Balance Your Chakras

Do-It-Yourself Tips, Techniques and Exercises to Bring Your Chakras into Balance and Alignment

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(A must for developing psychics & mediums!)

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This little guide will now take you through tips, techniques and exercises that will help you to DIY balance your chakras.

Chakras… We’ve all got them. Seven, in fact. They play a major roll in keeping your body and energy systems healthy and are integral to the process of psychic reading and mediumship. Universal energy flows through your chakras, the energy of spirit is felt and received through the chakras. Your health and wellbeing is connected with whether or not your chakras (one or more) are in balance. So it is important that awareness be brought to these important energy wheels located in the centre of your body from the tailbone to the top of your head, and intention brought to keeping them healthy, open, flowing, in balance and alignment. this will result in better overall health and wellbeing and better psychic and mediumship readings.

Each chakra is associated with a different energy and is linked with certain organs, glands and aspects of your being. When a chakra is out of balance, the organ, gland and/or the particular aspect of who are that is associated with it will exhibit outward signs of that imbalance. For example, if your root chakra is out of balance you may experience physical symptoms such as lower back pain, exhaustion or diarrhea. You might also carry yourself in the world with fear, feelings of insecurity, be overly materialistic or exhibit signs of addiction. If your throat chakra is out of balance you may experience soar throats or feel like your throat is blocked, perhaps have a thyroid imbalance and/or you mays talk incessantly or, conversely be overly shy and withdrawn in your communication.
The chakras work both separately and in cooperation with one another, as a system. When one chakra is out of balance it usually (but not always) means that the one just above and just below are also out of balance. Therefore a holistic approach to chakra health and wellbeing is highly recommended.

**The 7 Chakras**

As I mentioned earlier there are 7 chakras located in the centre of our bodies from the tailbone to the top of the head. In a little more detail here are the names (and the Sanskrit name) of each of the chakras, where they are located and the symptoms when out of balance. Starting from the tailbone and moving upwards from there they are:

**First chakra**
Also known as the Root (or Muladhara) chakra. Located at the base of the spine / tailbone area. Associated with security and survival issues such as money, food and shelter. Color: red. Symptoms when out of balance: lower back pain, diarrhea, fear, exhaustion, financial issues, addiction, lethargy.

**Second chakra**
Also known as the Sacral (or Svadhishthana) chakra. Located in the lower abdomen her the pubic bone. Associated with creative energy, pleasure, overall well-being, abundance. Color: orange. Symptoms when cluttered or out of balance: jealousy, lack of sexual desire, urinary tract infections, kidney stones, experiencing creative blocks.
**Third chakra**

**Fourth chakra**
Also known as the Heart (or Anahata) chakra. Located in the centre of the chest just above the heart. Color: green, pink. Associated with the ability to give and receive love. Symptoms when cluttered or out of balance include: heart problems (including heart attack), intolerance, week immune system, asthma, angina and lack of joy in life.

**Fifth chakra**
Also known as the Throat (or Vishuda) chakra. Located in the base of the throat (Adam’s apple area). Color: blue. Associated with communication, decision making, creativity and truth. Symptoms when cluttered or out of balance include: Soar throats, dishonesty, thyroid problems, incessant talking, being too shy, inability to speak one’s truth to another.

**Sixth chakra**
Also know as the third eye or Brow (or Anja) chakra. Located just above the eyebrows in the centre of the forehead. Color: indigo. Associated with intuition, intelligence, wisdom and discernment. Symptoms when cluttered or out of balance include: migraine headaches, tension headaches, eye problems, feeling spaced out, forgetfulness, inability to remember one’s
dreams, being too much in one’s head, problems staying focussed and an inability to connect with one’s inner wisdom.

**Seventh chakra**
Also known as the Crown (or Sahasrara) chakra. Located at the top of the head. Color: violet, pure white light. Associated with inspiration, oneness with the Universe, divinity, inspiration and present moment awareness. Symptoms when cluttered or out of balance include: confusion, dominant ego function, mental illness, worry and dizziness.

Below is a schematic of the chakra system, their location and their corresponding colors.
TIPS:

Here are my three top TIPS for understanding what you need to do to DIY (do it yourself) balance your chakras.

Tip #1: Intention
Intention is very important when you are DIY balancing your chakras. Set your intention prior to delving into any of the exercises. The intention that you hold in balancing your chakras is more important than the method or exercise that you use. Be mindful of your intention. Concentrate on the desired, intended outcome and the rest will fall into place.

