



THE CHAKRA  
*Healing Guide*



MOONBEAMHEALING.CA



## WHAT ARE CHAKRAS?

---

*You may have noticed that when you see images of Chakras, that besides each Chakra having its own individual and related colour, they are also commonly depicted as a lotus blossom. The lotus blossom is used as a symbol of rebirth as the flower will only grow out of muddy earth and darkness in order to blossom and this in turn symbolises us as human beings, being born from nothing and, in turn, our growing into beautiful beings, each complete in their own unique way. This same blossoming process is also symbolic of the expansion of our soul and the spiritual enlightenment that is created when this happens.*

*The Chakra system originated around 1500 BC as part of the yoga systems in India and the word Chakra actually means a wheel or disc. This Sanskrit word describes these discs as being focal points of spinning energy or psychic nodes which give us our spiritual power.*

*Each of the 7 main Chakras is related to, and connected with, different parts of the body, all of which perform a wide variety of both spiritual and physical functions. Aligned from the base of the spine to up through the crown of the head, the Chakras align to create a flowing energetic current. When this energy flows downwards we call this a manifesting flow, whereas an upwards flow is seen as being energetic.*

*To open and 'awaken' our Chakras we need to begin to work from the Root Chakra, working our way through each one until we reach the Crown Chakra.*

*Each Chakra has a functionality which affects how we experience our material world. Let's take a look at each one in turn:*



# CHAKRAS & ELEMENTS

---

*Chakras are connected to colour and also elements of nature and the cosmos. The lower Chakras are associated with the denser more physical/tangible elements of the earth such as fire, water, earth and the higher Chakras are associated with the finer energy elements of air, ether, light and consciousness.*

*We start at the base as work upwards:*

*The Root Chakra: Represents the Earth and is associated to being grounded and stable and carries the solidity of Mother Earth and all her strength. A physical representation is the micronutrients of the earth being protein.*

*The Sacral Chakra: Represents the water element, gentle and flowing yet strong, sustaining and forceful at the same time. A physical representation is the micronutrients of water, fluids and fats.*

*The Solar Plexus Chakra: Represents the fire element and is associated with transformation, power and confidence. A physical representation is the micronutrients of carbohydrates, simple sugars to complex starches.*  
*The Heart Chakra: Represents the element of air. Unlike all the previous Chakras we can live so long without food and water but only a few minutes without air.*

*The Heart Chakra, or heart coherence, is a widely researched subject with the likes of Heart Math Institute and their research on the heart's electromagnetic field and neurochemicals. Ancient traditions equate the breath to be our life force energy, or Prana/Chi, and we are able to move/dispel emotions through our breath.*



