



Healing With  
**CHAKRAS**  
Workbook



# Introduction

Embark on a journey through the subtle energy system embedded within your body - the chakras. These spinning wheels of energy play a vital role in your overall well-being, influencing everything from emotional processing to resistance to change. Understanding and nurturing your chakras can promote balance, peace, and vitality in your life.

Each of the seven primary chakras is a hub of energy that governs various aspects of our physical, emotional, mental, and spiritual health. From the grounding root chakra (Muladhara) at the base of your spine to the divine connection of the crown chakra (Sahasrara) at the top of your head, every chakra in your energy body has a unique frequency and purpose.







## Root Chakra

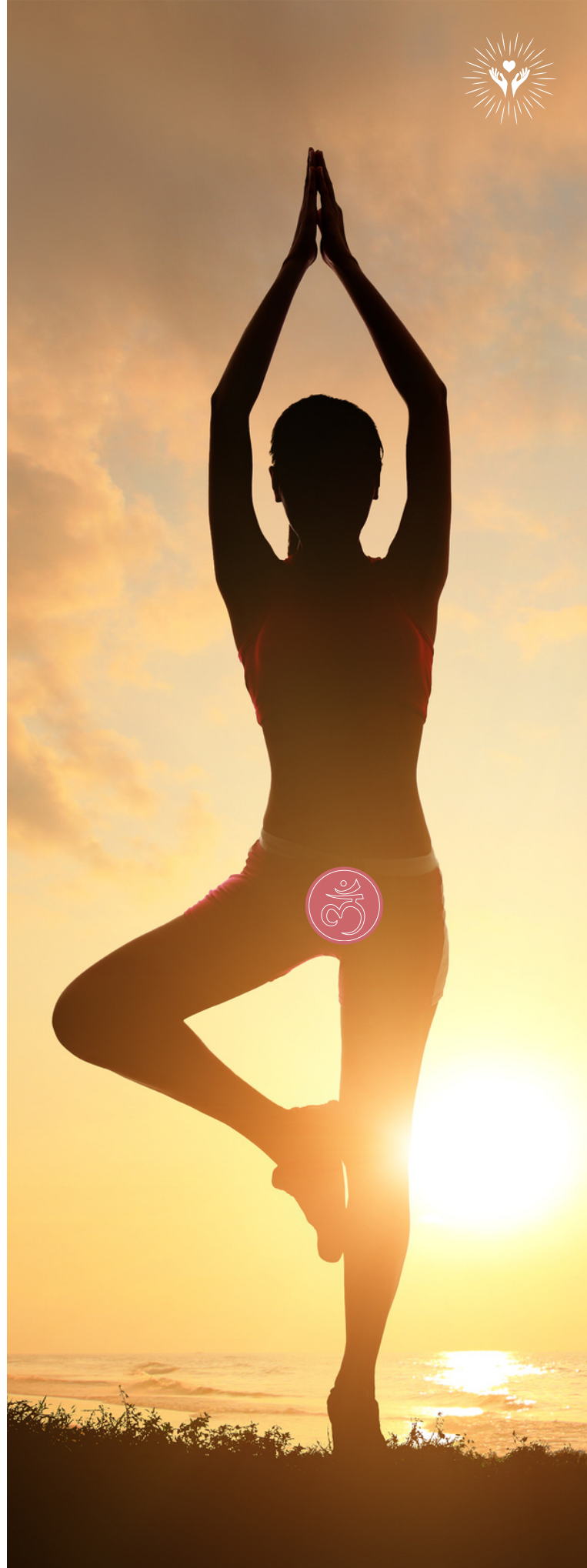
MULADHARA

### **When the Root Chakra is out of balance, you may experience:**

- Anxiety and Fear
- Feeling Disconnected
- Financial Instability
- Lack of Grounding
- Survival Mode
- Difficulty Trusting

### **When the Root Chakra is in balance, you may experience:**

- Sense of Belonging
- Courage and Confidence
- Emotional Stability
- Feeling Supported
- Manifestation Ability





## Root Chakra

MULADHARA

### Healing Techniques:

- **Yoga Pose:** Mountain Pose (Tadasana) or Tree Pose (Vrksasana) for grounding.
- **Meditation:** Visualize a bright red light at the base of your spine, connecting you to the earth.

### Affirmations:

- I am centered and grounded.
- I am powerful, rooted, and strong.
- I am stable and secure.
- I am financially secure.
- The universe will always provide for me.







