

Raising Vibrations



Last of the Spiritual Chakra

Our energy centre which is responsible for our thought, awareness, wisdom and our connection to the Divine and our Higher Self

When the Crown Chakra is balanced and in harmony

We live in the knowledge that we are all connected, understand that our individual identity goes beyond the physical form and can easily access our inner wisdom.

When the Crown Chakra is blocked or out of balance

We believe that we are separate and isolated beings who are defined by the ego. We have difficulty in trusting our path and can feel alone, unsatisfied with life and unable to let go of fear and anxiety to trust our inner wisdom.



Signs of a Blocked Crown Chakra

Mental/Emotional

Mental fog/confusion
Lack of purpose & direction
Excessive egotism
Lack of connection with others
Bored with life
Feeling of alienation from others
Spiritual disconnection
Rigid & limiting self-identity

Physical

Chronic Fatigue that is not linked to physical disorder
Headaches/migraines
Insomnia
Sensitive to light
Apathy

Possible causes of energy blocks:

Lack of trust in the Divine, unresolved anger towards the Divine - causing distrust in our path and life in general.

Location: Top of Head
Element: Thought
Colour: Violet, White, Gold
Affirmation: I Know
Glands: Pituitary

Physical Body Parts: Muscular & skeletal system, skin, cerebral cortex, central nervous system
Crystals: Amethyst, Clear Quartz, Labradorite, Selenite, Celestine, White Howlite
Essential Oils: Frankincense, Sandalwood, Lotus, Peppermint

Healing Practices to Balance your Crown Chakra...

In order to see the bigger picture in life and start to live more in the present, to start your journey onto the path of enlightenment, to feel connected to others and a sense of expansioness and serenity...

1. Meditation visualisation - meditate and visualise your crown chakra as a swirling ball of violet, white or gold energy at the top of your head = and focus on the energy balancing itself.
2. Energy work - qigong, reiki, yoga, EFT and so on.
3. Stop believing your thoughts - sit quietly and turn your attention inwards to start to realise that we do not deliberately create our thoughts - therefore we are not our thoughts.
4. Self-development - read, watch programmes, listen to podcasts which promote self-growth. Be courageous and identify areas of ignorance or prejudice and seek to widen your perspectives.

Raising Vibrations



The Sixth Chakra - Spiritual

Our energy centre which is responsible for reality, manifesting, perception, thought and intuition

When the Third Eye Chakra is balanced and in harmony

We see life with clarity and possess strong intuition, insight, emotional balance and self-awareness. We have a deep knowing beyond the physical.

When the Third Eye Chakra is blocked or out of balance

We focus only on our intellect, rejecting spiritual aspects of self. We do not trust, or are not even aware of, our intuition, are narrow-minded and can suffer from cynicism, anxiety, paranoia and other mental illnesses.



Signs of a Blocked 3rd-Eye Chakra

Mental/Emotional

Lost in thoughts, dreaminess

Emotionally reactive & easily upset

Addicted to external things that you believe will make you happy

You mistrust or dislike people easily

Rigid opinions

Stubborn

Physical

Headaches

Blurred vision or blindness

Hearing issues

Possible causes of energy blocks:

A lack of trust in one's intuition

Location: Between the eyebrows

Element: Light

Colour: Indigo

Affirmation: I See

Glands: Pineal

Physical Body Parts: Brain, nervous system, eyes, ears, nose

Crystals: Lapis Lazuli, Amethyst, Tanzanite, Clear Quartz, Fluorite

Essential Oils: Frankincense, Sandalwood, Lavender

Healing Practices to Balance your 3rd- Eye Chakra..

To not be controlled or limited by the mind, possess foresight, are calm and self-aware. To be understanding of yourself and others and life in general, and have free flowing intuition that you are easily able to zone into and life will become more fluid and vibrant..

1. Meditation visualisation - meditate and visualise your 3rd eye chakra as a swirling ball of indigo energy between the eyebrows = and focus on the energy balancing itself.
2. Explore different perspectives and viewpoints - read books, watch programmes and listen to podcasts to be curious about other perspectives and ways of life.
3. Ground yourself with mindfulness - practice being present, focussing on your breathing helps to be mindful and in the moment.
4. Expore your limiting beliefs - realise that everyone has their own truth and that that includes you - moulded by your experiences and the experiences of the people you grew up around. Such beliefs can be really core, such as 'I am not worthy' - life coaching and EFT Matrix Reimprinting are excellent tools to break the energies that surround these beliefs.