# CHAKRAS & ELEMENTS

---

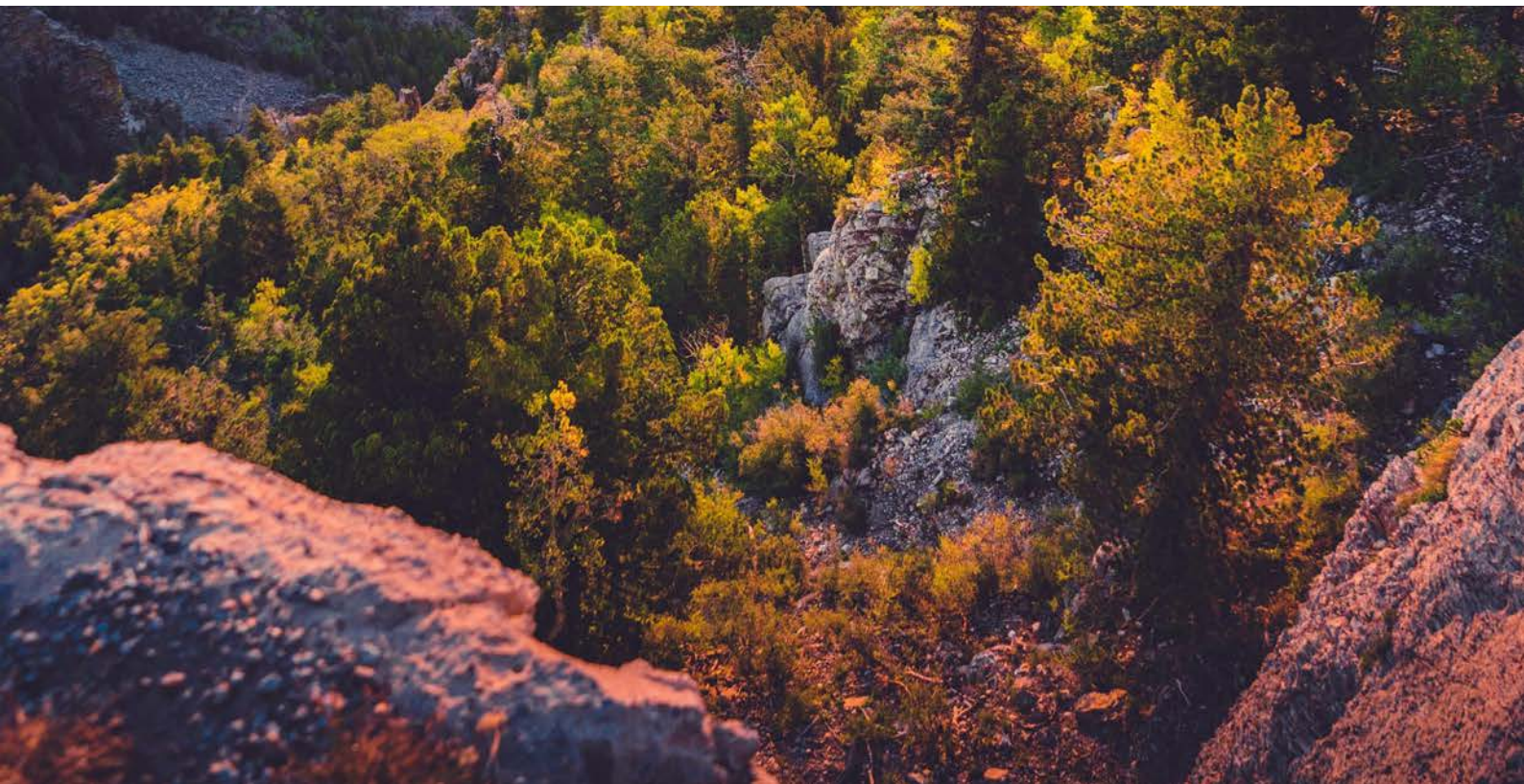
*The Throat Chakra: Represents the element of the Ether and is an even finer energy than air itself. The Ether connects all things and carries our vibration across its medium into the vast intricate web of the Ether or Quantum Web.*

*The Third Eye Chakra: Represents the element of light, being photonic wave or particles of light. The Third Eye represents our ability to see beyond the physical and lights the way to another way of seeing either through dreams, clairvoyance, premonitions or a sense of knowing.*

*The Crown Chakra: Represents the element of universal consciousness which connects to the whole. This Chakra gives us the sense of oneness and wholeness which sustains the beautiful unison between our body, mind, heart and soul.*



ROOT  
*Chakra*





# ROOT CHAKRA

---

## ***Healing Visualisation***

*Focus in on your Root Chakra.  
Flood your mind with the colour red and see your  
Root Chakra spinning at the base of your spine. Visualise roots from  
Mother Earth flowing up through your legs to the base of your spine,  
grounding and supporting you.*

*Repeat the mantra:*

*I am safe.*

*I am worthy.*

*I am strong, stable and secure.*

*I trust the feelings in my body to guide me towards  
all that is right for me.*



# ROOT CHAKRA

---

## ***Intuitive Daily Guidance***

*By focusing on your Root Chakra every day, trust that your body and mind will give you the answers.*

*What is the current state of my Root Chakra?*

*How can I feel more grounded and present in my daily life and relationships?*

*What do I need focus on for my mind, body and spirit to be healthy?*

*Where can I be more flexible and open to change?*

*Where can I be more focused and goal orientated?*



SACRAL  
*Chakra*







# SACRAL CHAKRA

---

## ***Healing Visualisation***

*Visualise the colour orange and see your Sacral Chakra spinning in your lower abdomen. Visualise this orange light spreading to any part in your body where you are holding negative emotions and feel the warm orange light flooding in like water, cleansing and healing. See and feel all the negative emotions washing away as your lower abdomen feels cleansed, clear and free.*