## Sacral Chakra

SVADHISTHANA

### **When the Sacral Chakra is out of balance, you may experience:**

- Low Self-Worth
- Reproductive Issues
- Lack of Joy
- Creative Stagnation
- Poor Boundaries
- Guilt and Shame
- Fear of Change

### **When the Sacral Chakra is in balance, you may experience:**

- Creative Flow
- Emotional Stability
- Healthy Relationships
- Sexual Vitality
- Passion and Enthusiasm
- Flexibility and Adaptability
- Self-Worth:
- Flow of Energy





## Sacral Chakra

SVADHISTHANA

### Healing Techniques:

- **Yoga Pose:** Pigeon Pose (Eka Pada Rajakapotasana) stimulates the pelvic area.
- **Creative Activity:** Engage in creative endeavors such as painting or dancing.

### Affirmations:

- The sweetness of life flows through me, and I radiate its joy.
- I flow with inspiration and creativity.
- My emotions are free-flowing and balanced.
- I embrace pleasure and abundance.







## Solar Plexus Chakra

MANIPURA

### **When the Solar Plexus is out of balance, you may experience:**

- Low Self-Esteem
- Lack of Confidence
- Difficulty Making Decisions
- Control Issues
- Anger and Aggression
- Digestive Issues
- Feeling Powerless

### **When the Solar Plexus is in balance, you may experience:**

- Healthy Self-Esteem
- Confidence and Assertiveness
- Clear Sense of Purpose
- Effective Decision-Making
- Emotional Stability
- Healthy Relationships
- Courage to Take Action
- Empowerment





## Solar Plexus Chakra

MANIPURA

### Healing Techniques:

- **Yoga Pose:** Boat Pose (Navasana) strengthens the core area.
- **Diet:** Incorporate yellow foods into diet, such as bananas and lemons.

### Affirmations:

- I stand in my personal power.
- I make decisions with confidence and conviction.
- I have the courage to create positive change in my life.
- I feel motivated to pursue my purpose.







## Heart Chakra

ANAHATA

### **When the Heart Chakra is out of balance, you may experience:**

- Lack of Empathy
- Unresolved Grief
- Difficulty Expressing Emotions
- People-Pleasing
- Jealousy and Envy
- Fear of Rejection
- Physical Symptoms
- Difficulty Forgiving
- Lack of Self-Love:

### **When the Heart Chakra is in balance, you may experience:**

- Unconditional Love
- Compassion and Empathy
- Healthy Relationships
- Forgiveness
- Inner Peace
- Self-Acceptance





## Heart Chakra

ANAHATA

### Healing Techniques:

- **Yoga Pose:** Camel Pose (Ustrasana) opens the chest area.
- **Breathing:** Practice deep breathing exercises to allow energy to flow.

### Affirmations:

- I welcome love with an open heart.
- My heart space radiates powerful green light.
- I release and let go of all resentment







## Throat Chakra

VISHUDDHA

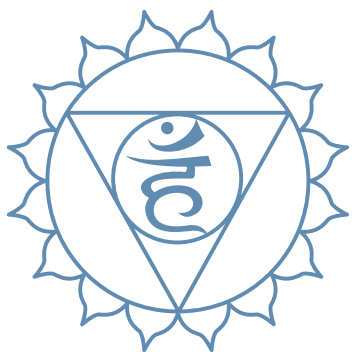
### **When the Throat Chakra is out of balance, you may experience:**

- Difficulty Expressing Yourself
- Hesitation to Speak Up
- Inconsistency in Communication
- Feeling Unheard or Misunderstood
- Throat Issues

### **When the Throat Chakra is in balance, you may experience:**

- Clear Communication
- Authenticity
- Active Listening
- Creativity:
- Ease of manifestation through words





## Throat Chakra

VISHUDDHA

### Healing Techniques:

- **Yoga Pose:** Shoulder Stand (Sarvangasana) to stimulate the throat area.
- **Singing:** Use your voice through singing or chanting to open this chakra.

### Affirmations:

- I communicate confidently and with ease.
- I am an active listener.
- I express myself honestly and with clear intent.