**Tip #2: Observation**

It is usually pretty easy to tell which of your chakras is out of balance with the others by taking a look at your life and state of physical health. When one or more is out of sync or alignment the state of your life and / or your body will reflect that back to you and make it clear. Observe your current life situation to see where in your body and where in your being you are seeing things as out of balance. Once you hone in on which chakra(s) needs the most attention, lay aside any worry or concern about it and simply focus on getting them in balance again. It won’t happen all at once because it is a layered, unfolding process. You do not need to be perfect - nor do your chakras need to always be in PERFECT alignment and balance. Many people lead happy, whole and healthy lives with one or more chakras being stronger than the rest.

**Tip #3: It’s all about Energy**

Think of your chakras as energy conductors or energy exchangers - essentially the energy centres of your body. They exchange energy with each other, with the Universal energy, with spirit and with the environment.
When they are balanced the energy flow is smooth. When they are not the energy flow is stuck or blocked. Energy rich practices, such as yoga, tai chi, qi gong, reiki, and acupuncture will help to heal and balance your chakras. We’ll talk more about this a little later on.

TECHNIQUES

Now let’s talk about chakra balancing techniques. Here are my top five techniques for balancing your chakras:

#1: Meditation:

Calming and centering the mind via meditation works very well to help balance all of the chakras. A meditation practice that places the focus on the breath is an excellent choice. Breath work is a very effective way of balancing and aligning your chakras. A few simple deep in and out breaths will work wonders for your chakras.

#2: Visualization:

Visualizing your chakras from the root to the crown, and each one in between, or focusing on one or two that you feel are stressed, or over or under stimulated is another wonderful technique for chakra balancing. Guided visualization meditations that focus on the clearing and balancing of the chakras are a great choice.

#3: Aromatherapy:
The use of specially chosen, calming soothing essential oils, fragrant baths, candles, soaps and diffusers are very effective in DIY chakra balancing.

**#4: Color therapy:**

Working with the corresponding color of a specific chakra or chakras either through visualization, or through the use of various gemstones is another great way to bring your chakras into alignment and balance a stressed or over stimulated chakra.

**#5: Reiki:**

Reiki is one of the best techniques for balancing your chakras because it enhances the opening of all the body energy channels so as to bring healing to the body, mind and spirit.

**EXERCISES**

You can tackle one chakra at a time or all of the chakras at once with balancing exercises. Here are 5 of my favorite chakra balancing exercises:

**Exercise #1**

**Singing Bowl, Tuning Fork or Gong Balance**

While focusing on each chakra individually, ring a singing bowl or gong seven times, once for each chakra. Starting with your root chakra, place all
your focus on your root chakra, visualizing it and the color red, then ring the bowl/gong/tuning fork, letting the sound ring out to completion. Then shift your focus to your second chakra and the color orange and ring the gong/bowl/tuning fork again for the second chakra, allowing the sound to ring out to completion. Repeat focusing and ringing once each for the rest of your chakras.

Exercise #2

Hands on Chakra Balance

As the title suggests you are going to use your hands to balance your chakras.

Choose a quiet time and place where you will not be disturbed to do this exercise. Lie down in a comfortable spot. Breath in and out deeply so that your tummy rises and falls and watch your tummy for a few moments as you are doing this. While you are doing this think about your intention to balance and align your chakras.

Gently place one of your hands on your first chakra and the other on your second chakra. Keep your hands on these chakras until you feel that urge to move on. When you feel that urge it usually means that your chakras have come into balance. Keeping your hands on your chakras for one to two minutes is usually the right amount of time. You may feel the chakra energy pulse or buzz slightly. Don’t sweat it, simply trust your intuition as to when it is time to move on.
When you are ready move your hands, one resting on the second chakra and the other on the third chakra. Repeat as you did for the first and second chakra, keeping your hands resting on those chakras until you feel that it is time to move on.

Repeat this process for the remainder of your chakras.

When you have done balancing the last or seventh chakra lie still for a few moments focusing on the balanced feeling. When you feel ready get up slowly. Have a drink of water to refresh yourself. Enjoy your balanced feeling throughout the rest of your day.

**Exercise #3**

**The Five Minute Total Chakra Balance**

Sit comfortably or if you prefer you can stand. Bring your intention to balance and align your chakras into your focus and awareness.

