Reiki ESSENCE HEALING

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ALIGNMENT • AWARENESS • SUPPORT



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REIKI ESSENCE
HEALING

Living in *Chakra Alignment*

Reflections, Practices & Support for Staying in Balance



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This booklet was created as a supportive spiritual and energetic resource for clients of Reiki Essence Healing. The information, practices, reflections, and spiritual tools shared within these pages are intended to support personal growth, energetic alignment, self-awareness, and continued healing after a Reiki or Angelic Healing session.

The contents of this booklet are not intended to diagnose, treat, cure, or prevent any medical, psychological, emotional, or physical condition. Reiki, Angelic Healing, energy work, meditation, spiritual guidance, and related practices are complementary healing approaches and are not substitutes for professional medical care, mental health care, therapy, legal advice, or other licensed professional services.

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Welcome



This guide is here to gently support you as your body, mind, and energy integrate your session.

There is nothing you need to do perfectly—only an invitation to stay present, aware, and connected to yourself.

You are on a beautiful path of remembrance, healing, and expansion.

I am so honored to walk beside you.

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REIKI ESSENCE HEALING

Introduction : *Where to Begin*

Your chakras are constantly responding to your physical, emotional, mental, and spiritual experiences. Each chakra carries its own wisdom and can offer insight into what may be asking for greater awareness, healing, or support.

After your Reiki session, I recommend beginning with the chakras that appeared most sluggish, depleted, overactive, or out of alignment. While every chakra benefits from your attention and care, the chakras showing the greatest imbalance are often the ones asking for your attention most clearly right now.

An out-of-balance chakra does not always mean that its energy is simply weak or blocked. At times, a chakra may feel highly energized while still holding an emotion, experience, belief, or energetic pattern that is waiting to be acknowledged. Understanding may be part of the release. Sometimes something needs to be seen, felt, or recognized before the energy is ready to shift.

Use the pages that follow as a way to explore what each chakra may be communicating. Notice what resonates, what brings up emotion, what feels familiar, and what you feel naturally drawn toward. There is no need to work through every chakra at once.

Begin with the chakras calling for your attention most strongly, while remembering that all of your chakras work together as one interconnected energetic system. As one area comes into greater balance, the entire system can begin to respond.

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How to Use This Guide










This guide is not meant to be read from beginning to end or followed in a strict order. **After your Reiki session, begin by giving attention to the chakras that appeared most sluggish, overactive, depleted, or out of alignment.** These are often the areas asking most clearly for your awareness at this time.

From there, allow your intuition to guide you toward the chakra, reflection, practice, or affirmation that feels most supportive.

Follow your intuition.

Your intuition is one of the ways your Higher Self communicates with you. As you explore the chakras that are asking for your attention, you may feel especially drawn to a certain chakra, practice, reflection, or affirmation. Trust that inner nudge.

You do not need to read everything at once or complete every practice. Some sections may speak to you immediately, while others may become meaningful later.

As you use this guide:

- **Begin with the chakras that showed the greatest imbalance,** then notice which one you feel most drawn toward. Begin there.
- **Move at your own pace.** There is no right or wrong way to work with this material.
- **Pause and listen within.** Give yourself space to notice thoughts, feelings, sensations, and insights that arise.
- **Return to sections as needed.** Your understanding may deepen or change as you grow.
- **Use the practices that feel supportive.** Meditation, grounding, breathwork, journaling, crystals, or simply sitting quietly may each serve you differently at different times.
- **Allow yourself to receive.** Integration often unfolds gently rather than all at once.

As you become familiar with the guide, you may also choose to open it intuitively and allow yourself to be led to the page or message that feels most supportive in that moment.

Trust yourself. Trust what you feel. Trust the quiet guidance within.

Your Higher Self is always present, gently guiding you back to your own wisdom.

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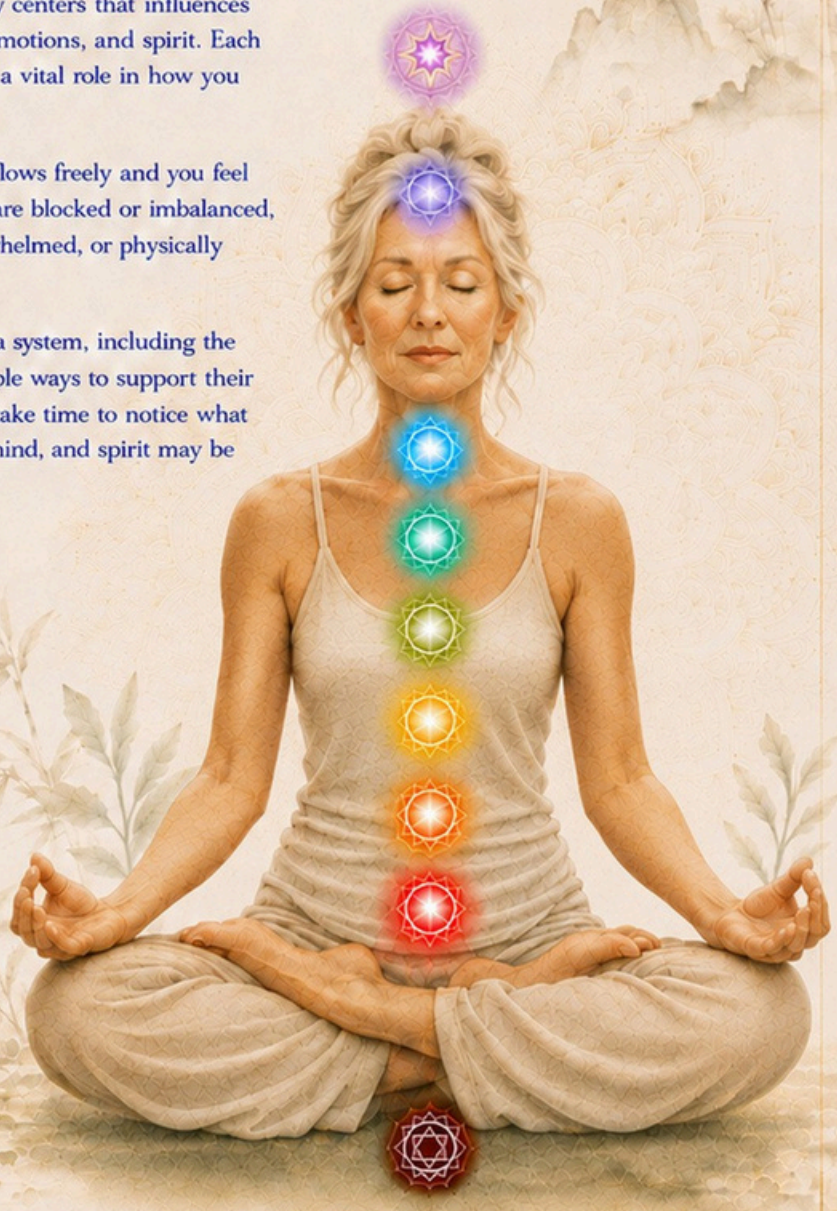
Understanding Your *Chakra System*

A MAP TO BALANCE, HARMONY & VITALITY

Your chakra system is a network of energy centers that influences every aspect of your being—body, mind, emotions, and spirit. Each chakra holds a unique vibration and plays a vital role in how you experience life.

