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### How Balancing Chakras Affected Me

Chakras are the concentrated energy centers of the body. Balancing our seven chakras can benefit our overall lives for the better, which is why I decided to educate myself on how, and when you need to balance the chakras within yourself, and the different practices used to achieve this.

Beginning with the Root chakra, I learned that when it is out of balance, you feel depressed, hopeless, confused, and disconnected. However, it regulates consciousness, wisdom, and imagination, which can be very beneficial to our everyday lives. I started off practicing the yoga pose recommended for the process. I surrounded myself with nature outdoors on a nice, quiet day when I did this. After practicing this for about ten minutes, I recognized the amount of peace and calmness this brought me. Letting my mind relax and body focus on the pose was relaxing, all while taking in the sounds of nature and fresh air. After the yoga pose, I said a small affirmation about self-worth. I finished the balancing process by drinking a fresh glass of ice water, as the nutrition recommended. Overall, I believe that this helped me. I felt very calm and motivated after doing this. As well as feeling less anxious and more self-aware.

Next, I started day two by an affirmation of encouragement. On this day I am balancing my Sacral chakra. When this chakra is out of balance we experience feelings

of fear, depression, manic or emotional instability, feeling overwhelmed, and loss of imagination or creativity. On a positive note, however, this chakra balances warmth and feels playful, desirable, and free to express themselves! I started in a comfortable position and relaxed my body in a comfortable space. Then I began to say a few affirmations like, "I am confident that what I offer the world is enough." As I thought about what that means to me personally and what I offer to the world. Next, I ate an orange and drank some tea, which is also recommended. This practice brought me a reminder of my self-worth and allowed me to reflect on what I do and bring to the world as a person. I felt calmer and I went to work feeling motivated and calmer than I usually feel.

For day three, I am balancing the Solar Plexus chakra. Located above the heart, this chakra regulates the sternum. This forms your deepest connections with willpower, self-discipline, and self-esteem. I started by Imagining that I was drawing green energy up through my body towards my heart, starting at the base of the spine and moving upwards. Next, I said a few affirmations like, "I choose joy, compassion, and love." I forgive others, and I forgive myself." Finally, it was recommended to eat green foods and foods rich in vitamin C, so I ate steamed broccoli and had a glass of orange juice. Overall, I believe that this day was beneficial to me. It felt relaxing to practice yoga and say out loud the affirmations in a calm environment.

Continuing my daily balancing, I moved on to The Throat Chakra. I started with some breathing exercises like deep breathing and being in a calm environment once again. It was also recommended that I picture a spinning ball in a shade of blue (the

throat chakra color.) Next, I ate some blueberries and some simple spices for the nutrition portion. Finally, I said a few affirmations: "My voice is important in this world."

"I honor my true voice, and I let it speak." Like the other days, I felt more calm and relaxed, however, I did not feel any different than these practices the other days.

Finally, I ended the week with the third eye chakra. I then began to practice some relaxation techniques. I sat comfortably and closed my eyes. Next, I inhaled and exhaled ten times, slowly and deeply. I focused my attention on the location of the third eye chakra, imagining a violet sphere of energy in the middle of my forehead. For nutrition, I ate dark chocolate and I also had a few (purple) grapes. I finished the week with a few affirmations of encouragement, for example, "I follow the lead of my inner teacher." "I know how to make the right decisions, and I do so with ease."

In conclusion, I believe that this project taught me a lot about my inner peace. I learned so many different techniques to bring peace and calmness to my everyday life. My favorite part of this project was yoga. I truly believe that practicing this each day was beneficial to my entire day. I took simply ten minutes out of my day to just connect with the calm environment and relax my body and mind and it made me feel calmer throughout the day. I felt relaxed and more motivated, and far less anxious than I usually do. I decided after practicing this, I am going to incorporate 10 minutes each day to practice yoga and meditation. Moving on to practicing different nutrition, I believe that the food I ate did not affect my day when balancing. However, I do not think it wouldn't help others. It encouraged me to add more vitamin C and got me into a better mindset

of believing that it would work. It also gave me a few good snack ideas, which were all reasonably healthy. Finally, affirmations. These helped me a lot. I believe that it would help everyone to take some time each day to say these small affirmations. It gave me a better feeling of self-worth and made me feel more confident and dedicated. It also showed me that I need to respect myself as an individual and focus on others without forgetting to help myself. I felt a lot less anxious going into work and school after saying this out loud before I go. I believe that incorporating affirmations and yoga/meditation into my everyday life would help me in incredible ways. I thoroughly enjoyed this project and learning more about my spirit and mind and the different practices used to help.