Take a few deep breaths and, whichever way works best for you, imagine or visualize each of your seven chakras within you, all together at the same time. See them in order from the root to the crown, visualizing their corresponding colors as well. Watch as they work together, flowing one into the other as you go up and down, passing their energy, for example, the first chakra sending its energy up to the second chakra, the second sending its energy down to the first and up to the third, and so on all the way up. Feel and see your chakras working in harmony with one another to come into balance and alignment. This exercise does not need to take any effort on
Your part, just an awareness and a focus on visualizing the harmonizing and balancing of your chakras. Do this for the full five minutes which means that you will be spending about 40 seconds on each chakra.

You can do this exercise any time that you have five minutes to yourself, pretty much anywhere you might happen to be. If you are feeling frazzled or stressed - it's a good time to take five and do this chakra balancing exercise.

Exercise #4
The Individual Chakra Balance

If you are feeling that one or two of your chakras (or all of them works, too!), are in need of some extra attention to bring back into balance and alignment this list shows you how. Spend a couple of minutes doing the ‘chakra-cise’ of your choice:

First, Root Chakra

- Stomp your feet (not too hard) on the ground
- do squats
- walk barefoot in the grass
- march or walk in place on the spot
- place your feet firmly on the ground and crouching down, tap the tops of your feet with your fingertips to stimulate
- place one of these first chakra balancing gemstones on your root chakra for 5 minutes: Garnet, Bloodstone, Agate, Red Jade, Red Onyx
Second, Sacral chakra

- move your pelvis around in a circular motion
- stimulate your buttocks with your fists in a gentle but firm tapping motion
- place your hands firmly on your pelvic bone while moving your hips back and forth a few times
- place one of these second chakra balancing gemstones on your sacral chakra for 5 minutes: Carnelian, Citrine, Topaz, Amber, Jasper

Third, Solar Plexus chakra

- dance!
- hoola hoop
- belly dance, do the twist, move!
- gently but firmly massage your tummy area and hit it with a closed fist tapping motion - to stimulate and awaken the area
- place one of these third chakra balancing gemstones on your solar plexus chakra for 5 minutes: Yellow Citrine, Topaz, Rutilated Quartz, Yellow Sapphire

Fourth, Heart chakra

- do gentle push ups
- hug yourself or have someone you love (or like a lot!) hug you
• gently but firmly move your fingertips up and down over your heart area and across the top of your breast/chest area to stimulate and awaken
• swimming, in particular the breast stroke or the front crawl
• place one of these fourth chakra balancing gemstones on your heart chakra for 5 minutes: Aventurine, Rose Quartz, Pink Calcite, Chrysoprase, Green Calcite, Labradorite

Fifth, Throat chakra

• hum
• sing
• tone with your throat
• gargle with salt water or baking soda
• yodel (yodel ay ee hoo!)
• cluck you tongue on the roof of your mouth
• tap your neck gently with your finger tips to stimulate and awaken
• place one of these fifth chakra balancing gemstones on your throat chakra for 5 minutes: Turquoise, Lapis Lazuli, Sodalite, Blue Sapphire, Azurite

Sixth, Brow chakra

• visualize the color deep blue or indigo bathing your third eye
• gently tap the centre of your forehead between your brows with your fingertips to stimulate the area
• close your eyes and bring into your mind’s eye the face of someone you love who has passed into spirit
• take 5 or 6 deep in and out breaths
• do a short guided meditation
• place one of these sixth chakra balancing gemstones on your brow chakra for 5 minutes: Amethyst, Azurite, Purple Apatite, Fluorite

Seventh, Crown chakra

• sit in silent prayer for a few moments
• sit quietly and feel into your connection with Source and the Universe
• meditate in silence for 5 or 10 minutes
• focus on the natural rhythm of your breath for a few moments
• sit under a tree or in nature in silence for a few minutes
• place one of these seventh chakra balancing gemstones on your crown chakra for 5 minutes: Clear Quartz, Herkimer Diamond, White Sapphire, Azeztulite, Clear Phenacite

Exercise #5
Guided Meditation

I have designed a guided meditation to help you declutter, balance and align your chakras. It is available for listening for free on my website here: Chakra Decluttering Meditation

Enjoy!
IN CLOSING:

The benefits of balancing your chakras are many including:

- joy
- inner peace
- a stronger immune system
- feeling clear, free and unencumbered
- better sleep
- healthy digestion
- improved memory and cognitive capacity
- a deeper connection with the spirit world, your spirit guides and the Universal energies
- **enhanced psychic and mediumship abilities!**

So go ahead… have fun and balance your chakras today!

Say hello at clare@claremcnaul.com.

Namaste,

Clare

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