

Chakra Flow



quick & easy energy boosters

Everything is made up of energy, including you and sometimes when we are feeling stuck or emotionally low it can be because our chakras are blocked or sluggish.

This chart has some easy steps for you to get your energy flowing and get you back to being your best in no time. However, if you find you are having persistent problems it may benefit you to see an energy healer who can really tap into any negativity being held and help you release it.

I thought it may be helpful to have an image of the seven main chakras and where they are positioned in your body.



BASE CHAKRA

Walking barefoot on the earth or grass is a wonderful way to reconnect and get grounded. If you are able to go to the beach and walk on the sand this is also a great way to reconnect plus you have the added bonus of negative ions from the salt water clearing your energy. Do this in a mindful way and just be aware of the sensation of the ground or sand.

You could wear the colour red as this is a colour associated with the base chakra, perhaps add some red foods to your diet or wear a crystal such as garnet, smoky quartz or red jasper.

If you are an essential oil lover then get them out and use your patchouli, sandalwood or frankincense to help get your base chakra energy back on track.

Here is a base chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



SACRAL CHAKRA

The sacral chakra relates to water so swimming or being near water is a great way to revitalise this energy centre. If you are able to go to a float tank, this can be an amazing experience as it is similar to being in the womb and connects strongly to the energy of the sacral area. If you're not inclined to do the whole water thing, then dance. Moving your hips and dancing to music you love is a great way to shift any blocked energy.

Wearing the colour orange is good for boosting the sacral energy as is eating orange foods, especially sensual foods such as mangoes. If you would like to use crystals to help clear and balance your sacral chakra some ideal ones would be carnelian, orange calcite or fire agate.

Essential oils that support the sacral chakra are rose, ylang ylang or jasmine. They're all gorgeous on their own or you could make your own blend.

Here is a sacral chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



"I honour my needs. I allow myself to be nourished".

SOLAR PLEXUS CHAKRA

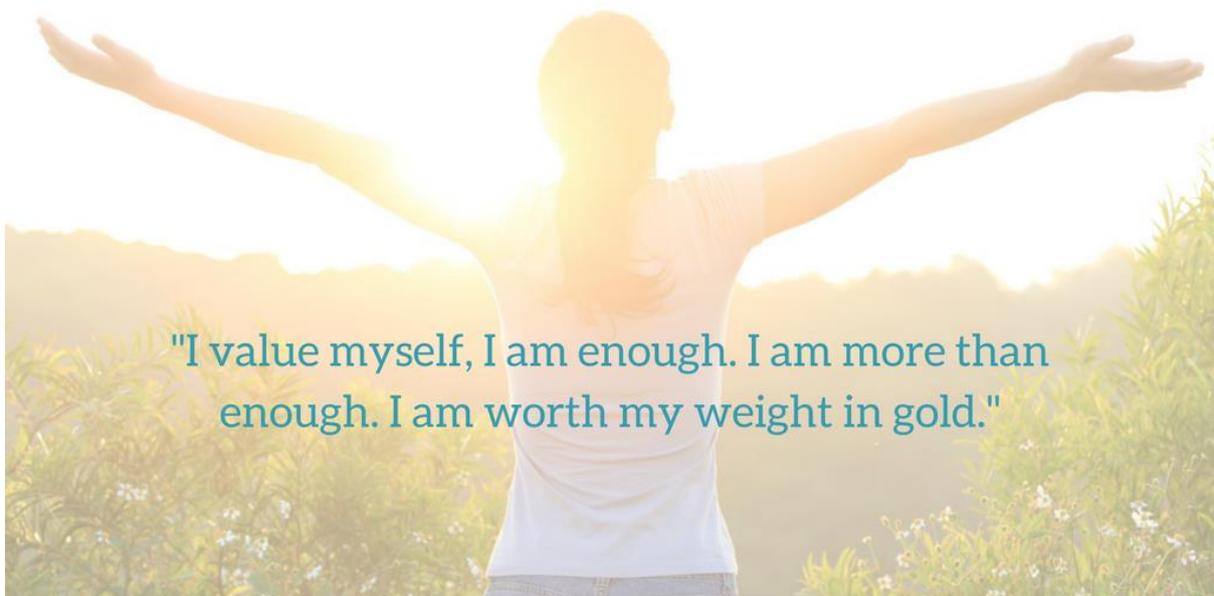
The solar plexus chakra is the last of the chakras related to the physical and it is related to the element of fire. Again, dance, yoga and movement is perfect for clearing this energy centre. Visualisation can also help so if you find a quiet space, sit with your hand on your solar plexus and focus on your breath. As you breathe in visualise a golden light glowing under your hand and as you exhale see the golden light expanding.

