

Free healing chart by Pup ~ A | K Transformation

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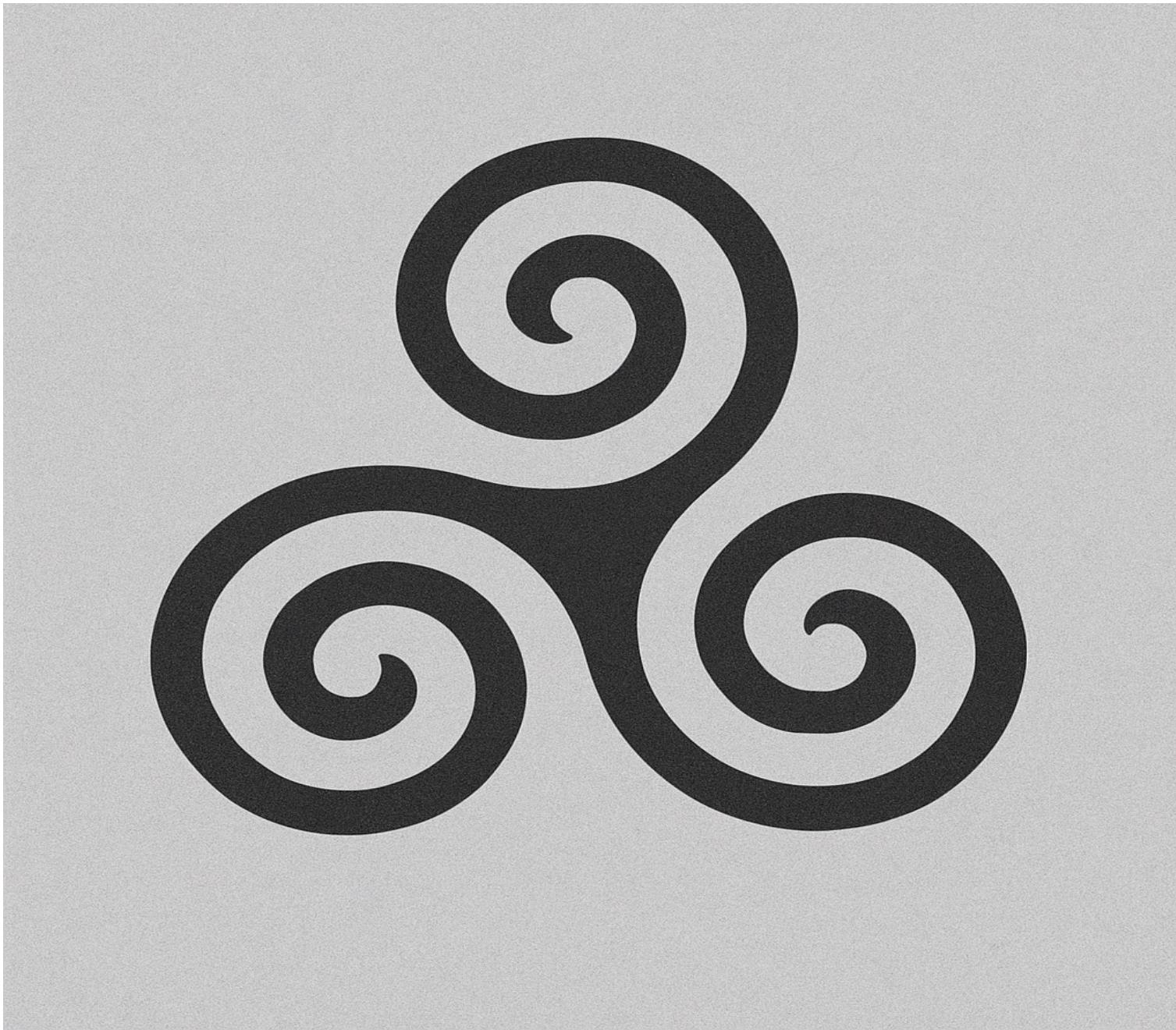
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A PATH TO WELLNESS

Reiki is a holistic practice that nurtures physical health, mental clarity, and spiritual growth. It promotes relaxation, flexibility, and self-awareness while strengthening the body and mind.

