

## Free healing chart by Pup ~ A | K Transformation

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Transformation

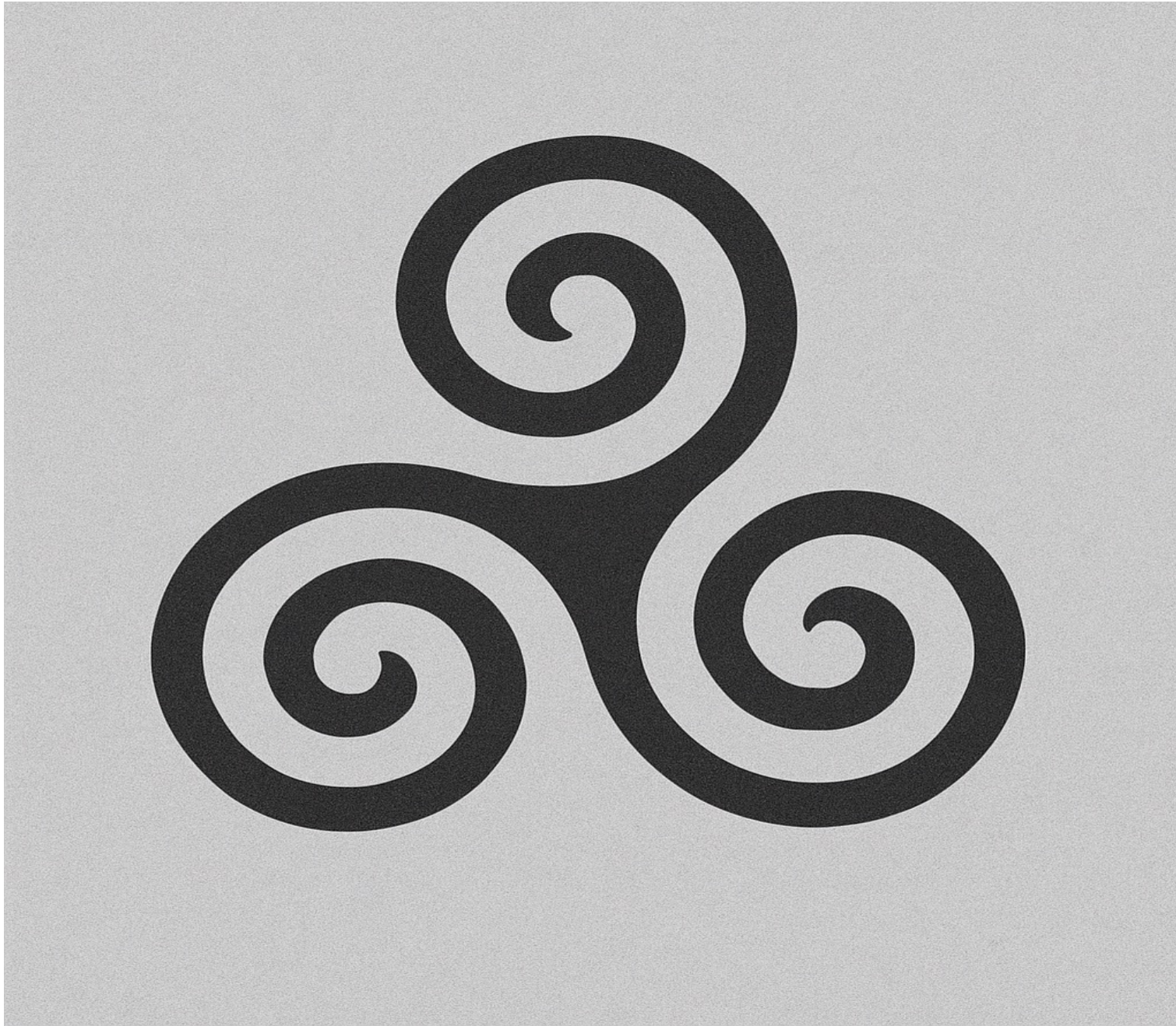
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# A PATH TO WELLNESS

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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**Free healing chart**

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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.**

## 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 (Svadhithana)

- **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.