When your chakras are balanced, energy flows freely and you feel aligned, clear, and connected. When they are blocked or imbalanced, you may feel off-center, emotionally overwhelmed, or physically drained.

This guide offers an overview of the chakra system, including the Soul Star and Earth Star chakras, and simple ways to support their natural balance. As you explore each one, take time to notice what resonates with you and where your body, mind, and spirit may be calling for more love and attention.



Why Chakra Balance Matters

Supports Whole-Body Wellness
Promotes physical health, vitality, and natural healing.

Enhances Emotional Resilience
Helps you process emotions, reduce stress, and cultivate inner peace.

Strengthens Spiritual Connection
Deepens your connection to yourself, others, and your higher purpose.

Boosts Energy & Vitality
Encourages balanced energy flow so you feel more energized and alive.

Supports Personal Growth
Helps you align with your values, intentions, and highest good.

Use the following pages as a guide to explore each chakra in depth. You may feel drawn to focus on one area at a time, or simply allow what calls to you most in the moment to lead the way.

Awareness is the first step. Balance is the journey. You are the guide.

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THE 9 CHAKRAS
AND THEIR MEANINGS

1. SOUL STAR
Soul purpose, higher self, divine connection

2. CROWN
Spirituality, enlightenment, higher consciousness

3. THIRD EYE
Intuition, wisdom, inner vision

4. THROAT
Communication, truth, self-expression

5. HEART
Love, compassion, healing, connection

6. SOLAR PLEXUS
Personal power, confidence, self-esteem

7. SACRAL
Creativity, sexuality, emotions, pleasure

8. ROOT
Stability, security, grounding, survival

9. EARTH STAR
Grounding, connection to Gaia, earth wisdom



CHAKRA NAME	LOCATION	COLOR
1. Soul Star	Above the head	
2. Crown	Top of the head	
3. Third Eye	Forehead (between eyebrows)	
4. Throat	Throat	
5. Heart	Center of chest	
6. Solar Plexus	Upper abdomen	
7. Sacral	Lower abdomen (below navel)	
8. Root	Base of spine (perineum)	
9. Earth Star	Below the feet	

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Root Chakra

SAFETY, SECURITY, SURVIVAL



Root – Color Vibration Red

The root chakra, located at the base of the spine, is associated with safety, stability, and your basic needs like shelter, security, and physical well-being. When balanced, it supports a strong sense of grounding and confidence, while imbalance may show up as fear, anxiety, or feeling unsettled and disconnected from your foundation.

Alignment supports the easing of anxiety and softens the fight-or-flight response that often arises when the Root and Sacral chakras are sluggish or blocked.

Our heavier, unprocessed emotions tend to settle in the lower chakras, creating energetic stagnation.

The Role of Your Root Chakra

This chakra helps you feel safe, stable, and connected to the present moment. It supports your physical body, your basic needs, and your ability to stand strong in your life.

When balanced, you feel:

- Grounded and secure
- Physically strong and vital
- Supported by life
- Connected to your body and the Earth
- Confident in handling daily life

When out of balance, you may experience:

- Anxiety, fear, or feeling unsafe
- Fatigue or low energy
- Financial stress or instability
- Disconnection from your body
- Overwhelm or scattered energy

Signs Your Root Chakra May Need Attention

- You often feel anxious, worried, or on edge.
- You struggle with money, work, or feeling supported.
- You feel disconnected from your body or physical sensations.
- You feel restless, ungrounded, or easily overwhelmed.
- You have difficulty focusing or following through.
- You feel exhausted or lack motivation.
- You have ongoing fears about the future or your survival.



Strengthen Your Foundation

- Spend time in nature, especially barefoot on the Earth
- Create routines that bring structure and consistency
- Nourish your body with warm, grounding foods
- Keep your home and space clean, cozy, and organized
- Practice slow, deep breathing to calm your nervous system
- Move your body through walking, stretching, or yoga



When I feel rooted, I trust life. I am safe, supported, and connected to the Earth and my body. I have everything I need to thrive.

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Root Chakra

MULADHARA

GROUND • STABILIZE • FEEL SAFE

Nourish your body, ground your energy, and create a sense of safety from within. These simple, supportive practices help your Root Chakra stay strong, balanced, and deeply rooted.

THE FOUNDATION OF YOUR ENERGY

The Root Chakra is your energetic foundation. When balanced, you feel safe, secure, supported, and deeply connected to the Earth and your body.

LOCATION: Base of the spine
ELEMENT: Earth
COLOR: Red
AFFIRMATION:
I am safe. I am supported. I belong here.

GROUNDING FOODS



Eat foods that grow in or close to the earth and feel stabilizing in the body.

- Root vegetables – sweet potatoes, carrots, beets, parsnips
- Protein-rich foods – eggs, beans, lentils, grass-fed meats
- Healthy fats – avocado, olive oil, nuts, seeds
- Red-toned foods – apples, strawberries, pomegranate
- Warm, cooked meals – soups, stews, roasted dishes

SIMPLE TIP: Warm, hearty meals signal safety to the nervous system and help bring you back into your body.

CRYSTALS FOR GROUNDING



RED JASPER
Grounding, steady energy, physical vitality



BLACK TOURMALINE
Protection, absorbs dense energy



HEMATITE
Anchors you into the present moment



SMOKY QUARTZ
Gently clears and stabilizes energy

SIMPLE USE: Hold during meditation, place near your feet, or keep in your pocket throughout the day.

MUSIC & SOUND FOR GROUNDING



- **Drumming or tribal rhythms** – mimic the heartbeat and ground the body
- **Low-frequency / bass-heavy tones**
- **Nature sounds** – rain, ocean waves, forest ambiance
- **432 Hz or 396 Hz tones** (often associated with grounding and release)

SIMPLE PRACTICE: Sit or lie down and let the rhythm bring your awareness into your body—especially your hips, legs, and feet.

ESSENTIAL OILS FOR THE ROOT CHAKRA



VETIVER
Deeply grounding, calms the nervous system and relieves anxiety.

CEDARWOOD
Stabilizing and strengthening. Promotes a sense of security and comfort.

PATCHOULI
Grounding, earthy, and balancing. Helps release fear and worry.

FRANKINCENSE
Nourishing and centering. Supports deep connection to the present moment.

WAYS TO USE: Diffuse, add to a warm bath, apply (diluted) to the feet or spine, or inhale deeply throughout the day.



Gentle Grounding Practice

CONNECT • BREATHE • ROOT

- Sit with your feet on the ground or lie down.
- Hold a grounding crystal or place your hands on your lower belly.
- Take slow, deep breaths and imagine roots extending from your body into the Earth.
- Feel supported, held, and deeply safe.

AFFIRMATION

I am safe.
I am supported.
I belong here.