Raising Vibrations



The first spiritual Chakra - Throat Chakra

Our energy centre which is responsible for communicating our inner truth.

When the Throat Chakra is balanced and in harmony

We are creative, confident, assertive and honest - unafraid of expressing our own truth. We have a balance between silence and speech.

When the Throat Chakra is blocked or out of balance

We experience problems such as shyness, struggling to express our thoughts, can therefore be dishonest and verbally aggressive. Judgment of others is prevalent.



Signs of a Blocked Throat Chakra

Mental/Emotional

Unable to speak truth
Unable to have clear personal expression
Nervous when expressing opinions
Can aggressively push your opinions onto others
Struggle with miscommunication
Judgment
Criticism

Physical

Sore throat
Mouth ulcers
Gum issues
Stiff neck
Swollen glands
thyroid problems

Possible causes of energy blocks:

Withholding or swallowing words, difficulty in expressing self and suppressing creative talents.

Location: Front of the base of the neck, hollow of collarbone

Element: Sound

Colour: Light Blue

Affirmation: I love

Glands: Thyroid

Physical Body Parts: Throat, trachea, neck vertebrae, mouth, teeth and gums

Crystals: Turquoise Blue Kyanite, Celestine, Lapis Lazuli

Essential Oils: Frankincense, Rosemary, Lavender

Healing Practices to Balance your Throat Chakra...

To be self-confident in your ability to express your thoughts and feeling clearly, be open and honest and enjoy more clarity, trust, joy and freedom. You will be clear when to speak and when to not speak your truth...

1. Meditation visualisation - meditate and visualise your throat chakra as a swirling ball of light blue energy at the base of the neck = and focus on the energy balancing itself.
2. Journal on your thoughts - if you are able to voice your truth, write it down - perhaps start a daily practice of recording how you are feeling without any worry about judgment.
3. Listen more - sometimes silences is more powerful than speech - really listen to people when they speak to you, do not rush to jump in with your opinions and try to steer the conversation onto your experiences. Focus on your breathing when listening to start to become more mindful of when you should speak.
4. Sing! - this is a gentle way to open the throat chakra - if you are self-conscious about singing, wait until you are in private such as in the shower or driving the car alone.

Raising Vibrations



The Heart Chakra connects the spiritual and physical energies of self.
Our energy centre of love, unity and balance

When the Heart Chakra is balanced
and in harmony

We are fully connected to ourselves,
easily cultivate love and joy and
accept ourselves readily. We give and
receive love genuinely.

When the Heart Chakra is blocked or out
of balance

We are disconnected from self and others,
have difficulty loving ourselves and struggle
to give love from a genuine place..



Signs of a Blocked Heart Chakra

Mental/Emotional

Love, Hatred, Grief, Loneliness
Inability to forgive
Lack of compassion and empathy
No trust in others
Resentment
Avoid socialising

Physical

Heart health
Asthmas/allergies
Lung health
High blood pressure
Low immune system

Possible causes of energy blocks:

Suppressed heartache or grief, emotional abuse or lack of love when a child, being
denied affection

Location: at the centre of the chest

Element: Air

Colour: Green

Affirmation: I love

Glands: Thymus

Physical Body Parts: heart, lungs, respiratory system, shoulders, arms, ribs, diaphragm