## The Third Eye Chakra

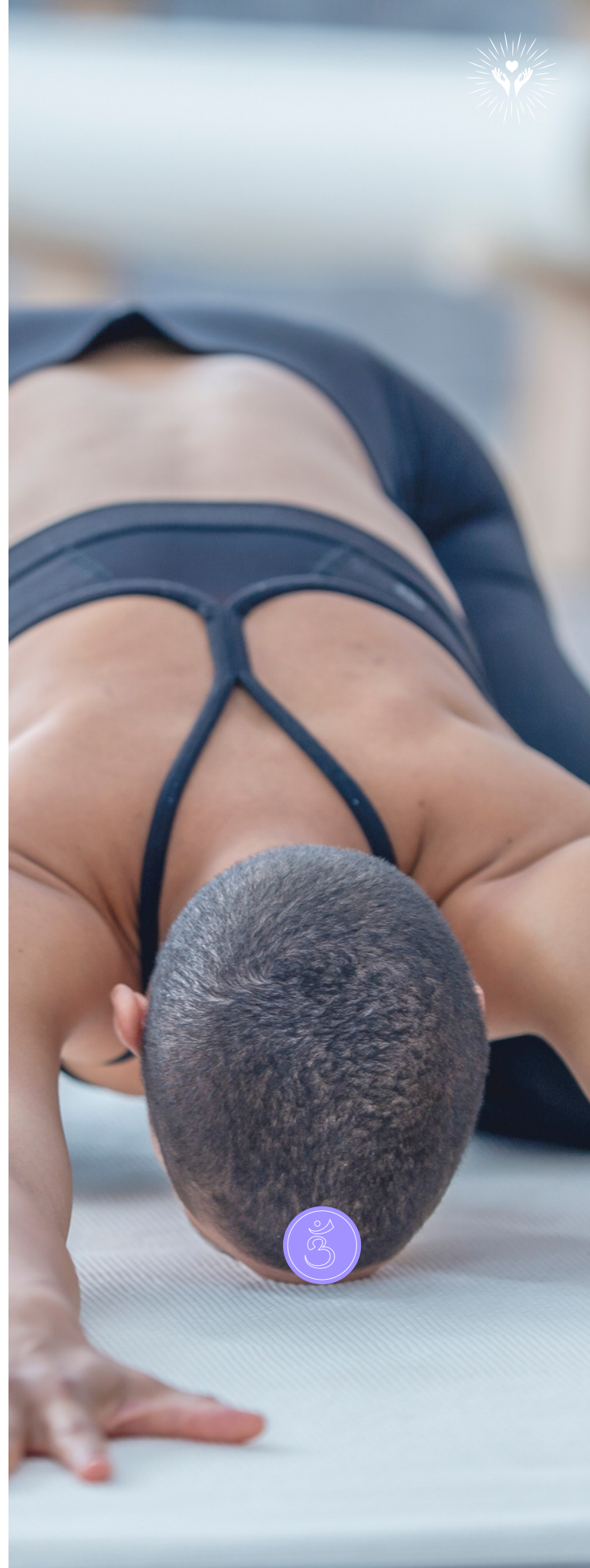
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### **When the Third Eye is out of balance, you may experience:**

- Lack of Intuition
- Closed-Mindedness
- Headaches
- Insomnia
- Lack of Imagination
- Overly Analytical
- Spiritual Disconnection

### **When the Third Eye is in balance, you may experience:**

- Enhanced Intuition
- Clear Perception
- Heightened Awareness
- Open-Mindedness
- Creative Inspiration
- Enhanced Memory
- Deep Inner Peace
- Heightened Spiritual Connection