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Root Chakra

REFLECTIONS (CLIENT EXPLORATION)

Safety, Security, Survival

Grounding Reflections

- Notice your sense of safety and grounding in daily life
- Observe any shifts in anxiety, stability, or physical tension
- Connect with your body through rest, movement, or time in nature
- Reflect on beliefs around security, money, and support
- Bring awareness to where you feel rooted—or unsettled
- Practice simple grounding (breath, walking barefoot, stillness)



I am grounded. I am safe.
I am supported and securely rooted to the Earth.

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Sacral Chakra

FLOW, CREATIVITY, EMOTION



Sacral - Color Vibration Orange

The sacral chakra, located just below the navel, is associated with creativity, emotions, pleasure, and your ability to experience joy and connection with others, and the ability to flow with life. When balanced, it supports joy, inspiration, emotional openness, and healthy expression. When imbalanced you may feel stuck, emotionally overwhelmed, disconnected, uninspired or difficulty with intimacy and enjoyment.

Our heavier, unprocessed emotions tend to settle in the lower chakras, creating energetic stagnation.

THE ROLE OF YOUR SACRAL CHAKRA

This chakra helps you feel emotionally alive, creative, connected, and receptive.

When balanced, you feel:

- Emotionally open and flowing
- Creative and inspired
- Connected to pleasure and joy
- Comfortable with intimacy and connection
- Able to express feelings in a healthy way

When out of balance, you may experience:

- Emotional numbness or overwhelm
- Creative blocks
- Guilt or shame
- Difficulty receiving pleasure
- Disconnection from your body
- Instability in moods or relationships

SIGNS YOUR SACRAL CHAKRA MAY NEED ATTENTION

- You feel disconnected from joy or desire
- You struggle to express emotions
- You feel creatively blocked
- You swing between emotional reactivity and shutdown
- You have difficulty receiving support, pleasure, or affection
- You feel guilt around needs or desires
- You feel uninspired or stagnant





STRENGTHEN YOUR SACRAL CHAKRA

Support your Sacral Chakra with practices that invite flow, creativity, emotional healing, and healthy connection.

- Spend time near water or take a soothing bath
- Move your hips gently through dance, stretching, or yoga
- Nourish yourself with orange foods and stay hydrated
- Journal, create art, or explore music and self-expression
- Breathe into your lower belly and soften emotional tension
- Allow joy, pleasure, and rest without guilt

When I honor my feelings, I create space for joy, flow, and connection.
I trust my emotions and allow life to move through me.

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REIKI ESSENCE HEALING

Sacral Chakra

SVADHISHTHANA

FLOW • FEEL • CREATE • PLEASURE

Nourish your body, honor your emotions, and allow yourself to flow with life. These simple, supportive practices help your Sacral Chakra stay vibrant, balanced, and open.

THE CENTER OF CREATIVITY & EMOTION

The Sacral Chakra is your center of creativity, connection, sexuality, and emotions. When balanced, you feel joyful, inspired, emotionally fluid, and open to life's pleasures.

LOCATION: Below the navel, in the lower abdomen
ELEMENT: Water
COLOR: Orange
AFFIRMATION:
I honor my feelings. I embrace joy, creativity, and connection.

NOURISHING FOODS FOR FLOW



Eat foods that are juicy, hydrating, and full of life to support creativity and emotional balance.

- Water-rich fruits – oranges, melon, peaches, mangoes
- Healthy fats – avocado, olive oil, coconut, nuts
- Root veggies – sweet potatoes, carrots
- Seeds – pumpkin, chia, flax, sesame
- Warm, nourishing foods and soups

SIMPLE TIP: Stay hydrated and choose foods that make you feel good in your body and energized.

CRYSTALS FOR CREATIVITY & FLOW



CARNELIAN
Ignites creativity, passion, and motivation



ORANGE MOONSTONE
Enhances intuition, emotional healing, and feminine energy



CITRINE
Brings joy, abundance, and creative confidence



SUNSTONE
Encourages positivity, pleasure, and self-expression

SIMPLE USE: Hold during your creative time, place on your lower belly, or keep in your pocket.

MUSIC & SOUND FOR FLOW



Rhythmic, sensual beats – danceable and uplifting music that moves the hips

Water sounds – flowing rivers, ocean waves, rain

Instruments – flute, handpan, drums, harp

432 Hz or 528 Hz tones help release emotional blocks and open flow

SIMPLE PRACTICE: Put on music that makes you want to move, dance, or sway. Let your body express what words cannot.

ESSENTIAL OILS FOR SACRAL CHAKRA



SWEET ORANGE
Uplifts, joyful, and helps release emotional tension

YLANG YLANG
Enhances sensuality, creativity, and emotional balance

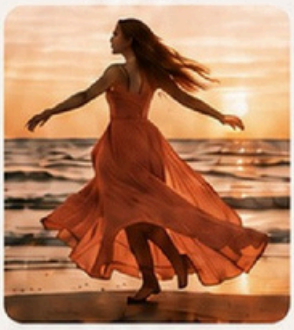
CLARY SAGE
Supports hormonal balance, creativity, and emotional release

GERANIUM
Promotes self-love, emotional harmony, and flow

SANDALWOOD
Calming and grounding; helps deepen connection and vulnerability

WAYS TO USE: Diffuse, add to a warm bath, apply (diluted) to the lower abdomen or wrists, or inhale deeply.

MOVEMENT & PRACTICES FOR FLOW



- Dance freely and play with movement
- Hip openers – yoga, hula hooping, belly dancing
- Creative expression – journaling, painting, singing, crafting
- Spend time near water – swim, bath, beach, river
- Nurture your pleasure – do what brings you joy without guilt

SIMPLE REMINDER: You are allowed to feel good. Pleasure is a form of self-care and healing.



Gentle Flow Practice

FEEL • MOVE • RELEASE

- Sit or stand comfortably.
- Place your hands on your lower belly.
- Breathe deeply into your sacral space.
- Imagine a warm, orange light swirling like water, clearing and energizing.
- Allow yourself to feel, move, and flow.

AFFIRMATION

I allow myself to feel and flow. I embrace joy, creativity, and life.