Crystals: Fluorite, Aventurine, Rose Quartz, Emerald

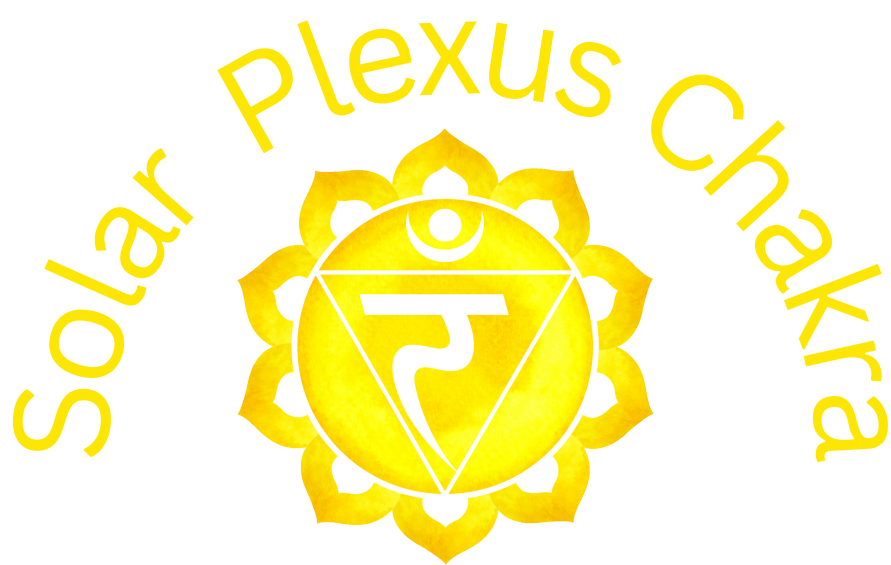
Essential Oils: Rose, Bergamot, Lavender

Healing Practices to Balance your Heart Chakra...

To have complete self-acceptance and self-love, be open, receptive and courageous to open your heart to others. You will realise that you can only truly learn how to love others when you love yourself. You will start to release toxic energy build up which define your relationships.

1. Meditation visualisation - meditate and visualise your heart chakra as a swirling ball of green energy in the middle of your chest = and focus on the energy balancing itself.
2. Understand that everyone has their own journey - when you encounter a difficult person, or someone you simply do not understand which would lead to judgment - stop and recognise that they on their own journey, we do not know what path they have trodden to have got them to this place. Remember that others are doing their best with the tools that they have.
3. Stop the negative self-talk - our inner voice can be our worse enemy. Be kind to yourself, remember you are doing the best you can with the tools you have, and if you make a mistake, see it as a learning and change your reaction to yourself, rather than immediately chastise and agree with that inner critic.

Raising Vibrations



The Solar Plexus Chakra corresponds with self-esteem, personality and self-worth
Our energy centre for confidence and inner drive

When the Solar Plexus Chakra is balanced and in harmony
We feel whole and are confident with who we are.
We cultivate our personal powers in healthy ways.
We develop tolerance and acceptance and find inner calm and peace.

When the Solar Plexus Chakra is blocked or out of balance
We have a need to dominate and control.
We have great egos and need to keep up appearances.
We may have deep feelings of inadequacy.
Workaholic.
Perfectionist.



Signs of a Blocked Solar Plexus Chakra

Mental/Emotional

Lack of trust,
Fearful
Intimidation
Low self-esteem and self-confidence
Lack of self-respect, care of self and others
Sensitive to criticism

Physical

Arthritis
Gastic ulcers
Colon/intestinal issues
Pancreatitis/diabetes
fatigue
Overindulgence/overeating

Possible causes of energy blocks:

Repressed anger (self or ancestral), issues of control particularly in areas related to power

Location: Four inches above the naval

Element: Fire

Colour: Yellow

Affirmation: I feel

Glands: Pancreas, Adrenals

Physical Body Parts: Abdomen, stomach, upper intestines, liver, middle spine

Crystals: Yellow Citrine, Tiger's Eye, Amber

Essential Oils: Rosewood, Lemon, Lavender

Healing Practices to Balance your Solar Plexus Chakra...

To feel confidence with self, not have self-doubt or egotism, instead you will be comfortable in own skin and trust in your abilities. You understand that you have the power of choice - you choose your mindset and therefore how you approach life. You will have more energy and willpower to create healthy boundaries.

1. Meditation visualisation - meditate and visualise your solar plexus chakra as a swirling ball of yellow energy above the naval = and focus on the energy balancing itself.
2. Challenge your comfort zone - step outside your normal patterns, start with simple challenges at first and evolve them as you start to balance your energies.
3. Walk away from negative and critical people - if this is not possible, try your best to keep them at a distance. You want to be around people who encourage self-development not stifle it.
4. Explore your fears which are holding you back - you can do this using a number of techniques such as meditating, journaling, EFT and EFT Matrix Reimprinting and exploring your Limiting Beliefs.

Raising Vibrations

Sacral Chakra



The Sacral Chakra, corresponds with sexual and reproductive activities
Our energy centre for being emotionally grounded, sexually desirable and having passion for life.