*Repeat the mantra:*

*It's safe for me to connect with my body.*

*It's safe for me to be me.*

*I am unconditionally beautiful.*

*I allow myself to feel my emotions without guilt, fear or shame.*



# SACRAL CHAKRA

---

## ***Intuitive Daily Guidance***

*What messages do I give my body about the way I feel about it?*

*Where, or from whom, did these messages originate?*

*What negative beliefs, fears or emotions am I ready to release?*

*What is the healthiest and safest way for me to release my fears and negative emotions?*

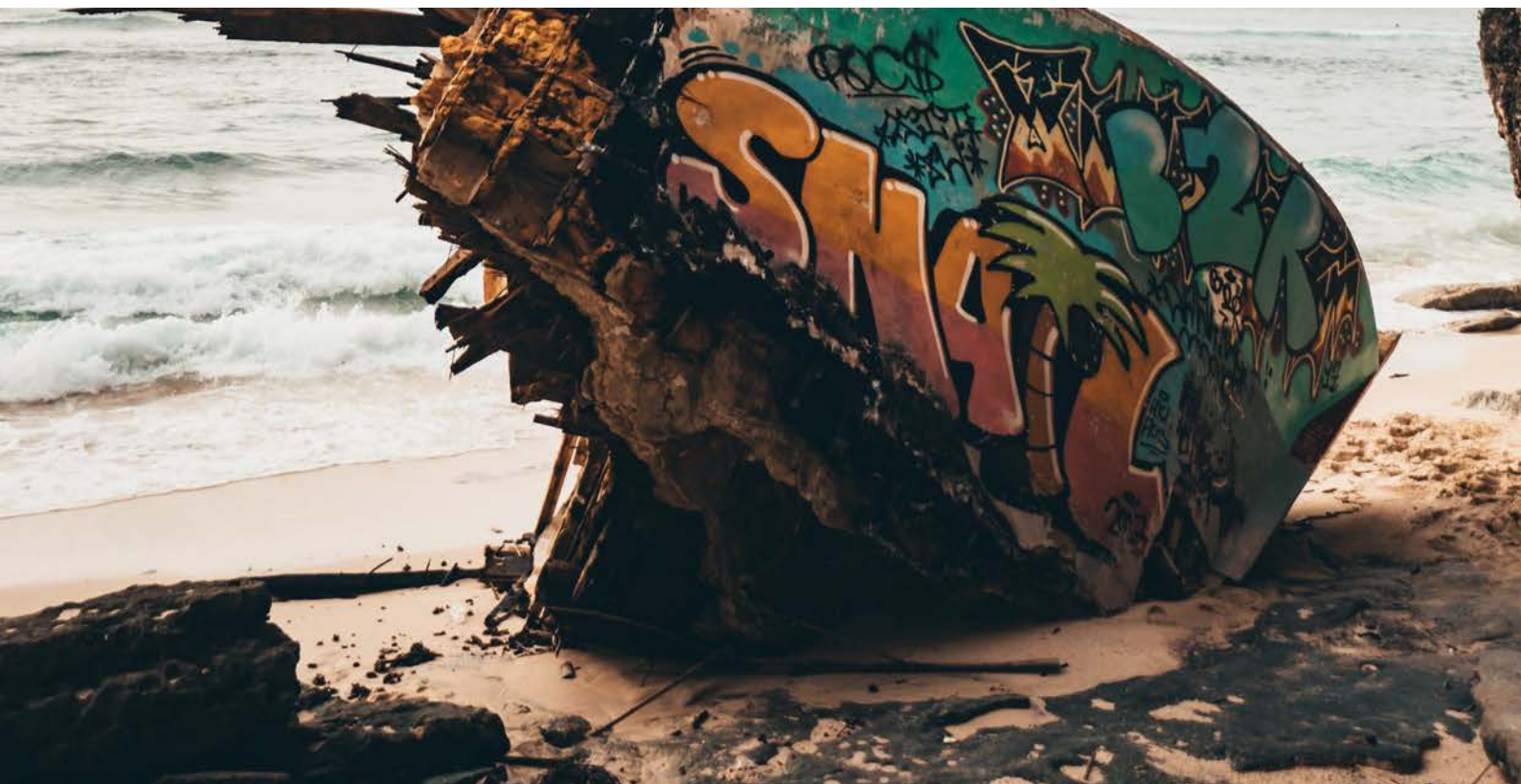
*How loved and nurtured does my inner-child currently feel?*