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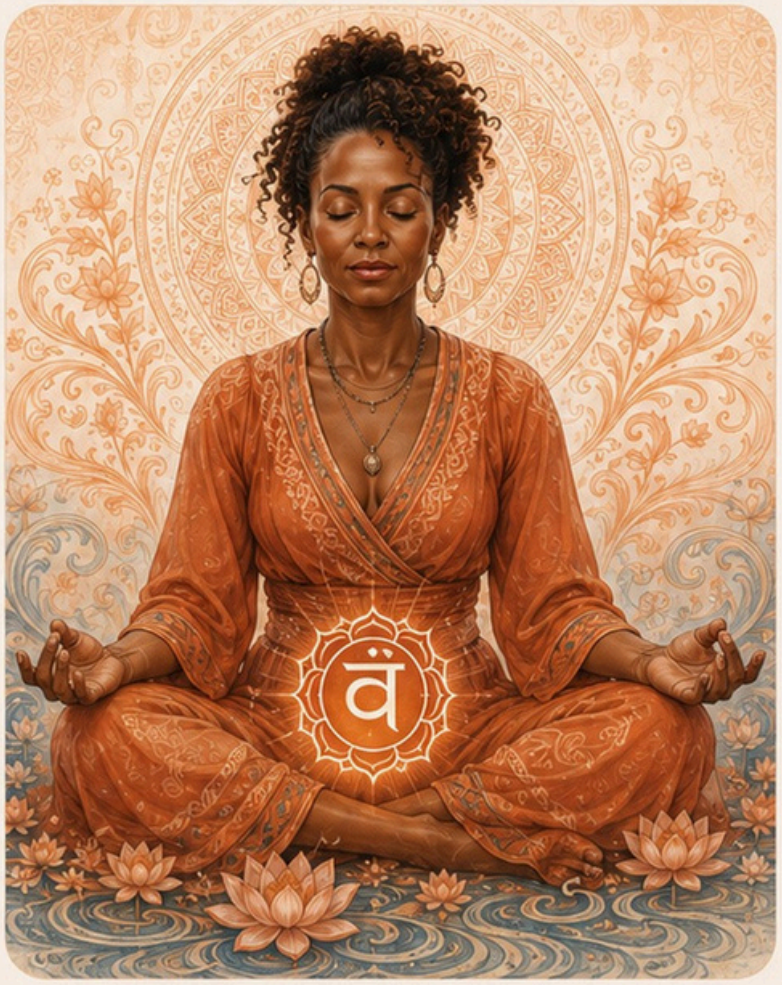
Sacral Chakra

REFLECTIONS (CLIENT EXPLORATION)

Creativity, Sexual Energy, Vitality and Relationships

Creative Flow Reflections

- Gently explore any feelings of insecurity, lack of safety, scarcity, or disconnection from your creativity and passion.
- Emotions may rise and release as energy begins to move
- Notice how these emotions influence your sense of belonging and your ability to feel supported by life and by others.
- Creativity and inspiration may feel more accessible
- Heightened awareness of emotional patterns and relationships
- Greater openness to pleasure and fulfillment
- Each of these sensations is an invitation from your soul, guiding you toward deeper healing and reconnection with your inner light.



Honor what moves within you,
and allow it to guide you home to yourself.

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Solar Plexus Chakra

POWER CENTER, WILL POWER,
MOTIVATION AND INTUITION



Solar Plexus: Vibration Sun Yellow

The solar plexus chakra, located in the upper abdomen below the rib cage, is associated with personal power, confidence, and your sense of self.

When balanced, it supports healthy self-esteem, motivation, and the ability to take action, while imbalance may show up as self-doubt, lack of direction, or feeling overly controlling or powerless.

Alignment of the Solar Plexus Chakra helps strengthen inner confidence, clarity, and personal direction. It supports your ability to trust yourself, act with purpose, and move forward with greater courage and discernment.

When this chakra is underactive or blocked, you may feel indecisive, unmotivated, disconnected from your inner fire, or uncertain of your next step.

THE ROLE OF YOUR SOLAR PLEXUS CHAKRA

This chakra helps you develop confidence, self-trust, and the ability to take empowered action. It supports your identity, personal boundaries, and your relationship with willpower and purpose.

When balanced, you feel:

- Confident and self-assured
- Motivated and purposeful
- Clear in decision-making
- Connectrol to your inner strength
- Able to take aligned action

When out of balance, you may experience:

- Self-doubt or insecurity
- Lack of direction or motivation
- Difficulty making decisions
- Over-control or the need to force outcomes
- Feeling powerless or stuck

SIGNS YOUR SOLAR PLEXUS CHAKRA MAY NEED ATTENTION

- You often second-guess yourself.
- You struggle with motivation or following through.
- You feel overly responsible for everything.
- You have difficulty trusting your own choices.
- You feel powerless, frustrated, or easily discouraged.
- You notice tension in the stomach or upper abdomen.
- You feel disconnected from your confidence or personal direction.



STRENGTHEN YOUR INNER POWER

Support your Solar Plexus Chakra with practices that help you reconnect with confidence, clarity, and purposeful action. Small daily choices can rebuild self-trust and awaken your inner fire.

- Spend time in sunlight or with the color yellow
- Practice saying yes and no with clarity
- Set one small achievable goal and complete it
- Use breathwork to connect with your center
- Journal about what truly empowers you
- Notice where your intuition is guiding your next step
- Choose actions that strengthen self-trust



When I stand in my power, I trust myself.
I am confident, guided, and empowered to take aligned action.

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Solar Plexus Chakra

MANIPURA

POWER • CONFIDENCE • PURPOSE

Strengthen your inner fire and step into your personal power.
When balanced, you feel confident, motivated,
and in control of your life.
These practices help you ignite your strength,
clarify your purpose, and take aligned action.

THE SEAT OF PERSONAL POWER

The Solar Plexus Chakra is your center of willpower, self-esteem, and inner strength. When balanced, you feel empowered, focused, and capable of creating the life you desire.

LOCATION: Upper abdomen, above the navel
ELEMENT: Fire
COLOR: Yellow
AFFIRMATION:

I am confident,
I am powerful.
I choose my path with clarity and courage.

EMPOWERING FOODS FOR INNER FIRE



Eat foods that fuel your energy, support digestion, and build confidence from within

- Yellow foods – pineapple, lemons, bananas, corn, yellow peppers
- Whole grains – brown rice, quinoa, oats
- Protein – eggs, chicken, beans, lentils
- Healthy fats – avocado, olive oil, nuts, seeds
- Spices – turmeric, ginger, cumin, black pepper
- Leafy greens – spinach, kale, arugula

SIMPLE TIP: Eat warm, cooked meals that are easy to digest and give you steady, lasting energy throughout the day.

CRYSTALS FOR CONFIDENCE & STRENGTH



CITRINE
Boosts confidence, clarity, and personal power



TIGER'S EYE
Enhances willpower, focus, and determination



YELLOW CALCITE
Supports motivation, self-worth, and mental clarity



PYRITE
Encourages abundance, action, and confidence

SIMPLE USE: Hold during meditation, place on your solar plexus, or keep in your pocket when you need a confidence boost.

MUSIC & SOUND FOR EMPOWERMENT



Upbeat, energizing rhythms that inspire and motivate

Mantra: RAM (the seed sound for the Solar Plexus)

Uplifting instrumental music with strong, positive energy

528 Hz frequency supports transformation, confidence, and inner strength

SIMPLE PRACTICE: Play music that lifts your spirit, move your body, and chant "RAM" while placing your hand on your solar plexus.

ESSENTIAL OILS FOR SOLAR PLEXUS CHAKRA



LEMON
Cleanses, uplifts, and boosts confidence

GINGER
Stimulates willpower and courage

BERGAMOT
Inspires positivity and reduces self-doubt

ROSEMARY
Enhances focus, mental clarity, and determination

BASIL
Encourages motivation, discipline, and action

WAYS TO USE: Diffuse, dilute in a carrier oil for a massage over the abdomen, or inhale deeply before taking action.

MOVEMENT & PRACTICES FOR PERSONAL POWER



- Sun Salutations to ignite your fire
- Core strengthening exercises – planks, boat pose, twists
- Set clear goals and take inspired action
- Visualization – imagine a bright yellow sun radiating power in your belly
- Stand tall, shoulders back, breathe deep – own your space

SIMPLE REMINDER: Every day, choose one action that moves you closer to your goals.



