

RADIANT MIND *Academy*

Module 7 - Specific Practices/Meditations to Heal the Chakras

Root Chakra

>> **Daily Grounding and Receiving Love Guided Meditation** - really focus on building and strengthening your connection to Earth, grounding yourself, feeling safe and secure in your own body

>> **Affirmations** - "I am grounded, I am safe, I create safety and security in my life, I can deal with anything that comes my way, I am able to take care of myself, I trust in my ability to take care of myself"

>> **Tapping on your K27's point (under the collar bone, on each side)** - this is your kidney meridian point and is associated with fear. Tap on this point each morning for 2 minutes and state affirmations such as, "I'm shifting any fear to trust", "I release fear-based thoughts", "I trust in the flow of life".

>> **Tapping practices** - add in tapping videos daily or weekly related to fear, anxiety, fight-or-flight, and worry.

>> **Release Journaling (module 6)** on fear, anxiety, home life, security, finances, worry, feelings of lack (lack of safety, lack of finances, lack of trust in taking care of self), etc.

>> **Walking, running, being in nature** - go for a walk daily or a few times per week. Focus on the connection to the Earth. With every step, you're bringing energy from the Earth up and into your body, strengthening the root chakra.

>> **Eating and making healthy food** - focusing on more vegetables, more home-cooking, nourishing your body from the Earth

Sacral Chakra

>> **Chakras and Desires Guided Meditation** - connect with desires (2nd chakra) and feel the emotions related to these desires (practice feeling joy, pleasure, gratitude for life)

If excessive (overly emotional/indulge in pleasures too much)...

>> **Feeling My Emotions Guided Meditation** - this helps build emotional intelligence and emotional control - learning to sit with, feel and ride out the waves of emotions vs. acting on them/resorting to addictive/self-sabotage behaviour

>> **Tapping on cravings, addictions, self-sabotage behaviour**

>> **Release Journaling (module 6)** on things that affected your femininity, sensuality, relationship with mother, sexuality, relationships, etc.

>> **Third chakra building (see below)** - strengthening the third chakra can automatically help to balance excess emotions, victimhood, sadness, etc as it's building power, will, strength and confidence.

If deficient...

>> **Free style dancing to music at home** - get your hips moving. Close your eyes, feel your body moving and feel the feel-good music coming into your body

>> **Sensual dancing** - if you're deficient in the sacral chakra, this can create a disconnection with your femininity and sensuality. Practice putting on sensual music (look some up on Spotify). Close your eyes and practice moving your body and hips in feminine and sensual ways, just for yourself. If this feels foreign and weird, it could indicate deficiency in the sacral chakra and it's a good exercise to add in frequently.

>> **Buy yourself sexy/feminine lingerie** - practice feeling sensual and sexual on your own. This is connected to our divine feminine and our creativity.

>> **Practice pleasuring yourself** - to connect to femininity and sacred sexuality, you can practice sexually pleasuring yourself, again, just for yourself. If this feels foreign, rigid and/or if you have guilt related to it, it could indicate sacral chakra deficiency (created from possible traumas related to this chakra)

>> **Receiving Love Meditation** - sit with your eyes closed. Rub your hands together. Open them up, palms up. Visualize a stream of loving energy from Spirit, coming through your crown chakra and filling up your body with love. Practice this for 5-20 minutes, increasing your ability to feel love from above and learning to feel and create love from Spirit and ourselves versus looking to others to fill our voids. See if you can feel the love coming from crown, into our bodies and then out your hands. This indicates that we can receive as well as give out love.

Solar Plexus

>> **Tapping on Self-Esteem, Not Being Good Enough, Willpower, Confidence, Taking Action**

>> **RELEASE JOURNALING from Module 6** - ****Most effective for re-balancing solar plexus energy. Practice release journaling on everything and anything that bothers you. Get out all the anger. This helps to dispel darker, fire energy and helps to transform it into healthier forms of fire energy (empowerment, energy, etc).

>> **Anger work** - if anger comes up, use tapping and then discharge practices such as hitting pillows on a bed or pushing hands against a wall (helps to discharge anger), make noise if it comes up (also works 5th chakra)

>> **Kundalini Yoga** -(Kundalini yoga strengthens all chakras but REALLY works chakra 3). My favourite Kundalini practices are on gaia.com

>> **Exercise and resistance training** - any exercise and strength work, helps to strengthen the 3rd chakra; it ignites energy within us, improves our self-discipline and strengthens our body just for us. Having a strong body makes you more resistant to illness and emotional strains. It also increases confidence.

