

Balancing Chakras



By: Kylei Snyder

Day one - The Root Chakra

1. **Physical Location:** The bottom of your spine
2. Color : Red
3. Element : Earth

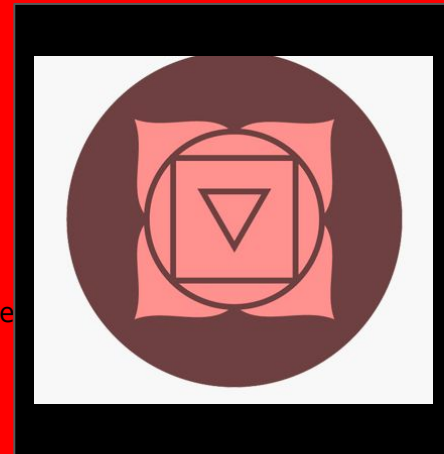
Balancing : Root Chakra Meditation And Yoga Techniques, Sit with your shoulders, back and your spine straight. Try to relax all your muscles as you close your eyes and breathe deeply. Inhale through the nose, pulling the breath as far down into your body as you can, and exhale through the mouth.

Nutrition - Red foods, root vegetables

Affirmations :

“Wherever I am, I am safe and secure.”

- “I am stable, grounded and relaxed in this moment.”
- “All of my safety needs will always be met.”
- “I have a healthy body, a healthy mind, and an abundant life.”



Day two - The Sacral Chakra

1. Physical Location: In the middle of the abdomen, roughly two inches below the belly button.
2. Color : Orange
3. Element: Water

Balancing : Sit in a comfortable, quiet place where you won't be disturbed.

Keep your spine straight, and your limbs relaxed.

1. Take ten slow, deep breaths.
2. Picture a spinning orange circle in the location of your sacral chakra.
3. Dvipada Pitham - Yoga

Nutrition - Oranges, seeds, Broth and Tea

Affirmations : "I deserve to experience pleasure and have my needs met."

"I am confident that what I offer the world is enough."

"It is safe to express my sexual self in fun, creative and healthy ways."

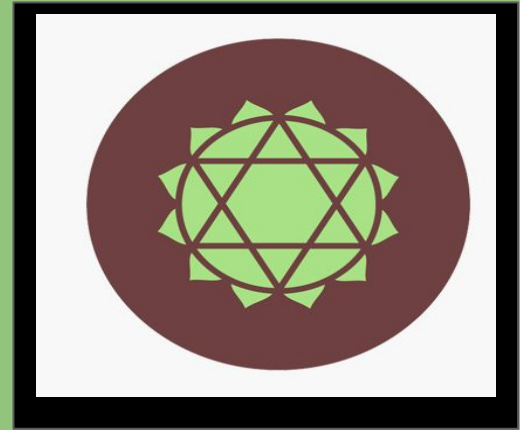
"I attract relationships with loving, good people who will support me."

"I know I can embrace change and make the best of my future."



Day 3 - The Solar Plexus Chakra

1. **Physical Location:** Directly above the heart
2. **Color:** Green.
3. **Element:** Air.



Balancing : Imagine that you're drawing green energy up through your body towards the heart, starting at the base of the spine and moving upwards.

Picture that energy solidifying into a bright ball of green energy sitting at the level of the heart chakra. As you inhale and exhale, see that ball becoming bigger and brighter.

Focus on tuning into feelings of love for yourself and others, letting the green energy radiate through your whole body. Emerge from the meditation after 3-5 minutes.

Nutrition - Green foods, Warm soups, foods rich in Vitamin C

Affirmations : "I choose joy, compassion, and love."

"I forgive others, and I forgive myself."

"My heart is free from all the wounds of the past."