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Releasing trapped emotions is often extremely challenging and difficult, not always about reliving the pain however often a benefit.

It's about acknowledging it and letting your body know it's finally safe to let go.

Here's how to begin...



Don't Ignore These Messages –
Your chakras are trying to tell you something important about your **mind, body, and spirit.**

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Chakra Balancing Guide

1. Root Chakra (Muladhara)

- Location: Base of the spine
- Color: Red
- Element: Earth
- Represents: Stability, security, survival

Imbalance Signs:

- Anxiety, fear
- Feeling ungrounded
- Financial insecurity

Balancing Techniques:

- Walk barefoot on natural ground (earthing)
- Eat root vegetables (carrots, beets)
- Use grounding affirmations: *“I am safe. I am grounded.”*
- Yoga poses: Mountain, Warrior

Image ID

Red box with Root chakra symbol outlined in the centre.



ROOT CHAKRA



BLOCKED

- I don't feel safe.
- I don't know if I belong.
- I always feel like something bad is about to happen.

HEALTH ISSUES

Anemia, Overweight, Underweight, Lower back pain, Varicose Veins, Arthritis, Leg pain

Action Step: Do one small thing that feels safe – like locking the door and breathing.

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2. Sacral Chakra (Svadhisthana)

- Location: Below the navel
- Color: Orange
- Element: Water
- Represents:

Emotions, creativity, sexuality

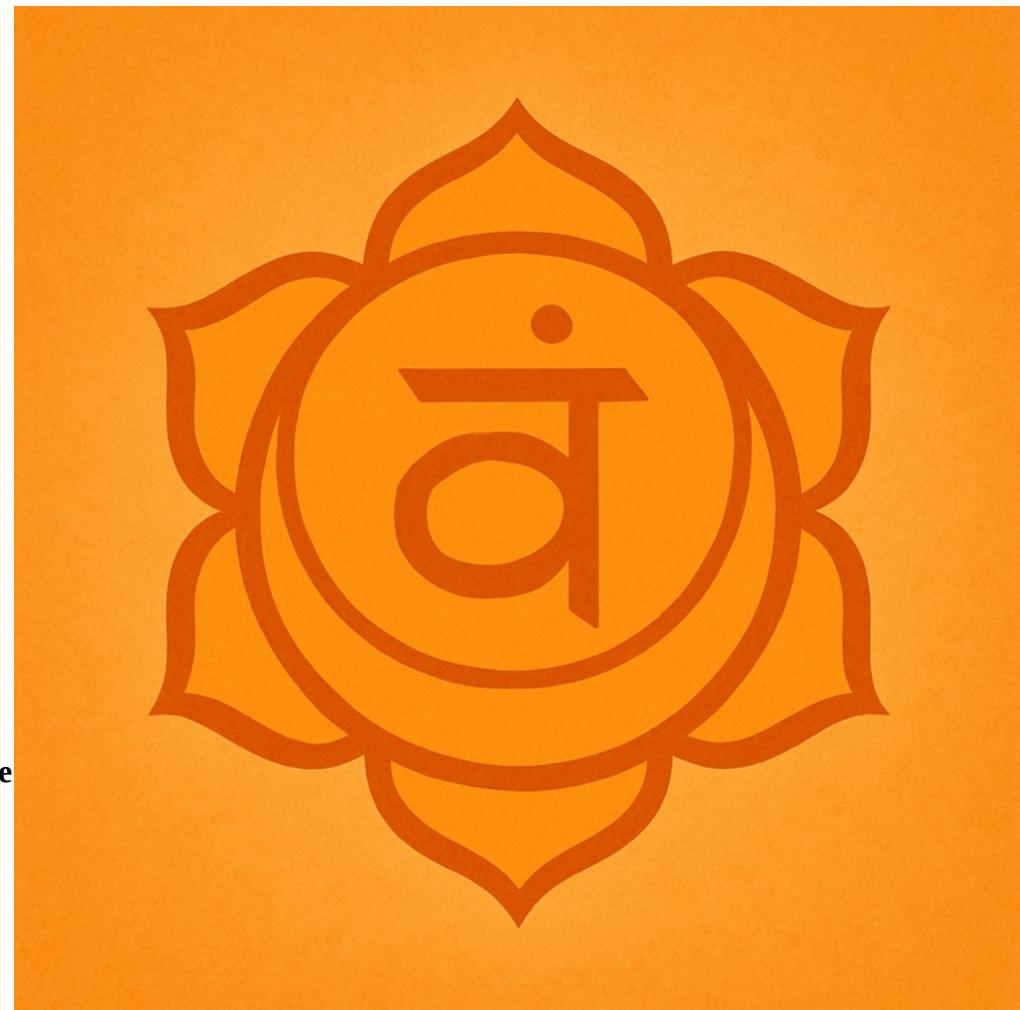
Imbalance Signs:

- Creative block
- Guilt, shame
- Relationship issues

Balancing Techniques:

- Spend time in/near water
- Practice creative expression (art, dance)
- Eat oranges, mangoes, and nuts
- Affirmation: “I allow creativity and pleasure to flow freely.”
- Yoga poses: Goddess, Bound Angle

Image ID Orange Box with Sacral chakra symbol outlined in the centre.



SACRAL CHAKRA



BLOCKED

- I miss feeling alive.
- I crave connection, but I fear being seen.
- I feel guilt or shame around my desires.

HEALTH ISSUES

Reproductive issues, menstrual cycle issues, PCOS/PCOD, Hormonal problems, lower back pain

Action Step: Allow yourself to feel one emotion fully – without judging or fixing it.

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3. Solar Plexus Chakra (Manipura)

- **Location:** Stomach area
- **Color:** Yellow
- **Element:** Fire
- **Represents:** Personal power, confidence, will

Imbalance Signs:

- Low self-esteem
- Digestive issues
- Control issues

Balancing Techniques:

- Sunlight exposure
- Core-strengthening exercises
- Eat bananas, ginger, whole grains
- **Affirmation:** *“I am confident and in control of my life.”*
- **Yoga poses:** Boat, Plank

Image ID

Yellow box with Solar Plexus chakra symbol outlined in the centre.



SOLAR PLEXUS CHAKRA



BLOCKED

- I shrink where I should rise.
- What if I fail—or don't deserve to succeed?
- I let others choose, even when it hurts.

HEALTH ISSUES

Diabetes, liver issues, digestive issues, IBS, stomach ulcers, Overweight, fatigue

Action Step: Say no to something that drains you and yes to something that empowers you.

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4. Heart Chakra (Anahata)

- **Location:** Center of chest
- **Color:** Green
- **Element:** Air
- **Represents:** Love, compassion, forgiveness

Imbalance Signs:

- Isolation, jealousy
- Trouble with relationships
- Chest tightness

Balancing Techniques:

- Practice self-love and compassion
- Breath-work and pranayama
- Eat leafy greens and green tea
- Affirmation: *“I give and receive love freely.”*
- Yoga poses: Camel, Cobra

Image ID

Green box with Heart chakra symbol outlined in the centre.



HEART CHAKRA



BLOCKED

- It's not safe to love.
- I give too much or I shut down.
- I don't know how to receive.

HEALTH ISSUES

Heart and lung issues, upper back pain, chest issues, blood pressure

Action Step: Tell someone you love them – or tell yourself first.

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5. Throat Chakra (Vishuddha)

- Location: Throat
- Color: Blue
- Element: Ether
- Represents:

Communication, truth, expression

Imbalance Signs:

