

PITUITARY

Located between the eyebrows:

It represents wisdom from life experiences, fulfillment, focused intelligence, and knowledge of your higher worth.

THROAT CHAKRA - *Vishuddha*

THYROID

Located in the throat (internal & external):

It represents communication, creativity, expression of truth, and having integrity.

HEART CHAKRA - *Anahata*

THYMUS

Located in the middle of the chest:

It represents peace, purity, variations of love, innocence, unity, and relationships. Let love be the center of your life.

SOLAR PLEXUS CHAKRA - *Manipura*

PANCREAS

Located just above the stomach:

It represents confidence, self-worth, the power within, strength, resilience, and the freedom of choice.

SACRAL CHAKRA - *Swadhisthana*

OVARIES / TESTES

Located just below the navel near the pelvis:

It represents sensuality, abundance, pleasure, well-being, understanding yourself, fun, and exercise.

ROOT CHAKRA - *Muladhara*

ADRENALS

Located at the base of the spine:

It represents the connection to our ancestors and our past lives, stability, structure, security, and patience.

THE ROOT CHAKRA

muladhara



ANIMAL:

The Elephant & Ox

ARCHETYPES:

Positive: The Mother

Negative: The Victim

BODY PART:

Blood, Kidneys, & The Skeletal System

COLOUR:

Red

CRYSTALS:

Bloodstone, Hematite, & Ruby

ELEMENT:

Earth

ESSENTIAL OILS:

Cinnamon, Garlic, & Sandalwood

INTELLIGENCE:

Administrative

METAL:

Lead

PLANETS:

Earth & Saturn

PLANT:

Sage

SENSORY:

The sense of smell

SHAPE:

Cube

SOUL LESSON:

Gratitude & Service

ZODIAC SIGN:

Capricorn

ACCESSING THE ROOT CHAKRA?

Developing a healthy Root Chakra can strengthen our attachment to life.

It's important to honour who you are beyond any identifying restrictions that may define you, be grateful, and accept the goodness life has to offer.

Chanting, grounding, meditation, and yoga are ways of accessing the Root Chakra.

The Root Chakra can be healed by making choices based upon the honour, growth, and spiritual development.

THE MOTHER:

Nurturing, positive, hopeful, and responsible.

THE VICTIM:

Dependant, lacking energy, and invalidated.

AFFIRMATIONS:

- I affirm the right to the life I choose.
- I am supported through all of my choices.
- I live from my integrity & love from my heart.
- I am open & thankful for all the opportunities for growth.
- I know who I am and make choices based on what I know to be right for me.

POSITIVE ATTRIBUTES:

[Opened Root Chakra]

The goodness in life and a sense of belonging as it reminds us of trust, love, and support through any challenges in life.

A connection to ancestors and nature.

NEGATIVE ATTRIBUTES:

[Blocked Root Chakra]

The sense of despair and embodying the role of a victim can lower the vibration of the Root Chakra energy.

A display of hurtful and violent emotions.

THE ROOT CHAKRA

muladhara

PROMPTS FOR THE ROOT CHAKRA

Muladhara

WHERE DOES YOUR COURAGE, STAMINA, & GRIT COME FROM?

WHAT QUALITIES DO YOU NEED TO CULTIVATE IN ORDER TO BUILD THE LIFE YOU WANT?

WHAT QUALITIES DO YOU NEED TO CULTIVATE IN ORDER TO BUILD THE LIFE YOU WANT?

HOW STABLE DO YOU FEEL IN YOUR LIFE AT THE MOMENT? EXPLAIN FURTHER ...

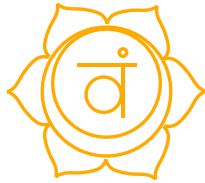
ARE YOU FEARFUL OF ANYTHING OUTSIDE OF YOUR BOUNDARIES? WHAT & WHY?

DO YOU FEEL YOU NEED TO CHANGE ANYTHING IN ORDER FOR YOUR DREAMS TO COME TRUE?

I FEEL THE MOST GROUNDED WHEN I ...

THE SACRAL CHAKRA

swadhisthana



ANIMAL:

The Crocodile & Fish

ARCHETYPES:

Positive: The Emperor / Empress

Negative: The Martyr

BODY PART:

Bladder, Uterus (women), & Prostate (Men)

COLOUR:

Orange

CRYSTALS:

Carnelian, Onyx, & Tigers Eye

ELEMENT:

Water

ESSENTIAL OILS:

Jasmine, Neroli, & Orange Blossom

INTELLIGENCE:

Sensation & Pleasure

METAL:

Tin

PLANETS:

Jupiter

PLANT:

Jasmine

SENSORY:

The sense of taste

SHAPE:

Triangle

SOUL LESSON:

Peace & Wisdom

ZODIAC SIGN:

Cancer & Scorpio

ACCESSING THE SACRAL CHAKRA?

