



10 Ways to Clear and Balance Your Chakras

M i c h e l e B e r g h

Dear Ones,

Thank you for purchasing my e-Book on balancing your Chakras. I have been working with Chakras for about 5 years now and, over this time, my love for them and understanding how to keep them clean and balanced has grown.

When they are not cleansed and balanced, you may experience a variety of things depending on which ones are affected. By doing the work yourself to keep them functioning well, you will create a better life for yourself. You will be able to handle stressful situations better, be more creative, feel more secure, be able to love yourself and others, speak your truth, listen to your inner guidance and more! Who wouldn't want that??

I wish you all the best along your journey.

In Love and Light,

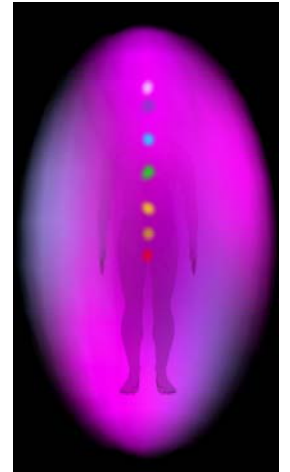
Michele Bergh

©Copyright 2008 All Rights Reserved
Infinite Light Wellness Center LLC

PO Box 242 Elk River MN 55330 763.633.9364
www.myaurapic.com michele@beinspiredesign.com

10 Ways to Clear and Balance Your Chakras

Your Chakras are energy centers that run through your body. While you have many Chakras throughout, we focus on the 7 main energy centers that run from the base of your spine to the crown of your head. Chakra means “wheel”. Your Chakras spin and work like gears on a clock. If one is not functioning properly, it impacts the others.



In simple terms, stress can cause your Chakras to become out of balance. To be more specific, some sort of psychological stress and/or trauma which may be brought on by events or feelings, even those we consider to be more positive can impact their balance. Additionally, physical challenges can cause them to become unbalanced or blocked.

Clearing and balancing your Chakras on a regular basis is extremely important. If one is out of balance, it affects the others. There are a variety of ways to do this. Choose the ones that resonate best with you.

Here's a brief overview of your Chakras (for more detail, please see the chart on the last page):



•The Root Chakra is your life force energy. It governs your sense of safety and security.



•The Sacral Chakra is your sensing and feeling energy. It governs your productivity, creativity and sexuality.



•The Solar Plexus Chakra is your mental energy. It governs your personal power.



•The Heart Chakra is your emotional energy. It governs your ability to give and receive love.



•The Throat Chakra is your communication energy. It governs your ability to communicate.



•The Third Eye Chakra is your intuitive energy. It governs how connected you are to that “gut feeling” or inner knowing.



•The Crown Chakra is your inspiration and spiritual energy. It governs your sense of your Divine purpose and your connection to the Divine.

1. Positive Thoughts

Negative thoughts are toxic and cause our Chakras to be out of balance. Many of us think negative thoughts without even realizing it. My suggestion is to keep a small notebook handy and jot down the negative thoughts that come to your mind including the negative self talk. After a few days, look for patterns to emerge. Create positive thoughts to replace the negative ones.



2. Affirmations

Affirmations are a great way to reinforce healing that has been done. You can write your own if you want. If you decide to write your own, write them in the present tense and always in the positive (Avoid words like don't or not or no).

Here are some affirmation suggestions for each Chakra:

Root

- It is safe for me to be here.
- I am abundant in every area of my life.
- I trust my Higher Self to fulfill all my needs.

Throat

- I hear and speak my truth.
- I express myself clearly.
- I easily and gracefully express my deepest feelings.

Sacral

- I deserve pleasure in my life.
- I move easily and effortlessly.
- I accept and acknowledge my sexuality.

Third Eye

- I see all things clearly.
- I am open to the wisdom within.
- I can manifest my vision.
- I trust my intuition.

Solar Plexus

- I honor the power within me.
- I claim my personal power.
- I accomplish tasks easily.

Crown

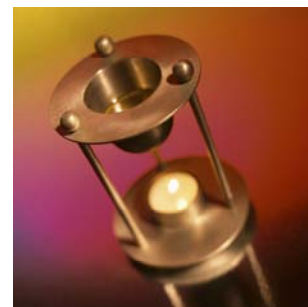
- The Divine is within me.
- I am guided by a higher power.
- I am guided by inner wisdom.

Heart

- I am worthy of love.
- I am loving to myself and others.
- There is an infinite supply of love.