Gentle Empowerment Practice

BREATHE • ACT • BELIEVE

- Sit comfortably and place your hand on your solar plexus.
- Inhale deeply through your nose, feeling your power grow.
- Exhale slowly and say "I am strong. I can. I will."
- Visualize a bright golden sun in your belly, radiating confidence and courage.
- Take inspired action, even one small step toward your dreams.

AFFIRMATION

I am strong.
I am capable.
I create my life with confidence and purpose.



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Solar Plexus Chakra

Reflection (Client Exploration)

Power Center, Will Power, Motivation and Intuition

Empowerment Reflections

- Gently notice any memories or impressions that arose, and ask what truth they may be revealing.
- Allow your intuition to guide you toward the next aligned step. Following your intuition is the voice of your Higher Self.
- Notice shifts in confidence, motivation, and decision-making.
- Observe your inner dialogue—self-trust vs. self-doubt.
- Reflect on personal boundaries and where you say yes or no.
- Explore your sense of control vs. surrender.
- Take small aligned actions to build self-trust.
- Tune into your core—any warmth, strength, or resistance.
- Ask: What feels empowering to me right now?



Honor your inner strength,
and let your intuition guide empowered action.

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Heart Chakra

LOVE FOR SELF & OTHERS, COMPASSION, GRATITUDE AND FORGIVENESS



Heart – Color Vibration Emerald Green

The heart chakra, located at the center of the chest, is associated with love, compassion, forgiveness, and emotional balance. When balanced, it supports deep connection, empathy, and a sense of inner peace, while imbalance may show up as difficulty giving or receiving love, emotional heaviness, or feeling closed off.

THE ROLE OF YOUR HEART CHAKRA

This chakra is the center of love, compassion, and connection. It helps you form meaningful relationships, forgive with kindness, and experience emotional harmony.

When balanced, you feel:

- Deeply connected and empathetic
- Open-hearted and loving
- Compassionate toward self and others
- Emotionally balanced and peaceful
- Able to give and receive love freely

When out of balance, you may experience:

- Difficulty giving or receiving love
- Emotional heaviness or sadness
- Feelings of isolation or disconnection
- Resentment, bitterness, or lack of forgiveness
- Feeling closed off or guarded

SIGNS YOUR HEART CHAKRA MAY NEED ATTENTION

- You feel emotionally distant or numb.
- You struggle to trust or feel truly connected.
- You hold onto past hurts or find it hard to forgive.
- You feel lonely, isolated, or misunderstood.
- You experience emotional ups and downs or sadness.
- You have difficulty expressing your feelings.
- You feel closed off, guarded, or afraid of vulnerability.



OPEN AND NOURISH YOUR HEART

Support your Heart Chakra with practices that invite love, connection, and emotional healing. Small daily choices can open your heart, release old wounds, and help you live with greater compassion and joy.

- Practice self-love and gentle self-compassion
- Express gratitude daily
- Forgive yourself and others
- Spend time in nature and breathe deeply
- Surround yourself with loving, supportive people
- Engage in acts of kindness and service
- Journal from the heart and explore your feelings
- Practice heart-opening breathwork or meditation



As I open my heart, I give and receive love with grace.
I am compassionate, balanced, and deeply connected.

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REIKI ESSENCE HEALING

Heart Chakra

ANAHATA

LOVE • COMPASSION • HEAL • CONNECT

Open your heart to give and receive love—starting with yourself. When balanced, you feel empathy, kindness, forgiveness, and deep connection to others and everything around you.

THE BRIDGE BETWEEN SELF AND OTHERS

The Heart Chakra is your center of love, compassion, and connection. When balanced, you feel open, peaceful, and deeply connected to yourself, others, and all of life.

LOCATION: Center of the chest
ELEMENT: Air
COLOR: Green (or Pink)
AFFIRMATION:
I am love.
I give and receive love with an open heart.

NOURISHING FOODS FOR AN OPEN HEART



Eat foods that are fresh, vibrant, and rich in nutrients to support emotional balance and heart health.

- Green vegetables – spinach, kale, broccoii, arugula
- Green fruits – green apples, kiwi, grapes
- Heart-healthy fats – avocado, olive oil, nuts, seeds
- Protein – legumes, lentils, beans, tofu
- Herbs – basil, parsley, cilantro
- Whole grains – oats, quinoa, brown rice

SIMPLE TIP: Choose foods that nourish your body and make you feel light, energized, and connected.

CRYSTALS FOR LOVE & HEALING

ROSE QUARTZ
Opens the heart to love, compassion, and self-acceptance

GREEN AVENTURINE
Encourages emotional healing, growth, and inner peace

RHODONITE
Heals emotional wounds and nurtures forgiveness

MALACHITE
Binds emotional pain and supports transformation

GREEN CALCITE
Clears stagnant energy and opens the heart to receive

SIMPLE USE: Hold during meditation, place on your chest, or keep in your pocket as a heart reminder.

MUSIC & SOUND FOR THE HEART



- Heart-opening music – soft, melodic, and soothing sounds
- Love frequencies – 639 Hz (harmony & connection)
- Nature sounds – birds, wind, ocean, forest
- Kirtan, mantra, or chanting to open the heart space

SIMPLE PRACTICE: Close your eyes, place your hands over your heart, and listen with the intention to open, receive, and heal.

ESSENTIAL OILS FOR HEART CHAKRA



ROSE
Opens the heart, soothes emotions, and invites love

LAVENDER
Calms, heals emotional wounds, and promotes inner peace

YLANG YLANG
Encourages self-love and emotional balance

BERGAMOT
Uplifts mood and releases feelings of stress

GERANIUM
Supports emotional healing and harmony in relationships

WAYS TO USE: Diffuse, apply (diluted) to the chest, use in self-massage, or add to a bath for heart-centered healing.

MOVEMENT & PRACTICES FOR AN OPEN HEART



- Practice gratitude daily
- Hug someone or yourself
- Spend time in nature
- Deep breathing – inhale love, exhale stress
- Journaling – express your feelings
- Acts of kindness toward yourself and others

SIMPLE REMINDER: Your heart is always learning to trust, open, and love again.



Gentle Heart Opening Practice

BREATHE • OPEN • RECEIVE

- Sit comfortably and place your hands over your heart.
- Take a deep breath in through your nose.
- Imagine green light filling your heart with each inhale.
- Exhale any heaviness, tension, or old pain.
- Say to yourself: "I am love. I give and receive love with an open heart."
- Rest in this feeling for a few moments.

AFFIRMATION

I am love.
I am worthy of love.
I give and receive love with an open heart.