*In what ways can I bring more joy into my life?*



SOLAR PLEXUS

*Chakra*





# S O L A R P L E X U S C H A K R A

---

## ***Healing Visualisation***

*Visualise the colour yellow and see your Solar Plexus Chakra spinning in your upper abdomen. Visualise this yellow light dissolving any anger or fear that has held you back. Picture a cord connecting your solar plexus to the Sun, feeling the energy of power, strength, and confidence lighting up your body.*

*Repeat the mantra:*

*I know my true worth.  
I trust the power within me to take right action.  
I value myself unconditionally.  
I am confident, gentle and kind.*



# S O L A R P L E X U S C H A K R A

---

## ***Intuitive Daily Guidance***

*What is the current state of my solar plexus chakra?*

*What fears am I ready to release?*

*How can I best align with my inner power and strength?*

*What is my greatest strength?*

*How can I shine my light more?*



HEART  
*Chakra*





# HEART CHAKRA

---

## ***Healing Visualisation***

*Visualise a green or pink healing light sparkling or fizzing in your heart centre. Feel it radiating its light like a star through the layers of your heart, going down deep to that which is nameless and eternal in you. Feel it draw this essence out from you, healing your heart as it travels back out. See this deeply healing light travel now up to your mind, as your mind absorbs it.*

*Repeat the mantra:*

*Love is always guiding me.  
I now love unconditionally.  
My heart is free.  
My heart is open, unconditional and all loving.*



# HEART CHAKRA

---

## ***Intuitive Daily Guidance***

*What is the current state of my Heart Chakra?*

*In what ways am I blocking love?*

*What past hurts are ready to be released?*

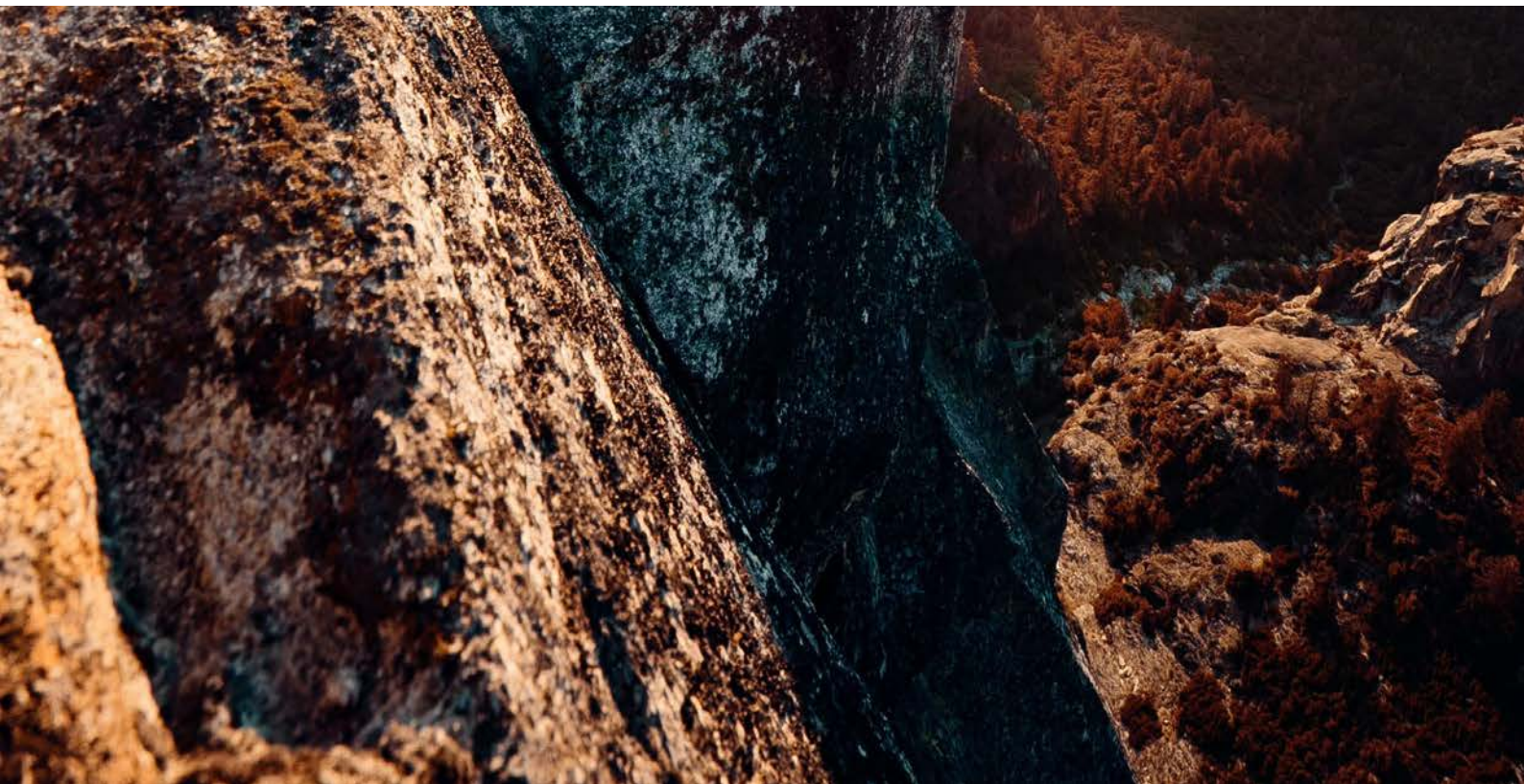
*What strength do I possess that can help me heal my heart?*