If you feel you need to clear and strengthen your solar plexus, wear something yellow as that is the colour related to this energy centre. Yellow foods you can incorporate into your diet are bananas, pineapple or corn. My favourite crystal to support the solar plexus chakra is tigers eye. I have a beautiful ring that I love to wear when I'm feeling a bit nervous or need a power boost. Other crystals are citrine and amber.

Essential oils you could use to help your solar plexus chakra are rosewood, chamomile and myrrh.

Here is a solar plexus chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



"I value myself, I am enough. I am more than enough. I am worth my weight in gold."

HEART CHAKRA

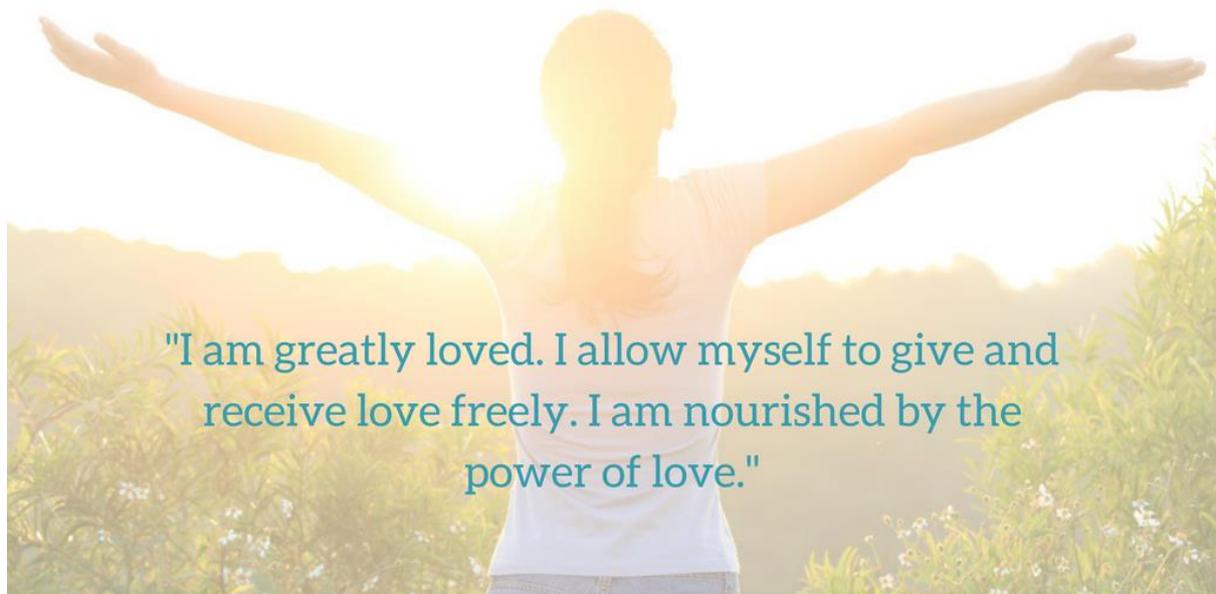
The heart chakra is the bridge chakra which links the lower three physical chakras to the higher three spiritual ones. A way to really connect with and open your heart chakra is to express love. Let people know that you appreciate them. Ask how their day is going and really listen. Seriously, it can make a difference. Practice forgiveness and look into your heart. If you need help to release emotions that you are holding onto, see a therapist.

There are two colours associated with the heart chakra and they are green and pink. So wearing either of these colours will support the heart chakra energy. I suppose the perfect foods would be figs or watermelon but any green foods are good for you energetically and physically. Beautiful crystals you could carry or wear would be rose quartz, malachite or green aventurine.