## The Third Eye Chakra

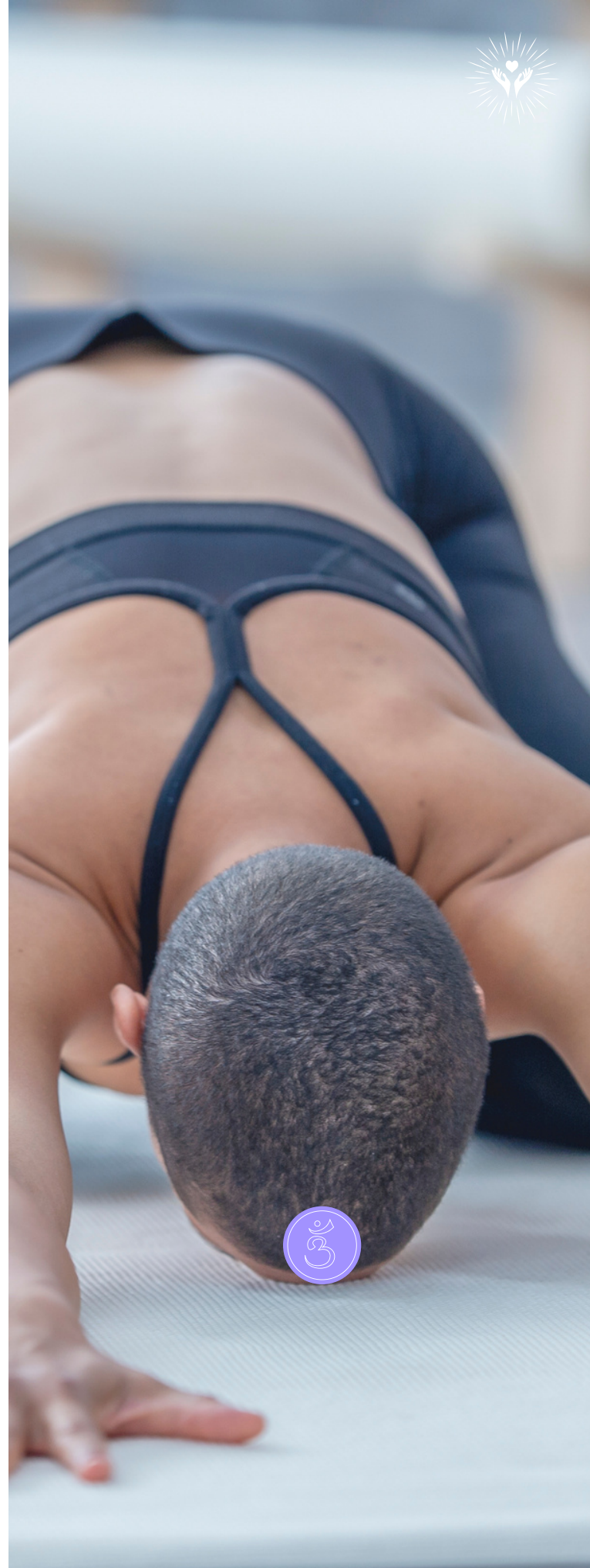
AJNA

### Healing Techniques:

- **Yoga Pose:** Child's Pose (Balasana) with the forehead touching the ground.
- **Visualization:** Imagine an indigo light at your third eye area during meditation.

### Affirmations:

- I trust my intuition.
- I let my inner wisdom guide me.
- I trust my decisions.







## The Crown Chakra

SAHASRARA

### **When the Crown Chakra is out of balance, you may experience:**

- Feeling Overwhelmed
- Lack of Inspiration
- Depression or Anxiety
- Insomnia
- Difficulty Meditating
- Feeling Disconnected from the Body

### **When the Crown Chakra is in balance, you may experience:**

- Connection to Higher Consciousness
- Spiritual Fulfillment
- Clarity of Mind
- Wisdom and Insight
- Transcendence of Ego
- Sense of Purpose
- Divine Guidance
- Bliss & Ecstasy





## The Crown Chakra

SAHASRARA

### Healing Techniques:

- **Meditation:** Focus on silence or OM chanting to achieve clarity and peace.
- **Mindfulness:** Spend time in nature to foster a sense of oneness with the universe.

### Affirmations:

- I am an extension of the universe.
- I am infinite and boundless.
- I go beyond my limiting beliefs and accept myself totally.







# Chakra Alignment Steps

I

**Awareness and Assessment:** Begin by bringing awareness to each of your seven chakras, starting from the root and moving up to the crown. Assess how you feel physically, emotionally, and spiritually in each area.

II

**Chakra Balancing Techniques:** Explore various chakra balancing techniques such as meditation, yoga, visualization, breathwork, chanting, or energy healing practices like Reiki. Choose the techniques that resonate with you and incorporate them into your daily routine.

III

**Mindfulness and Intention:** Practice mindfulness and set clear intentions to balance and align each chakra. Focus your attention on the specific chakra you are working on and visualize it spinning freely and radiating its associated color and energy.

IV

**Healing Modalities:** Seek out professional support from energy healers, holistic practitioners, or therapists who specialize in chakra alignment and energy work. They can provide personalized guidance and treatments to help you address any blockages or imbalances in your chakras.

V

**Physical Well-being:** Take care of your physical health by eating a balanced diet, staying hydrated, exercising regularly, getting enough sleep, and avoiding substances that can negatively affect your energy centers. Physical well-being is closely connected to chakra alignment.

VI

**Self-reflection and Integration:** Regularly reflect on your progress and experiences with chakra alignment. Notice any shifts in your energy, emotions, and overall well-being. Integrate what you learn into your daily life to maintain a harmonious balance of your chakras over time.



## In Closing

Whether you're beginning your energy work journey or looking to deepen your existing practice, this guide provides pathways to align and heal your chakras.

Remember, chakra healing is not just about exercises and affirmations but also about integrative everyday choices that nurture your well-being.

Mindful living, self-care and compassion toward oneself are the cornerstones of maintaining an aligned chakra system.

*Namaste.*



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