*What will following my heart do for me?*





THROAT  
*Chakra*





# THROAT CHAKRA

---

## ***Healing Visualisation***

*Visualise breathing a blue healing light into your throat, becoming brighter with each breath you take. The blue light emanates a still, calming energy. Every time you breathe out the light expands all around your throat, neck and shoulder area. See this light slowly swirling, completely unblocking your Throat Chakra. Take another deep breath, noticing how clear it feels now. Feel your Throat Chakra wheel spinning freely, ready to transmit truth, authenticity and joy.*

*Repeat the mantra:*

*I express my truth with grace and ease.*

*I honour my authentic voice.*

*I honour the voices of others.*

*I listen with the intention of truly understanding the needs of others.*



# THROAT CHAKRA

---

## ***Intuitive Daily Guidance***

*What is the current state of my Throat Chakra?*

*What do I need to express?*

*What part of my life do I need to be more authentic?*

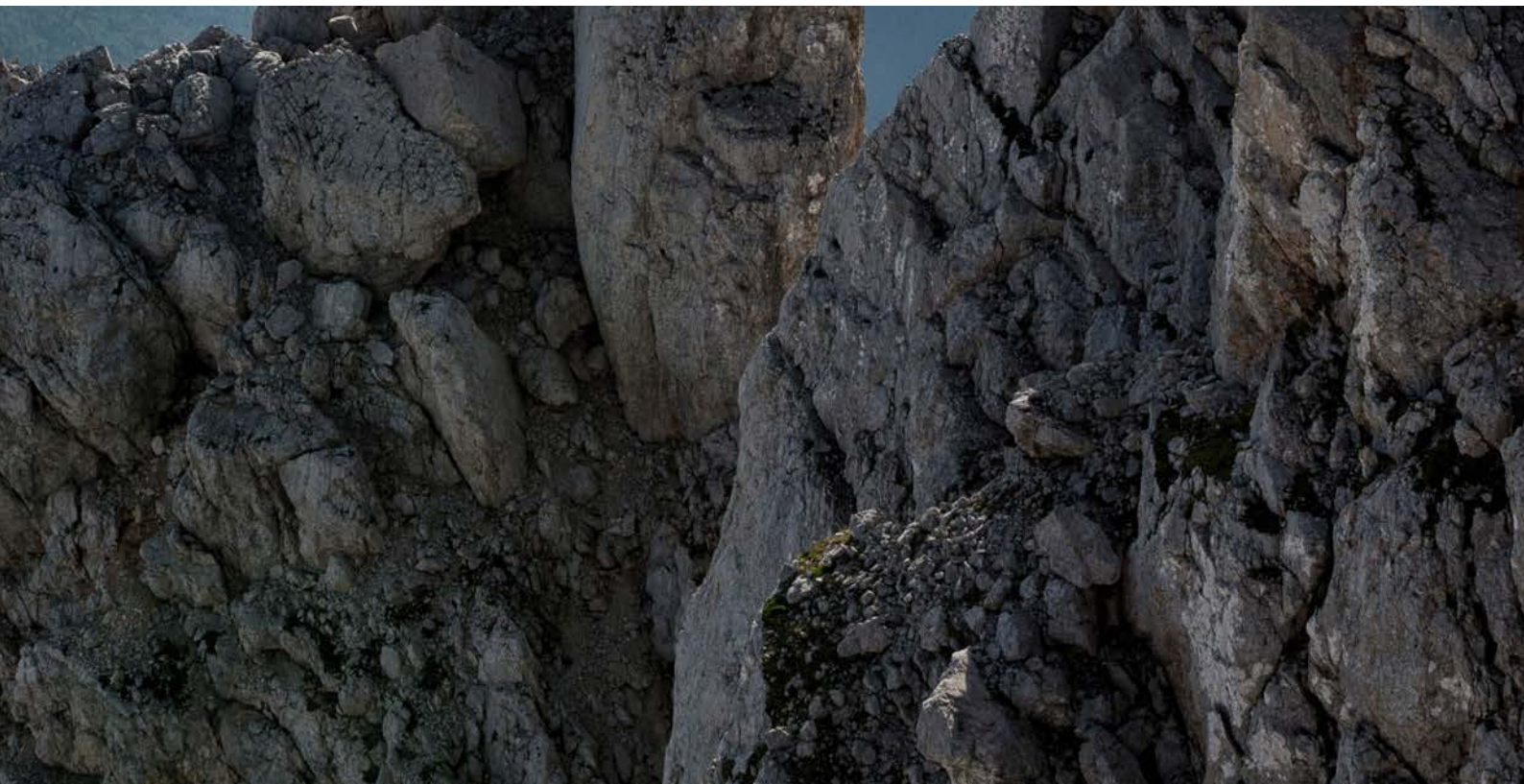
*How can I communicate with others more effectively?*

*What does my inner voice want me to hear?*

*What messages am I receiving from Source about my soul's true purpose?*



THIRD EYE  
*Chakra*





# THIRD EYE CHAKRA

---

## **Healing Visualisation**

*Close your eyes and take several deep breaths. Just be still and let whatever comes, come. Begin to see and feel an invigorating indigo ball of light swirling up around your body from your feet to the middle of your eyebrows. Feel it gently tapping on your third eye. Feel grounded while letting go at the same time. As the indigo ball now rests between your eyebrows, see it very gently open your third eye, feeling all of your worries and thoughts being gently cleared. This calm, all-knowing place is always here for you.*

*Repeat the mantra:*

*I am tuned into Divine wisdom.  
My thoughts are clear.  
I am spiritually aware.  
I am spiritually awake.  
I know how to follow my true path.*