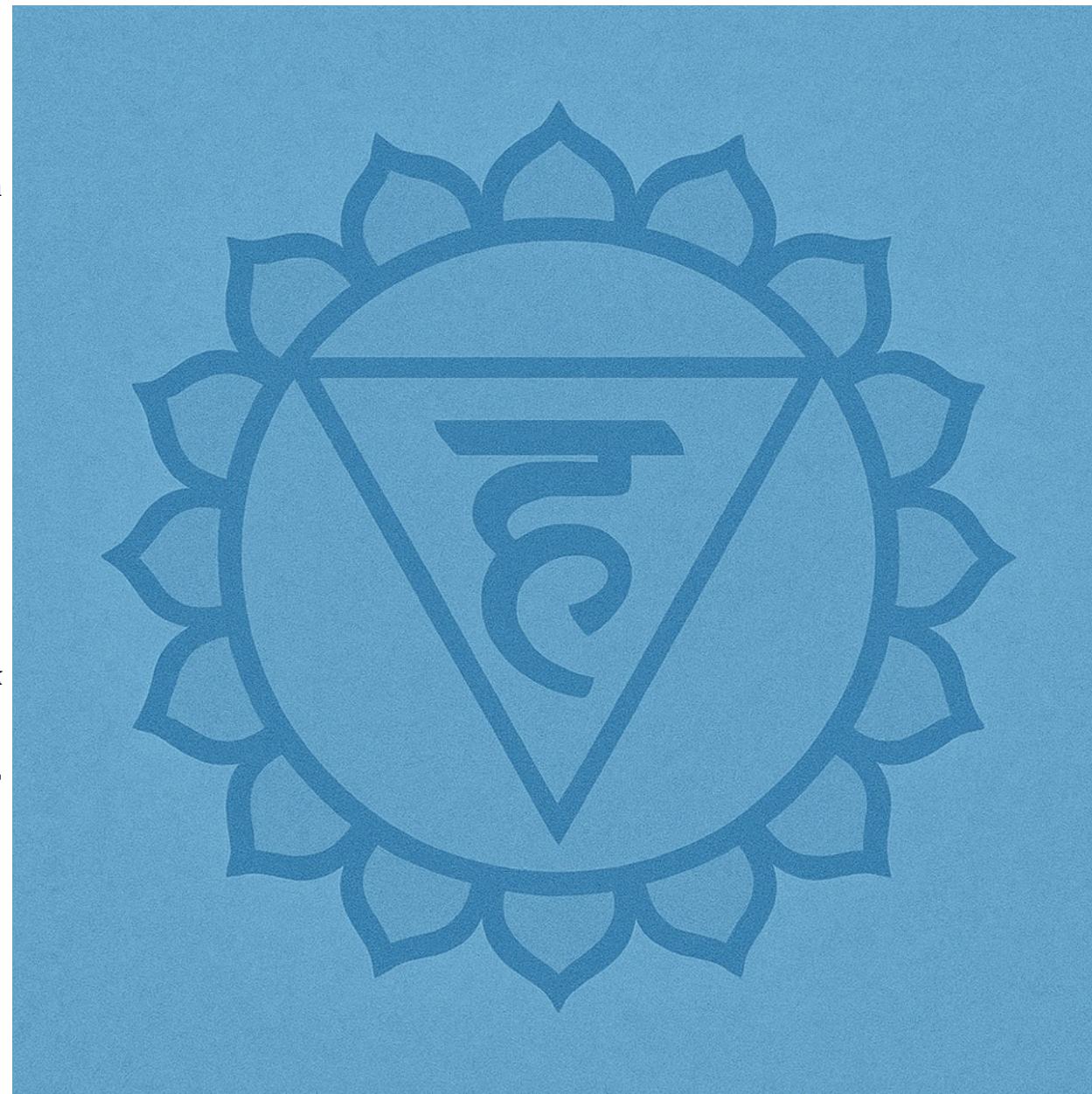
- Fear of speaking
- Dishonesty or over-talkativeness
- Sore throats

Balancing Techniques:

- Singing, chanting
- Journaling or public speaking
- Drink herbal teas (peppermint, licorice root)
- Affirmation: *“I speak my truth with clarity and love.”*
- Yoga poses: Shoulder Stand, Fish

Image ID

Blue box with Throat chakra symbol outlined in the centre.



THROAT CHAKRA



BLOCKED

- I said “yes” when I meant “no.”
- I said “I’m fine” when I was breaking.
- I don’t know how to ask for what I need.

HEALTH ISSUES

Thyroid issue, throat issues, tonsil, hearing problem, ear issues

Action Step: Speak one truth today – even if it’s just to the mirror.