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REIKI ESSENCE
HEALING

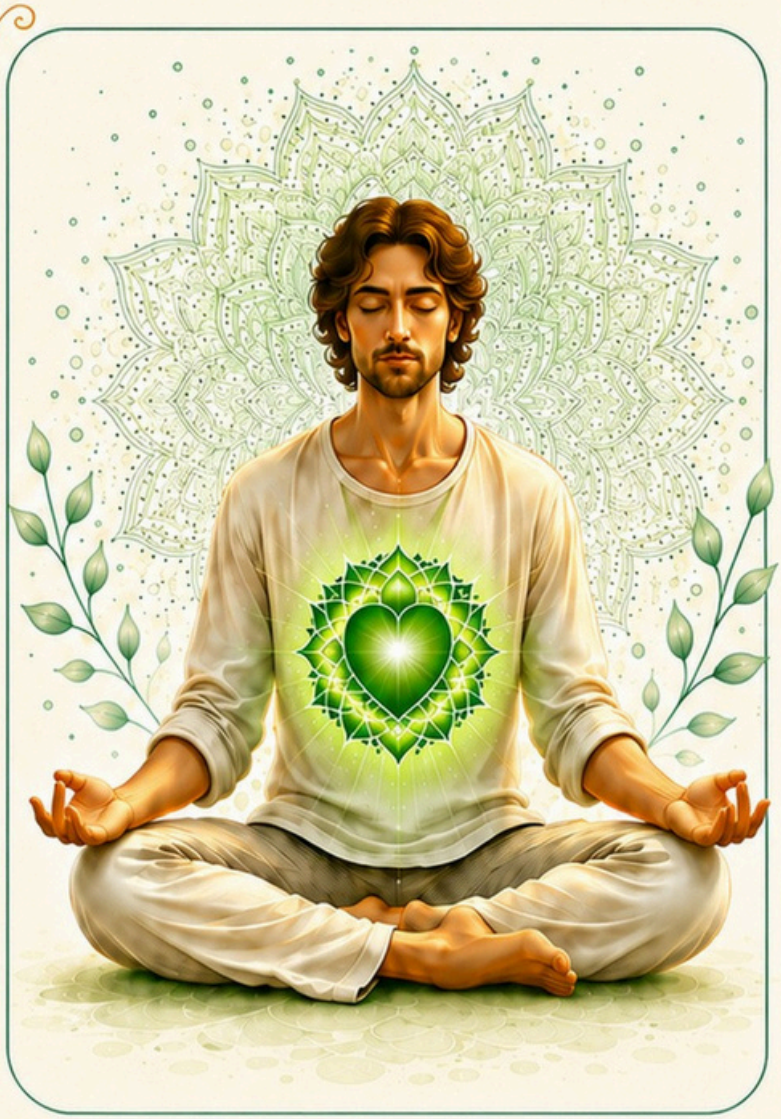
Heart Chakra

REFLECTIONS (CLIENT EXPLORATION)

Love for Self & Others, Compassion, Gratitude and Forgiveness

Heart Reflections

- It is especially important during this time to hold yourself in Love as you move through this process of healing and integration.
- Allow everything that comes forward to be held in this field of Love—it is through this embrace that true transformation unfolds.
- Notice shifts in your ability to give and receive love
- Observe emotional openness, softness, or any lingering heaviness
- Reflect on forgiveness—toward yourself and others
- Bring awareness to where your heart feels open or guarded
- Practice compassion and gentle self-talk
- Allow space for emotional release without judgement
- Ask: What would it feel like to lead with love here?



I choose Love. I am Healing. I am enough.

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REIKI ESSENCE
HEALING

Throat Chakra

EXPRESS, COMMUNICATION, TRUTH AND CLEAR THOUGHTS

Throat – Color Vibration Sky Blue

The throat chakra, located at the throat, is associated with communication, self-expression, and speaking your truth that is in alignment with your heart. When balanced, it supports clear, honest communication and the ability to express thoughts and feelings with confidence, while imbalance may show up as difficulty speaking up, over-talking, or feeling unheard.

THE ROLE OF YOUR THROAT CHAKRA

This chakra governs your ability to express yourself, communicate clearly, and listen deeply. It helps you speak your truth with integrity and also receive communication with openness and understanding.

When balanced, you feel:

- Confident in expressing your truth
- Clear and articulate in communication
- A good listener and open to others
- Creative and able to share your ideas
- Aligned with your inner voice

When out of balance, you may experience:

- Difficulty expressing yourself
- Fear of judgment or criticism
- Talking too much or not enough
- Sore throat, tension, or neck tightness
- Feeling misunderstood or unheard

SIGNS YOUR THROAT CHAKRA MAY NEED ATTENTION

- You have trouble expressing your truth.
- You feel anxious or hesitant to speak up.
- You over-talk or interrupt others.
- You feel misunderstood or struggle to listen.
- You hold back your feelings or needs.
- You experience throat tension or frequent sore throats.
- You feel blocked in creative expression or sharing ideas.

STRENGTHEN YOUR THROAT CHAKRA

- Speak your truth with love and clarity
- Practice honest and compassionate communication
- Use deep, conscious breathing to open and soothe the throat
- Visualize radiant sky blue light in the throat
- Trust your voice and express yourself with confidence



I speak my truth with love, clarity and confidence.
My voice is aligned with my highest good.

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REIKI ESSENCE
HEALING

Throat Chakra
VISHUDDHA

TRUTH • EXPRESSION • COMMUNICATION • CLARITY

Speak your truth and express yourself with confidence and clarity. When balanced, you communicate with honesty, listen with an open heart, and express yourself authentically. These practices help you release self-doubt, speak with integrity, and be heard with ease.

THE VOICE OF TRUTH AND AUTHENTICITY

The Throat Chakra is your center of communication, self-expression, and truth. When balanced, you speak with clarity, listen deeply, and express your authentic self with confidence.

LOCATION: Throat
ELEMENT: Ether (Space)
COLOR: Blue
AFFIRMATION:
I speak my truth with love.
My voice matters.
I express myself with clarity and confidence.

NOURISHING FOODS FOR EXPRESSION



Eat foods that support communication, thyroid health, and self-expression.

- Blue foods – blueberries, blue spirulina, blue corn
- Fresh fruits – pears, apples, berries
- Leafy greens – kale, spinach, arugula
- Healthy fats – avocodo, olive oil, chia seeds
- Iodine-rich foods – seaweed, kelp, miso, sea vegetables
- Herbal teas – licorice root, marshmallow root, chamomile
- Hydrating foods – cucumbers, celery, coconut water

SIMPLE TIP: Stay hydrated and choose foods that keep your throat and body clear, cool, and nourished.

CRYSTALS FOR COMMUNICATION & CLARITY



BLUE LACE AGATE
Encourages calm communication and self-expression



AQUAMARINE
Soothes fears, helps you speak your truth with courage



SODALITE
Enhances logic, communication, and intuition



TURQUOISE
Supports authentic expression and inner peace



CLEAR QUARTZ
Amplifies your voice and intentions; brings clarity

SIMPLE USE: Hold during meditation, keep in your pocket, or place on your throat when you need confidence to speak.

MUSIC & SOUND FOR EXPRESSION



- Mantras & chanting – OM, HAM (throat chakra seed sound), kirtan
- Soothing, melodic music that supports flow and openness
- Water sounds – ocean waves, flowing rivers, rainfall
- Instruments – singing bowls, flute, crystal bowls, chimes
- 741 Hz frequency resonates with the throat chakra to encourage expression and clear blockages

SIMPLE PRACTICE: Listen to music that helps you relax and open your voice. Hum, sing, or chant to release and express.