Essential oils that support your heart chakra are rose, lavender and neroli. Once again, you could make some beautiful blends with these.

Here is a heart chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



"I am greatly loved. I allow myself to give and receive love freely. I am nourished by the power of love."

THROAT CHAKRA

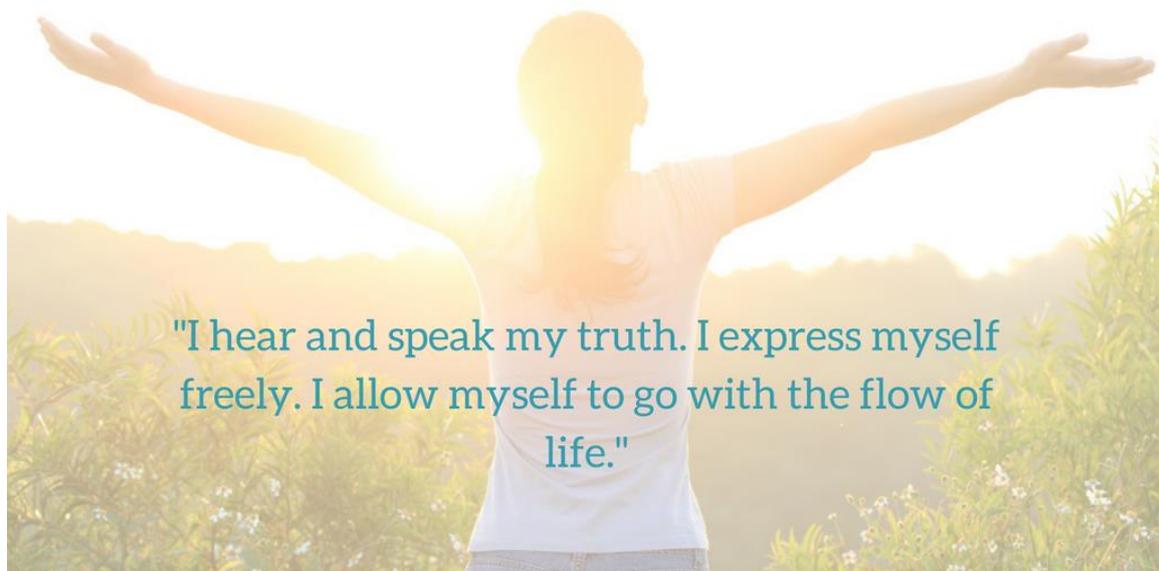
The throat chakra is related to the element of ether (or space) so doing things in open space, especially under a blue sky, such as singing or chanting can really boost your throat chakra. Keeping hydrated and drinking lots of fresh, clean water also helps your throat chakra. Consider if you tend to keep your opinions to yourself or are afraid to speak up. Communication can be a problem when our throat chakra is blocked so be aware of when you feel afraid to speak up and look into the beliefs you hold around that. Is it fear of being criticised or challenged? Start working on communication through journaling or writing and then when you get a sense of what your beliefs are you can start to verbalise with more confidence.

Blue tones are great colours to wear to support the throat chakra and they can range from sky blue through to turquoise or dark blue. Super foods to include in your diet are blueberries and currants. Crystals to support this chakra are blue lace agate, turquoise and sodalite.

Some essential oils for the throat chakra are bergamot, peppermint and cypress.

Here is a throat chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



"I hear and speak my truth. I express myself freely. I allow myself to go with the flow of life."

THIRD EYE CHAKRA

The third eye chakra is related to the light element. To open and balance this chakra think outside the square. You can dialogue with the divine and allow yourself to be open to different forms of answer as it could come in dream form, symbolism or metaphor. Starting a dream journal is a great way to get some insight and connect with your intuition. Be aware though, that you need a strong solar plexus chakra in unison with your third eye to connect with your intuitive self. This is because you need to have confidence and self-trust. Art making also supports your third eye chakra (much to the delight of my art therapist nature).

The colour related to the third eye chakra is indigo so wearing anything indigo is supportive. Foods to add into your diet could include plums, eggplant and purple cabbage. If you would like to wear or carry crystals to support your third eye try lapis lazuli, sugalite or labradorite.