Honouring your body and accepting your right to pleasure and well-being can heal and expand the Sacral Chakra however, treating yourself with respect is essential.

It can bring a sense of peace and wholesome consciousness, providing reserves of vitality that can be tapped into when feeling stressed. Celibacy, dancing, fasting, meditation, & yoga are ways of accessing the Sacral Chakra.

The Sacral Chakra can be healed by discipline, pleasure, and rest.

THE EMPEROR / EMPRESS:

Abundance, comfort, luxury, and pleasure.

THE MARTYR:

Projecting, self-pity, and inflicted suffering.

AFFIRMATIONS:

- I accept that healing happens naturally.
- I am grateful for myself.
- I accept my true self and love my life.
- I am honour my body and treat myself respectfully.
- Goodness, beauty, and joy resonate with my soul

POSITIVE ATTRIBUTES:

[Opened Sacral Chakra]

Finding balance and prosperity by nurturing the body, it strengthens our right to pleasure and creates the possibility of ease.

A degree of respect for the body and pleasure.

NEGATIVE ATTRIBUTES:

[Blocked Sacral Chakra]

The feeling of not being worthy of experiencing simple pleasures or feeling good, becoming moody and unhappy.

A display of negative attitudes and sadness.

THE SACRAL CHAKRA

swadhisthana

PROMPTS FOR THE SACRAL CHAKRA

Swadhisthana

DO YOU HONOUR YOUR BODIES NEED FOR REST WHEN IT DISPLAYS SIGNS OF TIREDNESS? HOW?

DO YOU FEEL YOU DESERVE THE HAPPINESS YOU LONG FOR? HOW DO YOU ACHIEVE THIS?

TO WHAT EXTENT DO YOU TRY TO INCLUDE PLEASURE INTO YOUR LIFESTYLE? WHAT & HOW?

DO YOU COMPLICATE YOU LIFE WITH TOO MUCH MENTAL ACTIVITY? HOW CAN YOU ALTER THIS?

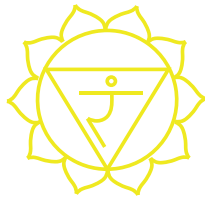
DO YOU THINK YOU COULD MANAGE WITH LESS AND STILL FEEL ABUNDANT? EXPLAIN FURTHER ...

DO YOU VALUE THE PEOPLE/THINGS YOU HAVE NOW? WHAT & WHO? HOW & WHY?

I FEEL THE MOST PLEASURE & JOY WHEN I ...

THE SOLAR PLEXUS CHAKRA

manipura



ANIMAL:

The Lion & Ram

ARCHETYPES:

Positive: The Warrior

Negative: The Servant

BODY PART:

Liver, Muscles, Pancreas, & Stomach Area

COLOUR:

Yellow

CRYSTALS:

Amber, Citrine, & Topaz

ELEMENT:

Fire

ESSENTIAL OILS:

Grapefruit, Juniper, & Lemon

INTELLIGENCE:

Instinctual & Intuitive

METAL:

Gold & Iron

PLANETS:

Mars & The Sun

PLANT:

Carnation

SENSORY:

The sense of vision

SHAPE:

Globe (Circle)

SOUL LESSON:

Divine Love & A Healthy Ego

ZODIAC SIGN:

Aries & Leo

ACCESSING THE SOLAR PLEXUS CHAKRA?

The center of personal empowerment and the Solar Plexus Chakra can be accessed by knowing your worth and connecting with your true self, presenting a balanced ego.

Have confidence in your personal power as you have the freedom to choose your life so, make good choices.

Appreciation, competitive sports, and gratitude are ways of accessing the Solar Plexus Chakra.

The Solar Plexus Chakra can be healed by self-love and maintaining a healthy ego.

THE WARRIOR:

Confident, resilience, self-worth, and stamina.

THE SERVANT:

Needy, seek validation, and self-sabotage.

AFFIRMATIONS:

- I have faith as I know what is best for myself.
- I am worth my weight in gold.
- I choose the power of life.
- I am worthy of love, kindness, and respect, regardless of what I may have done.
- I am confident in the goodness of life itself to abundant.