ESSENTIAL OILS FOR THROAT CHAKRA



- **PEPPERMINT** Clears communication blockages; refreshing and uplifting
- **EUCALYPTUS** Supports clear breathing and expressing truth
- **LAVENDER** Calms the mind, reduces anxiety, and encourages openness
- **CHAMOMILE** Soothes tension and supports gentle, heartfelt communication
- **BLUE TANSY** Promotes calm confidence and authentic self-expression

WAYS TO USE: Diffuse, apply (diluted) to the throat area, behind the ears, or inhale deeply during meditation and journaling.

MOVEMENT & PRACTICES FOR SELF-EXPRESSION



- Journaling to release and express your thoughts
- Singing, humming, or toning (OM)
- Speaking affirmations out loud
- Creative expression – writing, painting, speaking, singing
- Neck & shoulder stretches to release tension
- Practice active listening and speak your truth with kindness

SIMPLE REMINDER:
You are safe to express your truth. Your voice has power and purpose.



Gentle Throat Opening Practice

BREATHE • EXPRESS • RELEASE

- Sit comfortably and place your hand on your throat.
- Take a deep breath in, feeling your chest lift.
- As you exhale, make a soft "HAM" sound.
- Visualize a bright blue light in your throat, spinning and expanding.
- Speak your truth with love, and listen deeply to others.
- Know that your voice matters.

AFFIRMATION

I speak my truth with love and clarity.
My voice matters.
I express myself authentically and with confidence.

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HEALING

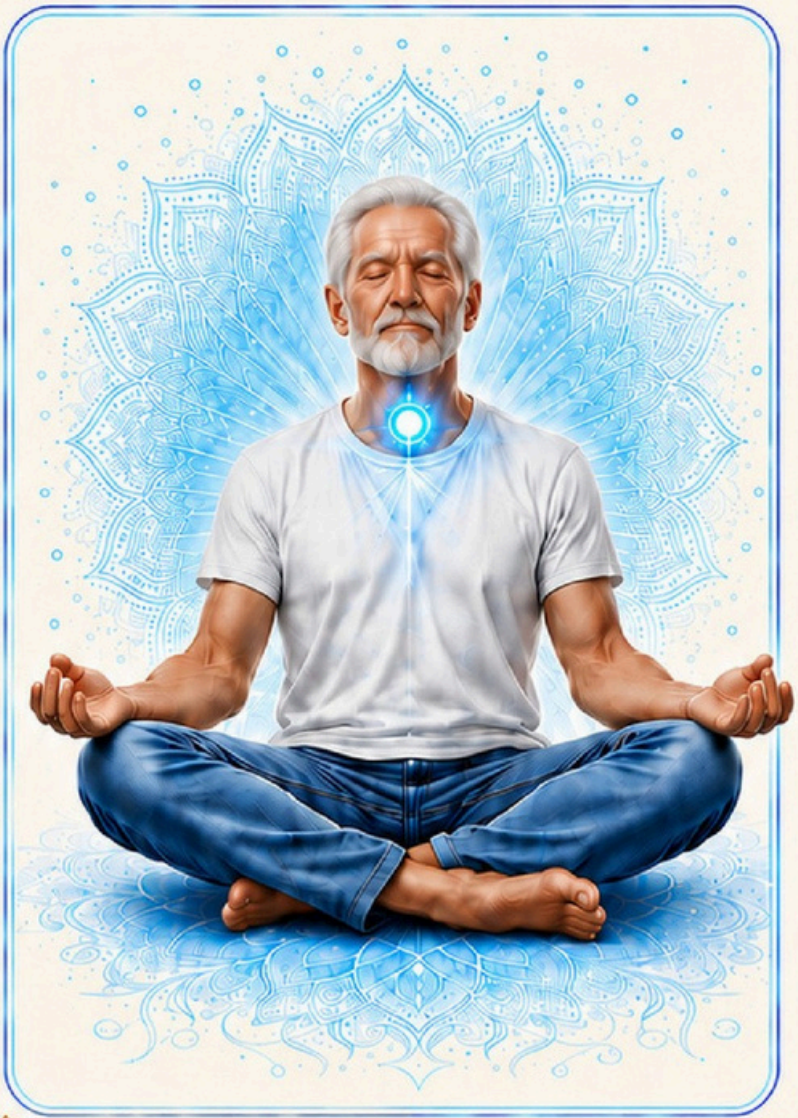
Throat Chakra

REFLECTIONS (CLIENT EXPLORATION)

Express, Communication, Truth and Clear Thoughts

Speak Your Truth Reflections

- Speaking your truth supports healing—let it flow, not be suppressed.
- When emotions arise, journal or record a voice note to capture what's present.
- Witness your inner landscape—notice thoughts and emotions without getting entangled.
- Notice shifts in your ability to express yourself clearly and honestly.
- Observe where you hold back or feel the urge to speak.
- Reflect on your truth—what feels aligned to share or not share.
- Bring awareness to patterns of over-speaking or staying silent.
- Practice gentle, authentic communication.
- Allow your voice to be expressed with ease and confidence.
- Ask: What truth is ready to be spoken?



I speak my truth.
My voice is clear.
I am heard.

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REIKI ESSENCE
HEALING

Third Eye Chakra

DIVINE WISDOM, INNER VISION,
PERCEPTION AND INTUITION



Third Eye – Color Vibration Indigo

The third eye chakra, located between the eyebrows, is associated with intuition, insight, and inner awareness. This chakra is the center of divine wisdom, the spiritual eye that seeks to know the truth in all things. It rules your intuition, consciousness, perception, and your imagination.
When balanced, it supports clear thinking and trust in your inner guidance, while imbalance may show up as confusion, overthinking, or difficulty seeing situations clearly.

THE ROLE OF YOUR THIRD EYE CHAKRA

This chakra supports your intuition, insight, discernment, imagination, inner sight, and your ability to trust the guidance that comes from within.

When balanced, you feel:

- Clear intuition and insight
- Strong inner knowing
- Trust in your inner guidance
- Discernment and wisdom
- Calm, focused mental clarity

When out of balance, you may experience:

- Confusion or lack of clarity
- Overthinking and mental clutter
- Indecision or doubt
- Lack of trust in intuition
- Mental fog or unclear thinking

SIGNS YOUR THIRD EYE CHAKRA MAY NEED ATTENTION

- You overthink and struggle to trust your inner knowing.
- You feel mentally foggy or unclear.
- You doubt your intuition.
- You feel disconnected from insight or imagination.
- You have trouble seeing the bigger picture.
- You feel confused about direction or truth.
- You ignore subtle guidance, dreams, or intuitive nudges.

STRENGTHEN YOUR THIRD EYE CHAKRA

- Spend time in stillness and meditation.
- Journal your intuitive impressions and dreams.
- Practice trusting your inner knowing.
- Limit mental overstimulation and create quiet space..
- Visualize indigo light at the brow center.
- Notice symbols, insights, and subtle guidance.
- Ask for clarity and listen within.



I trust my inner wisdom. I see clearly, know deeply, and follow my intuition with confidence.