3. Essential Oils

Essential oils are another way to balance your Chakras. Essential oils can be applied on the skin or can be inhaled. Some essential oils can irritate the skin and, for this reason, I recommend using inhalation for balancing your Chakras. This can be done a number of ways. You can place a small amount on a cotton ball or tissue and then either hold it and occasionally smell or place it in a vent where air is coming through. You can also just use the lid of the bottle to inhale. I recommend the lid vs. the bottle as the scent directly from the bottle is often times quite strong.



Here are some suggestions for each Chakra:

Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Cedarwood	Cinnamon	Cinnamon	Bergamot	Cypress	Clary Sage	Lavender
Clove	Bark	Bark	Cinnamon	Lavender	Frankincense	Myrrh
Frankincense	Clary Sage	Ginger	Bark	Sandalwood	Rosemary	Basil
Ginger	Jasmine	Lemon	Lavender	Spearmint	Thyme	Frankincense
Myhr	Myrrh	Black Pepper	Sandalwood			Spruce
Peppermint		Peppermint	Oregano			

4. Gemstones



Crystals and gemstones can be used to bring about healing of the body and mind. All stones carry different vibrational rates. By placing these near the areas in need of healing, the vibration of the stones will increase the vibration of that area. I recommend either placing the stones directly on the Chakras (for the root, place about 6" lower than the root and it can be placed directly

on the table) or below your healing table.

Here are some suggestions for each Chakra:

Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Smoky Quartz	Carnelian	Amber	Rose Quartz	Turquoise	Lapis Lazuli	Amethyst
Garnet	Golden Topaz	Topaz	Malachite	Azurite	Amethyst	Labradorate
Bloodstone	Tigers Eye	Yellow Calcite	Jade	Blue Lace Agate	Sodalite	Celestite
		Citrine			Sugilite	Clear Quartz

5. Décor and Clothing



Décor and clothing is one way to use colors to balance your Chakras. By bringing the colors of the Chakras into your home and/or office environment, as well as by wearing the colors, you can make it easy to maintain overall balance. Spending time visualizing these colors, clear vibrant colors, creates balance.

6. Color Meditation

Meditation is another wonderful and easy tool to use to balance your Chakras. While there are many out there, a nice meditation with a focus on colors is one of my favorites to use. Here is one version:

Sit or lay comfortably where you won't be disturbed. Close your eyes and bring your focus to your breath. Breathing in and out. In and out. In and out.

Bring your focus now to your Root Chakra. Visualize the color red...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the beautiful red color. When you feel guided, bring your focus to the Sacral Chakra.

Visualize the color orange...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the magnificent orange color. When you feel guided, bring your focus to the Solar Plexus Chakra.

Visualize the color yellow...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the remarkable yellow color. When you feel guided, bring your focus to the Heart Chakra.

Visualize the color green...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the marvelous green color. When you feel guided, bring your focus to the Throat Chakra.

Visualize the color blue...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the amazing blue color. When you feel guided, bring your focus to the Third Eye Chakra.

Visualize the color indigo...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the incredible indigo color. When you feel guided, bring your focus to the Crown Chakra.

Visualize the color Purple...vibrant and bright. Any time the color begins to change or your attention is distracted, just acknowledge this and come back to the divine purple color. When you feel guided, bring your focus back to your breathing. When you are ready, open your eyes and return to the room.

7 . H a n d M o v e m e n t s

One of the first techniques I learned was through my Chakra Therapy course offered through Reiki Blessings Academy. This is the technique that I use in most healing sessions when I work with a client. It can be used both on others and on yourself very easily.

Hold one of your hands about 6 inches above the body starting above the Root Chakra, either hand will work. It should be horizontal to the body. Rotate your hand around as if you were drawing a circle in the air above the body. Rotate it around 3 times and then flick your hand/fingers towards the ground to send any negative energy to the earth for clearing. Repeat this at least two more times. I say at least two more times because you may feel guided to do more than this. Trust your intuition to tell you what is necessary. Rotations should be done at a slow and even pace. Moving in a counterclockwise direction will cleanse and clockwise will balance. Cleansing and balancing should each be done three times above each Chakra.

Once the cleansing and balancing has been done for each Chakra, I recommend starting at the Root and, with one of your hands about 6 inches above the body in a horizontal position, making a spiraling motion all the way up the body to the Crown Chakra. Do this at least three times as well (more if you feel guided). Because Chakras work like gears in a clock, you want them all cleansed and balanced individually as well as all working together.

