



CHAKRA MEDITATION
ALIGN & AWAKEN: A GUIDED JOURNEY
THROUGH THE 7 ENERGY CENTERS



TABLE OF CONTENTS

Welcome Note

What Are Chakras?

Preparing for Meditation

Chakra-by-Chakra Breakdown:

- Root Chakra
- Sacral Chakra
- Solar Plexus Chakra
- Heart Chakra
- Throat Chakra
- Third Eye Chakra
- Crown Chakra

Final Thoughts

Welcome, Beautiful Soul,

Thank you for choosing this guide and taking a powerful step on your journey toward inner balance and self-discovery.

Whether you're new to chakra meditation or returning to deepen your practice, this space is for you—a space to align, reflect, and reconnect.

The chakra system is an ancient energy map of the body, guiding us through physical, emotional, and spiritual layers of our being. By bringing awareness to these energy centers through meditation, you invite healing, clarity, and peace into your life.

This guide is more than just information—it's an invitation to slow down, listen inward, and return to the wisdom that already lives within you.

May this journey bring you insight, release, and the alignment you seek.

**With love and light,
Anita Gerewal
anitagerewal.com**

What Are Chakras?

Chakras are energy centers located along your spine that influence your emotional, physical, and spiritual well-being. When balanced, they allow life-force energy (prana) to flow freely. When blocked, they can manifest as emotional discomfort or physical symptoms.

There are 7 main chakras, each associated with a different area of life—from grounding and safety to intuition and spiritual connection.



Preparing for Meditation

Find a quiet, comfortable space

Sit or lie down with a straight spine

Light a candle, burn incense, or use essential oils or crystals (optional)

Optionally place a hand on your heart or belly

Breathe deeply and set an intention to connect with your inner energy

Breathe deeply into each chakra (starting from the root chakra) visualizing its color like a swirling energy ball.

Repeat the corresponding affirmation or reflect on what you feel in each energy center.

Move to the next chakra (one chakra at a time).

Once you reach crown chakra, imagine a violet/white light entering your body through the crown chakra from above.

End with gratitude for your energy body.

Do this daily, if possible.



Root Chakra (Muladhara)



Location: Base of spine

Color: Red

Element: Earth

Theme: Safety, grounding, physical body

Fertility tie-in: Foundation of reproductive health

Balancing Practice:

Visualize red roots growing from your spine into the earth. Feel safe and supported.

Affirmation:

"I am grounded. I am safe. I am supported by life."

Healing: Grounding exercises, walking barefoot, root vegetables

Crystal: red jasper

Sacral Chakra (Svadhithana)



Location: Below the navel

Color: Orange

Element: Water

Theme: Emotions, pleasure, creativity, fertility

Fertility tie-in: Womb space, creative life force, intimacy

Balancing Practice:

Place hands over your womb. Breathe into this sacred space.

Allow emotions to flow.

Affirmation:

"I honor my body. I welcome creative and fertile energy."

Healing: Womb connection, dance, orange foods

Crystal: carnelian

Solar Plexus Chakra (Manipura)



Location: Upper abdomen

Color: Yellow

Element: Fire

Themes: Confidence, power, self-worth, digestion

Imbalance Signs: Low self-esteem, control issues, digestive problems

Affirmation: "I trust myself. I am strong."

Healing: Breath of fire, sunlight, yellow foods

Crystal: citrine

Heart Chakra (Anahata)



Location: Center of chest

Color: Green

Element: Air

Themes: Love, compassion, forgiveness, grief

Imbalance Signs: Isolation, resentment, heartbreak

Affirmation: "I give and receive love freely."

Healing: Loving-kindness meditation, nature, green foods,

Crystal: rose quartz

Throat Chakra (Vishuddha)



Location: Throat

Color: Blue

Element: Ether

Themes: Communication, expression, truth

Imbalance Signs: Fear of speaking up, sore throat, secrecy

Affirmation: "I speak my truth with clarity and love."

Healing: Singing, journaling, blue foods

Crystal: aquamarine

Third Eye Chakra (Ajna)



Location: Forehead between the brows

Color: Indigo

Element: Light

Themes: Intuition, vision, insight

Imbalance Signs: Brain fog, disconnection, overthinking

Affirmation: "I trust my inner wisdom."

Healing: Visualization, dream journaling, purple foods

Crystal: amethyst

Crown Chakra (Sahasrara)



Location: Top of the head

Color: Violet or white

Element: Spirit

Themes: Divine connection, higher self, purpose

Imbalance Signs: Loneliness, lack of purpose, spiritual disconnection

Affirmation: "I am connected to divine guidance."

Healing: Meditation, silence, prayer

Crystal: clear quartz

As you come to the end of this guide, take a moment to honor how far you've come—not just in these pages, but in your journey of self-awareness, healing, and growth.

Working with the chakras is not a one-time experience; it's a lifelong relationship with your energy, your body, and your inner truth. Some days you may feel aligned and radiant. Other days, you may feel blocked or disconnected. Both are part of the process.

Remember: every breath, every intention, and every moment you spend turning inward is an act of self-love.

You now have tools to check in with yourself, realign your energy, and move through life with more clarity and calm. Let this guide be something you return to when you need grounding, reflection, or simply a reminder of your own light.

Keep listening to your body. Keep trusting your intuition. Keep showing up for yourself.

The healing continues, and you're exactly where you need to be.