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6. Third Eye Chakra (Ajna)

- **Location:** Between the eyebrows
- **Color:** Indigo
- **Element:** Light
- **Represents:** Intuition, perception, wisdom

Imbalance Signs:

- Poor intuition or judgment
- Headaches, insomnia
- Lack of focus

Balancing Techniques:

- Meditation, visualization
- Limit screen time
- Eat blueberries, purple grapes
- Affirmation: *“I trust my inner wisdom.”*
- Yoga poses: Child’s Pose, Eagle

Image ID

Indigo box with Third eye chakra symbol outlined in the centre.



THIRD EYE CHAKRA



BLOCKED

- I don't trust my intuition.
- I keep ignoring what I already know.
- I feel mentally scattered. I lack clarity.

HEALTH ISSUES

Anxiety, depression, mental fog, insomnia, migraine, headache, eye problems

Action Step: Close your eyes, ask yourself – trust the first answer that comes.

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7.Crown Chakra (Sahasrara)

- Location: Top of the head
- Color: Violet or white
- Element: Thought
- Represents: Spiritual connection, enlightenment

Imbalance Signs:

- Disconnection from spirit
- Cynicism
- Depression

Balancing Techniques:

- Silent meditation
- Prayer or spiritual study
- Fasting or detoxing
- Affirmation: *“I am one with the universe.”*
- Yoga poses: Headstand, Savasana

Image ID

Purple box with Crown chakra symbol outlined in the centre.



CROWN CHAKRA



BLOCKED

- I try to pray but don't feel heard.
- I try to surrender but can't give up control.
- I feel disconnected even from myself.

HEALTH ISSUES

Neurological issues,
Brain issues, Spine
issues, Amnesia

Action Step: Let go of one worry — Hand it over to something higher. Pray - "Guide me."

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Here's a simple candle ritual designed to align and balance the seven chakras, using the power of color, intention, and flame. This ritual can be done as a daily or weekly spiritual self-care practice.

Candle Ritual for Chakra Balancing

What You'll Need:

- 7 colored candles, each representing a chakra:
- Red – Root (Muladhara)
- Orange – Sacral (Svadhishthana)
- Yellow – Solar Plexus (Manipura)
- Green – Heart (Anahata)
- Blue – Throat (Vishuddha)
- Indigo – Third Eye (Ajna)
- Violet or White – Crown (Sahasrara)
- A quiet, safe space
- Matches or a lighter
- Optional: incense, crystals, essential oils, or a journal.

Image ID

Cream box with Candle Colours for magick outlined in text.



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Step-by-Step Ritual

1. Prepare Your Space

- Clean the area physically and energetically (you can use sage, palo santo, or sound).
- Place your candles in a circle or line, ideally in chakra order from base (red) to crown (violet/white).

2. Ground Yourself

- Sit comfortably.
- Close your eyes, take three deep breaths, and feel yourself rooted into the earth.
- You can visualize roots extending from your tailbone into the ground.

3. Set an Intention

- Whisper or think of your intention for the ritual (e.g., *“I restore balance to my energy system.”*)

4. Light the Candles, One by One

As you light each candle, speak or think the associated chakra affirmation.

- Root: “I am grounded, safe, and secure.”
- Sacral: “I embrace my creativity and sensuality.”
- Solar Plexus: “I am powerful, confident, and in control.”
- Heart: “I love deeply and freely give and receive love.”
- Throat: “I speak my truth with clarity and compassion.”
- Third Eye: “I trust my intuition and inner wisdom.”
- Crown: “I am connected to the divine and universal consciousness.”

Take a moment after lighting each to gaze into the flame and feel the chakra’s energy activating.

5. Meditate or Sit in Stillness

- Spend a few minutes breathing deeply with the candlelight.
- Visualize each flame energizing its corresponding chakra.

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- **Feel your whole body vibrating in alignment.**

6. Close the Ritual

- **Thank the elements, your higher self, or any guides you work with.**
- **Blow out the candles in reverse order (crown to root), visualizing your energy sealing and grounding.**

Optional Add-ons

- **Crystals:** Place matching chakra stones beside each candle.
- **Journal:** Record any sensations, messages, or insights.
- **Sound:** Play chakra-tuned frequencies or use singing bowls.