8 . T h e S u n



Sungazing is being popularized by Hira Ratan Manek, a former engineer from India who has become famous for his extended strictly supervised fasts on water only (the longest lasting 411 days, which is one year, one month and several days), and who credibly claims to not have taken any solid food in eight years, i.e. to basically subsist on water, herbal tea and similar fluids and sunlight only. He describes himself as a “solar chip” who has learned to harness the energy of the sun for sustenance, also claims, based on his studies of ancient esoteric scriptures, that safe sungazing, safe sun bathing and drinking suncharged water will cure all diseases.

Is he right? Can it cure everything? I’m not sure but I do know that, done safely, spending time in the sun can be very healing to our moods. Seasonal Affective Disorder is recognized by the Mayo Clinic and is said to impact many people who are then plagued with symptoms of depression, lethargy or fatigue. If you don’t want to or can’t spend time in the sun, a light box can be purchased and is reported to be an effective way of benefiting from the Sun’s energy. As far as the Chakras go, anything that lifts our mood will help to balance and cleanse our Chakras.

9 . J o y

Joy is defined as feelings of great happiness or pleasure, especially of an elevated or spiritual kind by Encarta Dictionary. I can't think of a better definition than this one. The challenge is that many people know joy on a small scale yet not on the level that will truly feed your soul. You know you are experiencing this kind of joy when you are sharing with someone and your posture straightens, you get a twinkle in your eye and a smile on your face. Everything changes - usually quite quickly and easily. It is also the kind of joy you can experience when no one else is around because it's all about you and what feeds your soul. It can be hard to find this kind of joy because everyone is unique and, therefore, their joy will look different than yours.



Taking the time to find this and truly experience is well worth the effort. The beautiful thing about it is, once you find it, you always have access to it. Let's say that what feeds your soul is being on a beach in Jamaica somewhere. Once you've had that experience, your mind and your body will always remember it. It can't tell the difference of whether you are experiencing it currently or just thinking about it. All you have to do is spend a few minutes with your eyes closed, remembering and there you are - fully plugged into joy.

10 . I n d i v i d u a l C h a k r a T i p s

There are many ways to balance your Chakras. Here are just a few individual tips for each Chakra:

Root

Physical activity
Drumming

Sacral

Emotional Movies
Music that flows such as running water

Solar Plexus

Taking classes
Reading informative books
Mind puzzles

Heart

Spending time with family and friends
Reading a romantic novel
Candlelight dinners

Throat

Singing
Poetry
Journaling

Third Eye

Meditation
Classes to develop one's intuition

Crown

Meditation
Focusing on dreams
Spiritual classes

Chakras

Here is an overview of each Chakra. I've included the color and body part associated with each Chakra as well as when they develop for us, what their main function is and how it might show up for you if they are balanced or not. There are many resources out there with information about Chakras. Not all of them say the same things. I share this with you because, along my journey, I noticed this and was challenged to decide or figure out which ones were "right". Now I feel that none are necessarily right or wrong rather its about going with the one that feels right to you. The information I am sharing is what feels right to me.

Chakra	Color	Age of Dev.	Body Parts	Main Function	Balanced	Unbalanced
Crown	Violet	26-30	Brain Skull Pineal Gland	Enlightenment Spirituality Fulfillment Divine Wisdom Divine Self	Understanding Generous Devout	Self Destructive Frustrated Lonely
Third Eye	Indigo	22-25	Face Eyes Nose Pituitary Gland	Intuition Wisdom	Intuitive Perceptive Deep	Closed Off Skeptical Naïve
Throat	Blue	16-21	Thyroid Vocal Chords Neck	Communication Self Expression Sound Hearing	Truthful Independent Inspired	Self Righteous Secretive Evasive
Heart	Green	12-16	Upper Back Chest Skin Circulation Thymus Gland	Love Connection to Others Compassion	Compassion Empathy Trust	Self Pity Paranoid Insomnia
Solar Plexus	Yellow	8-12	Lower Back Stomach Liver Spleen Digestive System	Self Love Self Will Power Transformation Wholeness	Effective Spontaneous Self Esteem	Worried Nervous Lack of Purpose
Sacral	Orange	3to5-8	Reproductive Sys- tem Bladder Kidney Lymphatic System	Physical Pleasures Creativity Emotional Balance	Emo. Intelligence Fulfilled Sensual	Overly Sensitive Repressed
Root	Red	0-3to5	Adrenal Gland Bones Nails Teeth Prostate Anus	Grounding Security Physical Needs Material Existence	Secure Prosperous Vital	Insecure Fear Low Immunity