When the Sacral Chakra is balanced and in harmony

We have a flow of creative expression and radiate warmth, playfulness and good humour.
We are connected to emotional aspects of sexuality in healthy ways.
We have a healthy relationship with money and can easily create abundance in our life.

When the Sacral Chakra is blocked or out of balance

We have difficulty expressing our feelings.
Are out of touch with pleasure and hold unprocessed anger.
May have relationship (romantic & platonic) and reproductive issues
Feelings of shame.
Issues around money and abundance.



Signs of a Blocked Sacral Chakra

Mental/Emotional

Guilt and blame
Connection with money, sex, power and control
Ethics and honour in relationships
Highly emotionally sensitive

Physical

Chronic lower back pain
Sciatica
Gynecological problems
Pelvic pains
Fatigue

Possible causes of energy blocks:

If you have experienced body shaming, a strict upbringing, sexual abuse or toxic relationships.

Location: Two inches below the naval

Element: Water

Colour: Orange

Affirmation: I feel

Glands: Ovaries, testicles

Physical Body Parts: Womb, genitals, lower vertebrae, pelvis, appendix, bladder hip area and kidneys,

Crystals: Amber, Carnelian

Essential Oils: Lemon, Ylang ylang, Rosewood, Sandalwood

Healing Practices to Balance your Sacral Chakra...

To feel comfortable in your own skin, no struggle with sexual guilt or indulgence. You will enjoy the pleasures of life and open to experiencing it. To be emotionally open and grounded with healthy boundaries. To enjoy the spontaneity of life.

1. Meditation visualisation - meditate and visualise your sacral chakra as a swirling ball of orange energy below the naval = and focus on the energy balancing itself.
2. Explore your creativity - take up a hobby such as painting, playing a musical instrument, cooking etc. Don't worry about perfection, you are simply to enjoy expressing the creative side of you.
3. Become mindful to your emotional triggers - an emotional journal will help you start recognising emotional energy triggers - you can then work on discarding these energies these via journaling, meditation or EFT.
4. Be spontaneous - go to a different restaurant, read a different author or watch a movie you would never normally entertain.

Raising Vibrations



The first Chakra is the Root Chakra, and it corresponds with your groundedness and how safe and secure you feel. sexual and reproductive activities
Our most fundamental energy centre for instinct, survival and safety.

When the Root Chakra is balanced and in harmony

We are connected to nature, feel very grounded, calm and are able to move with the natural ebb and flow of life.

No fear of loss of control.

We understand that we will always be provided for.
We feel safe

When the Root Chakra is blocked or out of balance

We do not understand who we really are.

We have an inability to trust nature.

We are ungrounded and feel disconnected to Mother Earth.

We are unsure that our basic survival and safety needs will be met.

May have a mistrust of others.



Signs of a Blocked Root Chakra

Mental/Emotional

Dysfunctional relationship with family.
Feel unable to provide for life's necessities.
Inability to stand up for self.
Obsess about lack of money,
Can only rely on self, terrified of a loss of control. .
Have need to be a workaholic.

Physical

Chronic lower back pain
Sciatica
Depression.
Weight problems.
Leg and feet issues.

Possible causes of energy blocks:
Fear of being alive, guilt.

Location: The base of the spine, between the genitals and anus

Element: Earth

Colour: Red

Affirmation: I am

Glands: Adrenals

Physical Body Parts: the whole body, base of spine, legs, bones, feet, immune system, large intestine

Crystals: Ruby, Garnet, Obsidian, Smoky Quartz

Essential Oils: Myrrh, Sandalwood

Healing Practices to Balance your Root Chakra...

To feel grounded and calm, no fears surrounding money or loss of control - you will start to trust the divine intelligence of life. You will trust yourself more and become more connected to others.

It is easy to be your authentic self, being able to connect with the inner peace which is found in the present moment.

1. Meditation visualisation - meditate and visualise your root chakra as a swirling ball of red energy at the base of the spine, focus on the energy balancing itself.
2. Regularly get out in nature - as and when possible, place your bare feet on the earth.
3. Practice daily mindfulness - start with 30 seconds a time and increase - observe your breath, the sounds and smells that surround you.
4. Explore your fears - meditate and journaling or talk to a trusted friends.