>> **Making authentic choices/speaking and living your truths** - With every choice you make that resonates with your truths, you're strengthening the 3rd chakra (willpower, autonomy, choice)

If excessive in some ways... (anger/fire coming up)

>> **Anger work** - if anger comes up, use tapping and then discharge practices such as hitting pillows on a bed or pushing hands against a wall (helps to discharge anger), make noise if it comes up (also works 5th chakra)

>> **Communicating our truths/hurts to someone** - this can dispel fire energy as you're releasing it. The goal is to try to release in a calm, slow, connected manner versus anger explosion in arguments. If you find you're arguing, you may want to try releasing anger on your own first (hitting pillows, pushing up against a wall, tapping)

Heart Chakra

>> **Having Compassion for Our Past Guided Meditation** - (also heals chakra 1-3)

>> **Guided Self-Love Meditation**

>> **Receiving Love Meditation** - sit with your eyes closed. Rub your hands together. Open them up, palms up. Visualize a stream of loving energy from Spirit, coming through your crown chakra and filling up your body with love. Practice this for 5-20 minutes, increasing your ability to feel love from above and learning to feel and create love from Spirit and ourselves versus looking to others to fill our voids. See if you can feel the love coming from crown, into our bodies and then out your hands. This indicates that we can receive as well as give out love.

>> **Tapping practices** - on self-love, self-compassion, empathy, loving ourselves and others

>> **Release Journaling (module 6)** - helps to release negative, hurt energy we may be storing in our heart chakra. Follow release journaling with one of the guided meditations above to help heal the heart chakra and bring in more love.

>> **Offering Yourself Love & Compassion** - practicing speaking to yourself with love, compassion and kindness. Becoming your own best friend. Strengthening your own self-love helps to strengthen your heart chakra and opens it to give and receive love from others in a healthy way.

>> **Internal Family Systems work** - (to come)

Throat Chakra

>> **Practice speaking your truths** - communicating with others, using your voice. Can you catch yourself holding in your truths and opinions? When you catch this, can you practice stating one thing to others that is true for you?

>> **Release Journaling (module 6)** - helps to release truths and express yourself authentically

>> **Letting out sounds** - of anger, frustration, having a loud cry, therapeutic yelling out

>> **Express yourself creatively** - art, dance, writing, projects, sharing

>> **Singing** - turn on the some music and sing - hear yourself use your own voice

Third Eye Chakra

>> **Chakras and Desires Guided Meditation**

>> **Allowing Myself to Dream Exercise** - To strengthen the third eye, for 5 minutes, sit or lay in a comfortable position and begin to visualize and dream up all the different, exciting possibilities in your life. Think of all the different avenues your life could go, all the exciting experiences you could be a part of, all the different ways you could serve others, all the ways you could create a meaningful life. The key with this practice is to remind yourself that it DOESN'T MATTER if any of these things actually happen - it doesn't create a risk of failing to simply visualize. Allow yourself to freely dream with that simple intention - to strengthen your dreaming, imagination and visualization abilities. If you can, feel the positive emotions you would have if these things were your reality but again make it a fun, no pressure activity. Play some inspiring or relaxing music as you allow yourself to dream. This can be a fun activity to do right in the morning or before going to bed - it will also leave you in a positive vibration state.

Crown Chakra

>> **Grounding and Receiving Love Guided Meditation**

>> **Receiving Love Meditation** - helps connect you to the love of Spirit

Sit with your eyes closed. Rub your hands together. Open them up, palms up. Visualize a stream of loving energy from Spirit, coming through your crown chakra and filling up your body with love. Practice this for 5-20 minutes, increasing your ability to feel love from above and learning to feel and create love from Spirit and ourselves versus looking to others to fill our voids. See if you can feel the love coming from crown, into our bodies and then out your hands. This indicates that we can receive as well as give out love.

>> **Prayer** - creating and voicing prayers, asking for guidance, partnering with Spirit/Universe, creating a relationship with Spirit/Universe

>> **Oracle Cards** - a fun way to help develop a relationship with Spirit/Universe. Practice asking for guidance related to certain areas of your life. Pull a card whenever you are feeling lost or wanting guidance. Notice the trends over different periods in your life and with different areas of your life.

Practices to Strengthen All Chakras

Luckily, many practices above work to strengthen and heal multiple chakras. For example, as you work on healing wounds from your past, you're also building self-esteem and opening the heart chakra. These practices below also work to balance and heal all chakras:

>> **Chakra Balancing Guided Meditation**

>> **Chakras and Desires Guided Meditation**

>> **Grounding & Receiving Love Meditation** - a great meditation for all chakras - grounding for root chakra and then bring in love to all other chakras + connecting to the love of something greater (crown chakra strengthening)

>> **Release Journaling** - helps to release and shift energy and starts the process of re-balancing energy in the chakras

>> **Running, walking and exercise routines, getting outside, connecting with nature**

>> **Self-care & Self-Nourishment** - through food, how you speak to yourself, how you treat yourself, your thoughts, what energy/environments you allow yourself in, etc.

>> **Connecting and expressing creativity**

>> **Yoga practice** - especially Kundalini yoga as it uses breath work and movement to help move/release suppressed emotions and toxins - try www.gaia.com (my preference) or some Youtube Kundalini yoga practices:

<https://www.youtube.com/watch?v=IK1jCBJJECk>

<https://www.youtube.com/watch?v=tynRR5m2jNQ>

>> **Reiki Treatments** - focuses on healing, shifting and re-balancing the chakra system