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# 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:

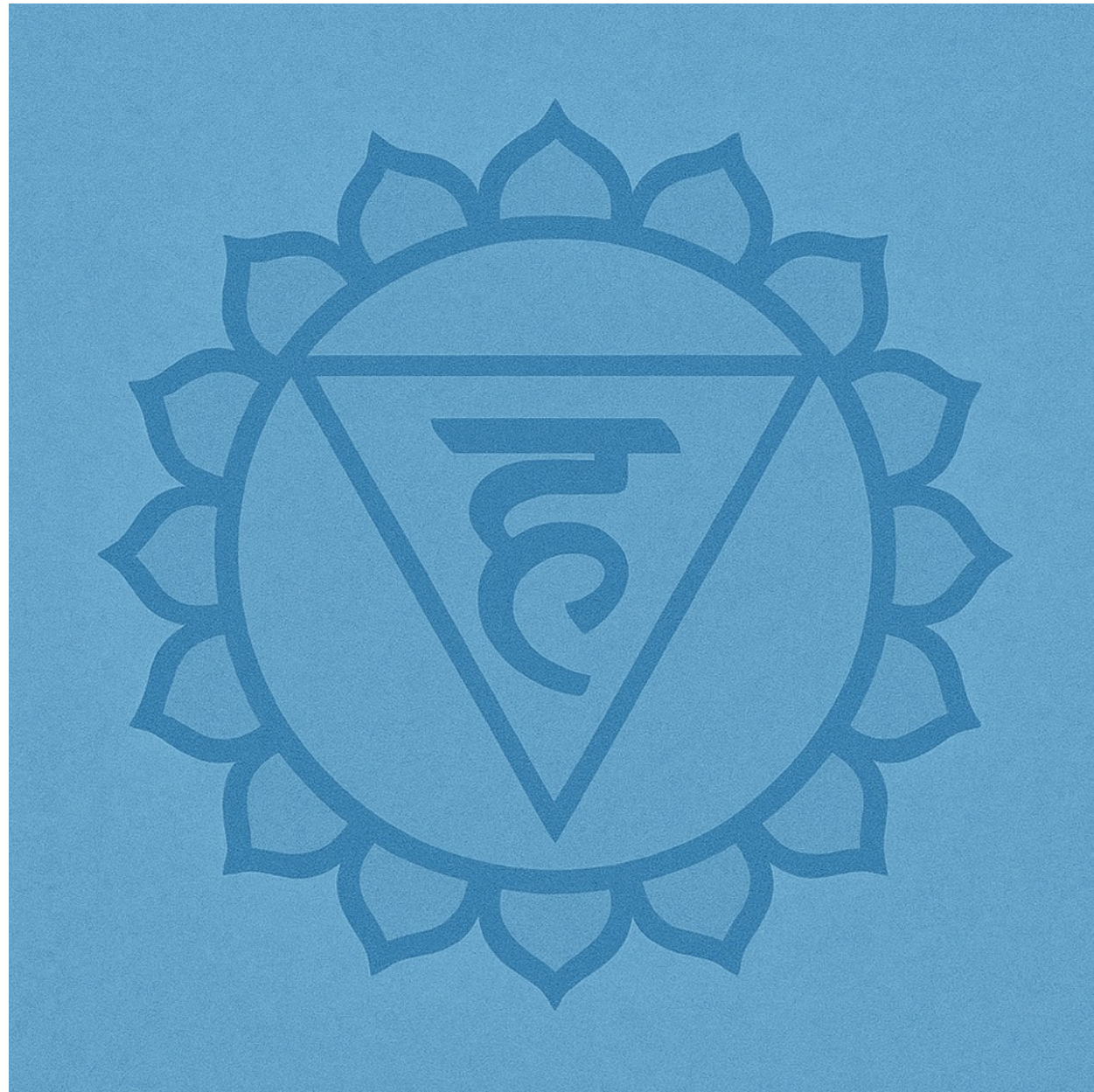
- Singing, chanting
- Journaling or public speaking
- Drink herbal teas

(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 (Svadhithana)
- 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.**

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### **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.**