Day Four - The Throat Chakra

1. Physical Location: In the middle of the throat.
2. Color: Blue.
3. Element: Ether.

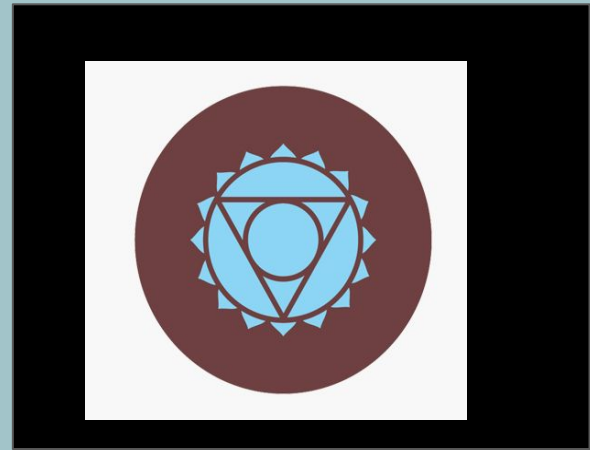
Balancing :

1. Inhale and exhale 10 times, as deeply as you can. Breathe in through your nose, and then exhale through your mouth.
2. Starting at the top of your head, scan down the body and imagine your muscles relaxing as you go.
3. When you've done this for your whole body, picture a spinning ball in a shade of blue (the throat chakra color). See it sitting at the level of your throat, and imagine it glowing.
4. See the blue sphere getting bigger and bigger, focusing on a feeling of openness and relaxation in the throat.

Nutrition - Blueberries, Fruits that grow on trees, simple spices

Affirmations : "I can vocalize my emotions, no matter what they are."

- "My voice is important in this world."
- "I honor my true voice, and I let it speak."
- "I am an empathetic listener and a clear communicator."
- "When I speak, my contributions are honest but balanced."



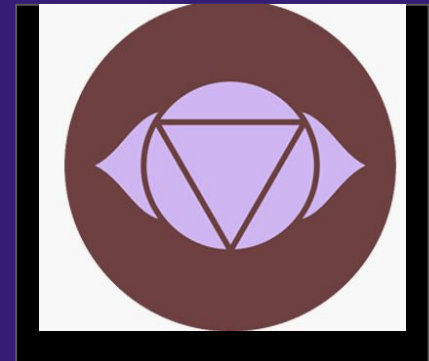
Day Five - The Third Eye Chakra

1. **Physical Location:** In the center of your brow.
2. **Color:** Indigo.
3. **Element:** Extra-Sensory Perception.
4. **Balancing :** Sit comfortably and close your eyes. Inhale and exhale ten times, slowly and deeply. Focus your attention on the location of the third eye chakra, imagine a violet sphere of energy in the middle of your forehead. Remember, purple is the third eye chakra color. As you continue to breathe slowly and deeply, picture the purple ball of energy getting bigger and warmer. As it does, imagine it purging negativity from your body.
5. **Nutrition - Dark chocolate, anything purple,**
6. **Affirmations :** "I follow the lead of my inner teacher."

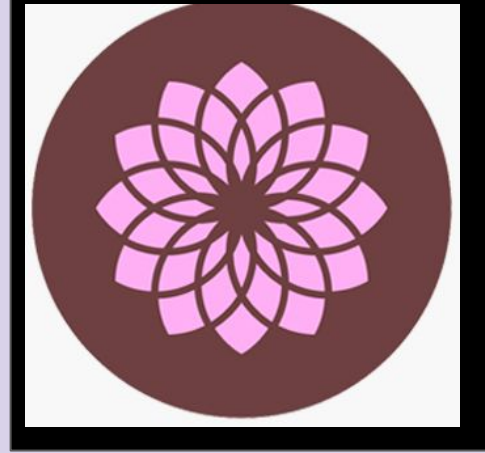
"I know how to make the right decisions, and I do so with ease."

"I hear my intuitions and I know they will lead me to my purpose."

"I am on my true path."



Day 6 - The Crown Chakra



- **Physical Location:** The top of the head.
- **Color:** Violet.
- **Element:** Thought.

Balancing : Get comfortable, sitting with your back straight and your feet on the floor. Put your hands in your lap and turn your palms to the sky. This position is called the “mudra” and helps you receive energy. Shut your eyes and inhale through your nose, exhaling through your mouth. Imagine a lotus at the top of your head. As you continue to breathe slowly and evenly, see the lotus petals unfurling to show you a bright violet light—the crown chakra color. Picture the light getting brighter and brighter, warming the crown of your head.

Nutrition - Violet foods, ginger, herbal tea

Affirmations : “I am constantly connected to my highest self.”

- “We are all on this earth to make a difference.”
- “I am attuned to the divine energy of the universe.”
- “I know my own spiritual truth and I live in accordance with it.”
- “Today I am open to divine guidance.”
- “I see the beauty in the world and I embrace it.”

Thank you!