POSITIVE ATTRIBUTES:

[Opened Solar Plexus Chakra]

Acknowledging the wealth of your being, cultivating a sense of self-worth by allowing your true self to be expressed and accepted. A sense of balance and respect.

NEGATIVE ATTRIBUTES:

[Blocked Solar Plexus Chakra]

The feeling of worthlessness and a lack of respect which diminishes your self-value, being unkind to yourself. A display manipulative emotions.

THE SOLAR PLEXUS CHAKRA

manipura

PROMPTS FOR THE SOLAR PLEXUS CHAKRA

Manipura

DO YOU HONOUR THE SENSE OF WHO YOU ARE & HOW STRONGLY DO YOU VALUE YOURSELF?

WHAT THINGS ARE YOU THE MOST PROUD OF HAVING DONE IN YOUR LIFE? WHY?

ARE YOU CONFIDENT IN YOUR ABILITY TO MAKE NECESSARY CHANGE IN YOUR LIFE? HOW?

DO YOU EXERCISE THE FREEDOM TO CHOOSE TO BE YOURSELF AT ALL TIMES?

DO YOU SEE WORTH IN OTHERS WHEN THEY DON'T SEE THEIR OWN LIGHT SHINING? WHAT DO YOU DO?

ARE YOU CONFIDENT THAT YOU WILL SUCCEED IN LIFE WITH THE CHOICES YOU MAKE? EXPLAIN ...

I FEEL THE MOST PERSONAL POWER (CONFIDENCE) WHEN I ...

THE HEART CHAKRA

anahata



ANIMAL:

The Dove & Wolf

ARCHETYPES:

Positive: The Lover

Negative: The Actor / Actress

BODY PART:

Circulation, Heart, Lungs, & Pericardium

COLOUR:

Green & Pink

CRYSTALS:

Diamond, Peridot, & Rose Quartz

ELEMENT:

Air

ESSENTIAL OILS:

Carnation, Lilly, & Rose

INTELLIGENCE:

Goodness & An Open Heart

METAL:

Copper & Gold

PLANETS:

Venus & The Sun

PLANTS:

Carnation, Foxglove, Lilly, & Rose

SENSORY:

The sense of touch

SHAPE:

Crescent Moon

SOUL LESSON:

Love & Relationships

ZODIAC SIGN:

Libra & Taurus

ACCESSING THE HEART CHAKRA?

Developing compassion and awareness for yourself and others can help to realise love is the essential core of life, love yourself and others. If painful experiences and wounds have closed the heart of, it is important to revive it and express unconditional love.

Love is learned in its purest sense, it is innocence and carries us during challenging times.

Massages, prayer, and practising self-care are ways of accessing the Heart Chakra.

THE LOVER:

Accepting, good, loving, thoughtful, and warm.

THE ACTOR / ACTRESS:

Critical, judgemental, and unrealistic.

AFFIRMATIONS:

- I choose peace, love, and happiness.
- I delight in sharing my joy with others.
- I quiet and listen to my hearts song.
- I am of my purest form and nothing can touch me except love and light.
- I shine and give from the depths of my heart to those who love me.

POSITIVE ATTRIBUTES:

[Opened Heart Chakra]

Self-acceptance by loving who you are and what you do can raise the hearts spirit, creating a positive and generous attitude.

A sense of unconditional love and internal peace.

NEGATIVE ATTRIBUTES:

[Blocked Heart Chakra]

The fear of love and happiness, accepting people can be good and care. Avoiding what makes you happy and depriving yourself.

A display solitude and feelings of pain.

THE HEART CHAKRA

anahata

PROMPTS FOR THE HEART CHAKRA

Anahata

DO YOU FEEL LOVE FOR YOURSELF AND FOR THE BEAUTY OF THE WORLD?

HOW MUCH PEACE DO YOU CREATE IN YOUR LIFE? HOW DO YOU ACHIEVE THIS?

HOW DO YOU EXPERIENCE ONENESS? WHAT DOES THIS LOOK LIKE?

CAN YOU FORGIVE THOSE WHO HURT YOU IN THE PAST? HOW DO YOU ACHIEVE THIS

WHAT MAKES YOUR HEART SING, FILLING YOU WITH EXCITEMENT AND JOY?

DO YOU NEED TO MAKE CHANGES IN YOUR LIFE THAT WILL ALLOW FOR MORE PEACE? EXPLAIN FURTHER ...

I FEEL THE MOST LOVE WHEN I ...