Essential oils you can use include clary sage, rosemary and helichrysum.

Here is a third eye chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



CROWN CHAKRA

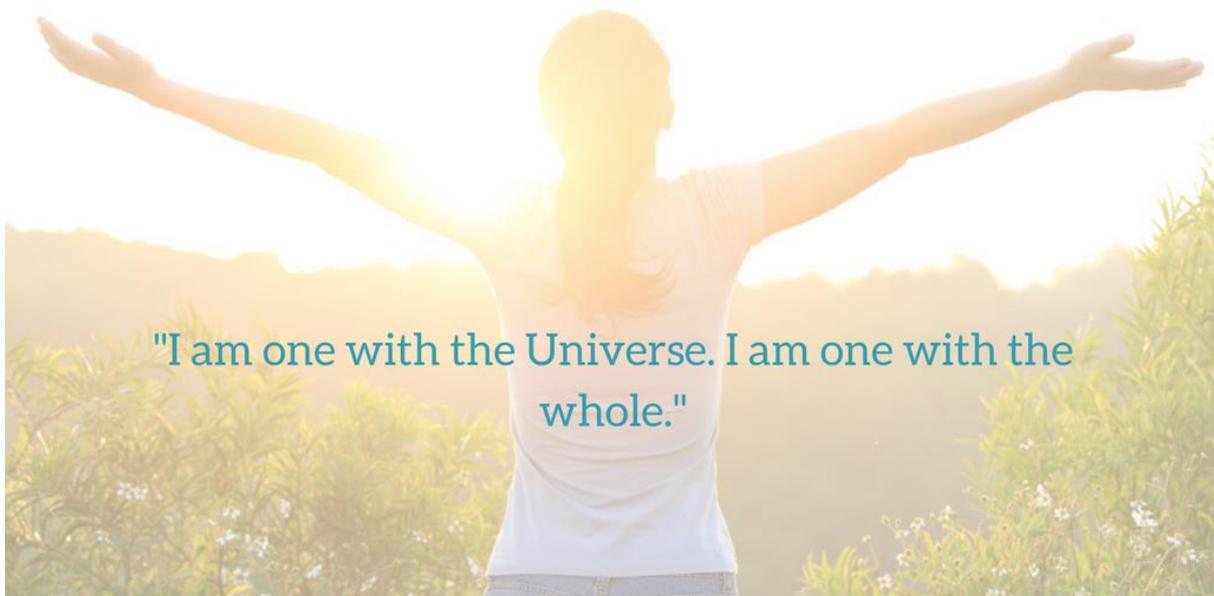
The crown chakra is the last of the seven main chakras and is connected to your higher consciousness. Meditation is healing for your crown chakra. You could do this by visualising a lotus of violet light expanding around the crown as you breathe and then gently see it opening and revealing a ball of white light. As you continue breathing enlarge the ball and visualise white light raining from it into your body and filling you with white light. Prayer and chanting are other ways to connect and open your crown chakra.

As mentioned above, violet is the colour related to the crown chakra so wearing this colour supports this energy. This chakra is different to the others in that it isn't supported by food but by spiritual practice. Some crystals aligned with the energy of the crown chakra are clear quartz, selenite and amethyst.

If you would like to use essential oils you could choose frankincense, lavender or sandalwood.

Here is a crown chakra affirmation you could use while you sit quietly and take some deep breaths and just be present.

Affirmation



"I am one with the Universe. I am one with the whole."

I hope you have found out some interesting information on chakras. The amount of knowledge about our energetic body and energy centres is vast but I found when starting out (all those years ago), it is easier to learn and build up knowledge by getting information in bite size chunks.

If you have any questions please feel free to get in touch at hello@whitesagewellbeing

If you are interested in learning more about your chakras and how they influence your way of being in the world, I run an eight week online course which delves deeper into the chakra system. Follow this link

<https://www.whitesagewellbeing.com/online-services.html>

I'd love to see you over on my Facebook page too.

<https://www.facebook.com/WhiteSageWellbeingAU/>



****Please note that the information in this booklet is in not intended in any way, shape or form to diagnose or replace medical advice. If you experience symptoms of any kind always see your doctor.**