# THIRD EYE CHAKRA

---

## ***Intuitive Daily Guidance***

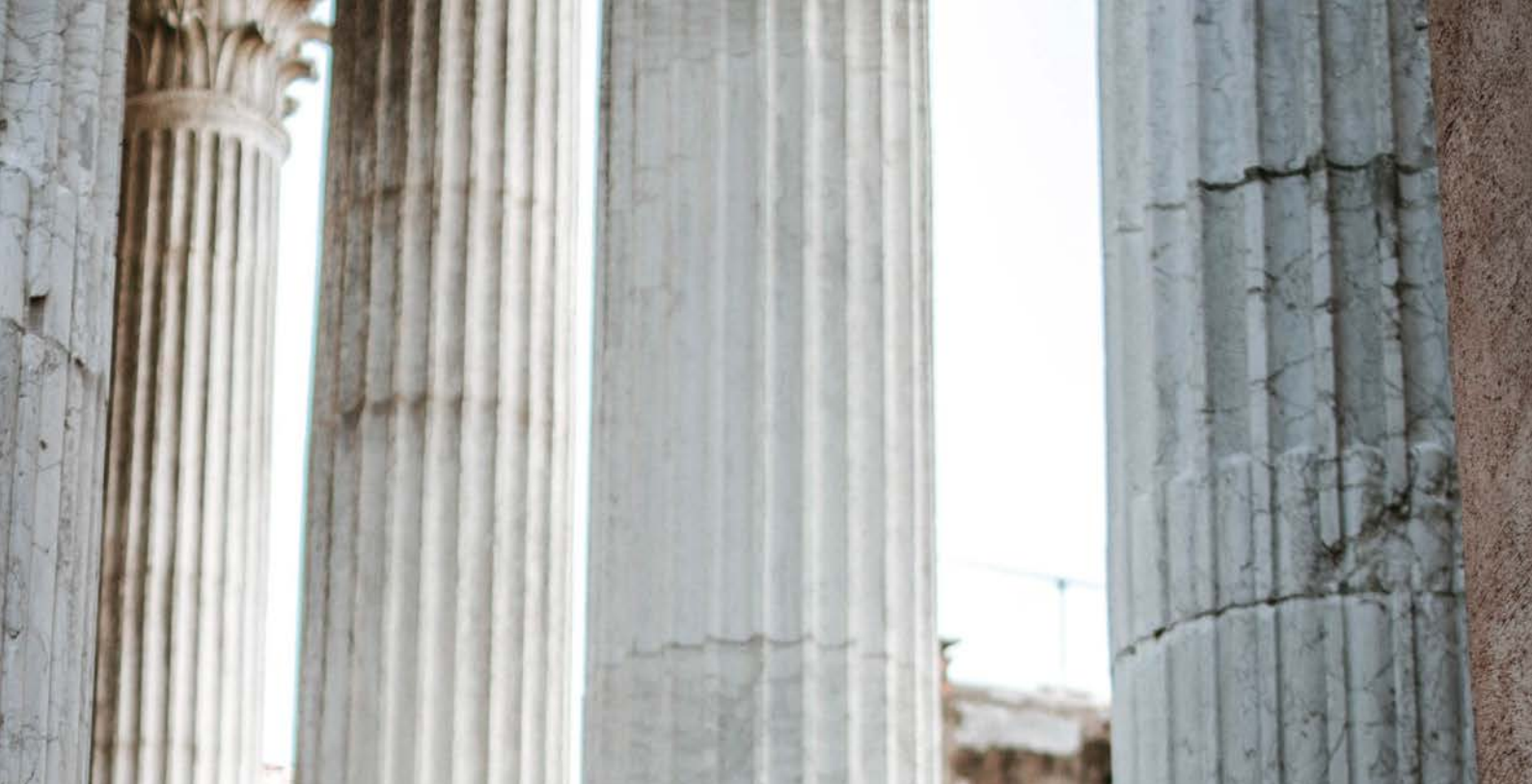
*What is the current state of my Third-Eye Chakra?*

*What do I need to release to better hear my guides or my higher-self?*

*How can I best begin to connect to my guides or higher-self?*

*What does my higher-self want me to do?*

*What does my higher-self want me to know?*



CROWN  
*Chakra*





# CROWN CHAKRA

---

## **Healing Visualisation**

*Take a deep breath and visualise a beautiful white or opalescent light emanating from the crown of your head connecting far, far, into the cosmos. In the distance see a bright star beckoning to you. It is calling your home your soul family. As you connect to this star it fills you with love. Feel its calming, loving and supportive energy flood your whole body. This cosmic light is always with you, and it communicates with you even louder when you notice it. It is not hard to access this light, no matter how dark your life may feel. This light watches over you, protects and loves you.*

*Repeat the mantra:*

*I am light.  
My soul star and soul family lights my path.  
All is well within me.  
have everything I need.*





# CROWN CHAKRA

---

## ***Intuitive Daily Guidance***

*What is the current state of my Crown Chakra?*

*What do I need to heal?*

*What area of my life will change when I am connected, open and still?*

*How can I cultivate a deeper connection with the Divine on a daily basis?*

*What have I always intuitively known even though it doesn't make rational sense?*