THE THROAT CHAKRA

vishuddha



ANIMAL:

The Bull & White Elephant

ARCHETYPES:

Positive: The Communicator

Negative: The Silent Child

BODY PART:

Ears, Jaw, Mouth, Throat, & Teeth

COLOUR:

Blue & Turquoise

CRYSTALS:

Aquamarine, Blue Agate, & Turquoise

ELEMENT:

Ethers - In which all things are contained

ESSENTIAL OILS:

Blue Chamomile, Gardenia, & YlangYlang

INTELLIGENCE:

Expression & Willpower

METAL:

Mercury

PLANETS:

Mercury & Saturn

PLANT:

Gardenia

SENSORY:

The sense of hearing

SHAPE:

Inverted Pyramid

SOUL LESSON:

Expressing Divine Purpose & Will

ZODIAC SIGN:

Gemini & Virgo

ACCESSING THE THROAT CHAKRA?

Expressing feelings and thoughts are important, voice what is on your mind. Affirm your worth and stay true to your feelings when exercising the Throat Chakra.

Singing (even if you think you can't) can be beneficial for a functional Throat Chakra.

Chanting, dance, singing and Qi Gong are ways of accessing the Throat Chakra.

The Root Chakra can be healed by making choices based upon the honour, growth, and spiritual development.

THE COMMUNICATOR:

Integrity, truthful, and are skilled speakers.

THE SILENT CHILD:

Disconnected, suppressed, and quiet.

AFFIRMATIONS:

- I listen to myself and trust my inner voice.
- I share my feelings with ease and comfort.
- Clear communication is important to me.
- My willpower is aligned with my spiritual purpose in life.
- I live in my truth, I communicate my truth, I am my truth.

POSITIVE ATTRIBUTES:

[Opened Throat Chakra]

The ability to communicate clearly and from a place of integrity, being comfortable expressing your truth.

Honouring integrity and the truth.

NEGATIVE ATTRIBUTES:

[Blocked Throat Chakra]

The fear of expressing your true thoughts and feelings and the inability to clearly communicate with the sense of freedom.

A lack of communication skill and shyness.

THE THROAT CHAKRA

vishuddha

PROMPTS FOR THE THROAT CHAKRA

Vishuddha

HOW OFTEN AND OPENLY DO YOU SHARE HOW YOU FEEL? EXPLAIN FURTHER ...

IS INTEGRITY IMPORTANT TO YOU? HOW DO YOU EXERCISE THIS?

DO YOU TUNE INTO YOUR BODY AND FEELINGS? HOW DO YOU EXERCISE THIS?

ARE YOU DISCIPLINED & WHAT CAN YOU DO TO BE MORE DISCIPLINED?

WHAT ACTIVITIES SPARK THE MOST CREATIVITY FOR YOU? DO YOU THINK YOU SHOULD DO MORE OF IT?

DO YOU FEEL COMFORTABLE COMMUNICATING PUBLICLY? HOW CAN YOU FEEL MORE COMFORTABLE?

I FEEL THE MOST OPEN WHEN ...

THE THIRD EYE CHAKRA

ajna



ANIMAL:

The Black Antelope & Owl

ARCHETYPES:

Positive: The Wise Person

Negative: The Intellectual

BODY PART:

Base of skull, Eyes, Sinuses, & Temporal Lobes

COLOUR:

Indigo

CRYSTALS:

Lapis Lazuli, Sapphire, & Tanzanite

ELEMENT:

The Cosmos

ESSENTIAL OILS:

Camphor, Heliotrope, & Sweet Pea

INTELLIGENCE:

Control & Wisdom

METAL:

Silver

PLANETS:

The Moon

PLANT:

Almond Blossom

SENSORY:

The Sense of Intuition

SHAPE:

Five Pointed Star

SOUL LESSON:

Detachment & Intuition

ZODIAC SIGN:

Sagittarius & Pisces

ACCESSING THE THIRD EYE CHAKRA?

The most common Chakra which people want to access however, it's a process of working through the other Chakra's to be able to consider accessing the Third Eye Chakra.

It's important to analyse what you think and feel about yourself and life.

Creativity, meditation, and reading books are ways of accessing the Third Eye Chakra.

The Third Eye Chakra can be healed by thinking through choices based upon wisdom, knowledge, and visualisation.

THE WISE PERSON:

Adventurous, encouraging, and wise.

THE INTELLECTUAL:

Analytical, conventional, and rational.

AFFIRMATIONS:

- I release and forgive the past.
- I am wise, intuitive, and aligned.
- I seek wisdom and guidance.
- I live in the light of my higher mind and allow it to illuminate my life.
- I tap into my inner wisdom and know all is good in my world.

POSITIVE ATTRIBUTES:

[Opened Third Eye Chakra]

The ability to be comfortable with yourself and feeling aligned and in tune with the world around you.

Honouring creativity and wisdom.

NEGATIVE ATTRIBUTES:

[Blocked Third Eye Chakra]

The feelings of anxiety and an inflated ego can generate negative outcomes which block the Third Eye Chakra.

A lack of self-awareness and cynical.

THE THIRD EYE CHAKRA

ajna

PROMPTS FOR THE THIRD EYE CHAKRA

Ajna

CAN YOU VISUALISE WHAT YOUR LIFE WILL BE LIKE IN 1, 5, 10 YEARS? EXPLAIN FURTHER ...

CAN YOU TRUST YOUR INTUITION? HOW DO YOU RECOGNISE THIS?

WHAT CHALLENGING SITUATION PROVIDED YOU WITH WISDOM? HOW DID YOU GROW FROM THIS?

DO YOU VALUE KNOWLEDGE? WHAT SPARKS YOUR DESIRE TO LEARN MORE?

WHAT AREAS OF YOUR LIFE WOULD YOU LIKE TO DEVELOP MORE BY GAINING KNOWLEDGE? WHY?

HOW DO YOU USE YOUR INTUITION AT PRESENT? DO YOU TAP INTO IT OFTEN & HOW?

I FEEL THE MOST AWARE AND CONNECTED WHEN ...

THE CROWN CHAKRA

sahasrara



ANIMAL:

The Egg

ARCHETYPES:

Positive: The Guru

Negative: The Egotist

BODY PART:

Cerebral Cortex, Skin, Upper Skull

COLOUR:

Violet

CRYSTALS:

Amethyst, Clear Quartz, Selen

ELEMENT:

The Cosmos

ESSENTIAL OILS:

Lavender, Lotus, & Violet

INTELLIGENCE:

Spiritual Understanding

METAL:

Platinum

PLANETS:

The Universe

PLANT:

Lotus Flower

SENSORY:

The Sense of Bliss

SHAPE:

Flower (Lotus)

SOUL LESSON:

To Be At One With The Source

ZODIAC SIGN:

Aquarius

ACCESSING THE CROWN CHAKRA?

A lot of practice needs to go into accessing the Crown Chakra, it is associated with spiritual and psychic powers to create a connection to the divine energy of the Universe.

It is considered to be a state of enlightenment connecting with higher energy forces.

Being still, observing, listening, and meditating are ways of accessing the Crown Chakra.

The Crown Chakra can be healed by selfless realisation, maturity, and insight.

THE GURU:

Conscious, divine, radiant, and wise.

THE EGOTIST:

Arrogant, controlling, intense, and selfish.

AFFIRMATIONS:

- My spirit is eternal.
- I appreciate the beauty of the Earth.
- I honour and protect my divine spirit.
- I live in joy and gratitude for the goodness that fills my life.
- I am thankful for the awareness and insight I have in life.

POSITIVE ATTRIBUTES:

[Opened Crown Chakra]

Provides a sense of gratitude and humility for life and living things, as well as a deeper awareness.

A higher consciousness & appreciation.

NEGATIVE ATTRIBUTES:

[Blocked Crown Chakra]

Can be self-limiting with an attitude that fosters arrogance, keeping your energy closed off to love and healing.

An inflated ego and manipulative.

THE CROWN CHAKRA

sahasrara

PROMPTS FOR THE CROWN CHAKRA

Sahasrara

WHAT ALLOWS YOU TO BE OPEN TO LOVE, GUIDANCE, AND PROTECTION? EXPLAIN FURTHER ...

WHAT ARE YOUR HIGHEST SPIRITUAL TRUTHS ABOUT YOURSELF, CHANGE, LIFE, AND DEATH?

WHAT EMPOWERS YOU AND MAKES YOU FEEL THE MOST CONNECTED?

CAN YOU SEE AND VALUE THE BEAUTY IN EVERYTHING AND EVERYONE AROUND YOU? EXPLAIN FURTHER ...

ARE THERE ANY AREAS OF YOUR LIFE THAT NEED RESOLVE IN ORDER TO ACHIEVE BLISS?

DO YOU SEEK GUIDANCE FROM A HIGHER POWER DURING CHALLENGING SITUATIONS IN LIFE?

I FEEL THE MOST AT BLISS WHEN ...