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REIKI ESSENCE
HEALING

Third Eye Chakra

AJNA

INTUITION • WISDOM • INSIGHT • CLARITY

Open your mind and trust your inner wisdom.
When balanced, you see clearly, trust your intuition,
and make aligned decisions with confidence,
These practices help you quiet mental chatter,
enhance intuition, and connect
with your higher guidance.

THE CENTER OF INTUITION AND INNER WISDOM

The Third Eye Chakra is your center of intuition, perception, and inner vision. It helps you see beyond the physical, trust your instincts, and connect with your higher self.

LOCATION: Center of the forehead, between the eyebrows
ELEMENT: Light
COLOR: Indigo
AFFIRMATION:

I trust my intuition.
I see clearly.
I am connected to
inner wisdom and guidance.

NOURISHING FOODS FOR INTUITION



Eat foods that support brain function, intuition, and clarity.

- Blue & purple foods – blueberries, grapes, plums, blackberries
- Healthy fats – avocado, nuts, seeds, olive oil
- Leafy greens – kale, spinach, arugula
- Herbal teas – butterfly pea flower, chamomile, lavender
- Brain-boosting foods – walnuts, flaxseeds, chia seeds, dark chocolate
- Hydrating foods – cucumber, watermelon, coconut water

SIMPLE TIP: Stay hydrated, eat mind-nourishing foods, and avoid excess sugar and stimulants.

CRYSTALS FOR INTUITION & INSIGHT

AMETHYST
Enhances intuition, spiritual awareness, and calm

LAPIS LAZULI
Stimulates wisdom, inner truth, and self-awareness

LABRADORITE
Awakens intuition, protects your energy, and enhances insight

SODALITE
Brings mental clarity, logic, and intuitive understanding

CLEAR QUARTZ
Amplifies your intention and inner vision

SIMPLE USE: Hold during meditation, place on your third eye, or keep in your pocket for intuitive guidance throughout the day.

MUSIC & SOUND FOR INNER VISION



- Binaural beats in the 852 Hz frequency (associated with intuition and insight)
- Meditative music with flutes, chimes, or crystal bowls
- Nature sounds – rain, night ambience, flowing water
- Mantras – OM, AUM, or KSHAM (third eye seed sound)

852 Hz

SIMPLE PRACTICE: Listen to 852 Hz or meditative music while closing your eyes and focusing on your third eye.

ESSENTIAL OILS FOR THIRD EYE CHAKRA



LAVENDER
Calms the mind, enhances intuition, and promotes clarity

FRANKINCENSE
Deepens spiritual connection and inner vision

SANDALWOOD
Supports meditation, intuition, and grounded awareness

CLARY SAGE
Enhances awareness, dream recall, and inner knowing

PEPPERMINT
Clears mental fog and improves focus

WAYS TO USE: Diffuse, apply (diluted) to the third eye, or inhale deeply before meditation or journaling.

MOVEMENT & PRACTICES FOR INNER CLARITY



- Meditation – focus on your third eye
- Yoga poses – child's pose, downward dog, wide leg forward fold
- Journaling – write down insights, dreams, and intuitions
- Spend time in nature to expand perspective and awareness
- Digital detox – create space for stillness and inner listening
- Trust your gut and take inspired action

SIMPLE REMINDER:
You already have the answers within you.
Trust. Listen. Know.



Gentle Third Eye Practice

BREATHE • SEE • TRUST

- Sit comfortably and close your eyes.
- Take a deep breath in, and as you exhale, imagine soft indigo light at your third eye.
- Visualize this light expanding, bringing clarity and insight.
- Ask your higher self for guidance.
- Sit in stillness and listen.
- Trust the answers that arise.

AFFIRMATION

I trust my intuition.
I see clearly.
I am connected to
inner wisdom and
divine guidance.

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HEALING

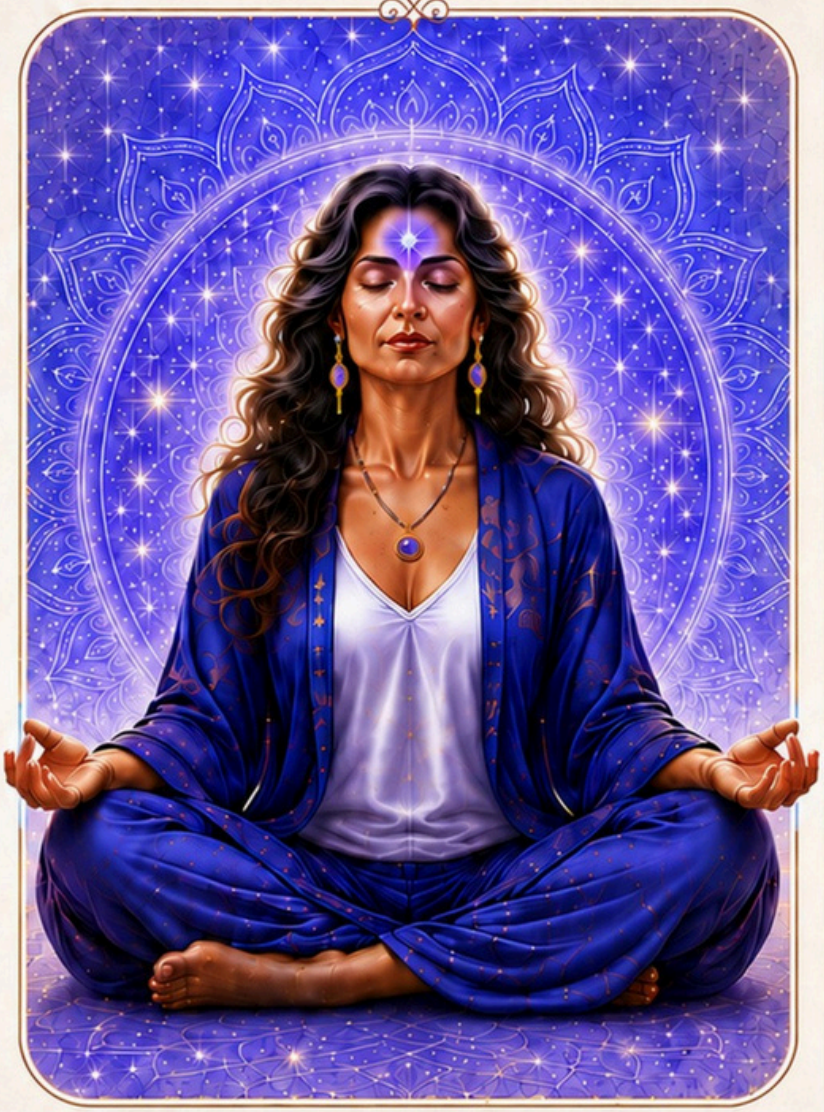
Third Eye Chakra

Reflections (Client Exploration)

Divine Wisdom, Inner Vision, Perception and Intuition

Inner Reflections

- Notice shifts in intuition, clarity, and inner knowing
- Observe your thoughts—insight vs. overthinking
- Reflect on patterns, beliefs, and what feels true
- Pay attention to dreams, symbols, or subtle nudges
- Practice stillness to deepen inner awareness
- Trust what you sense without forcing meaning
- Ask: What is my inner guidance showing me?



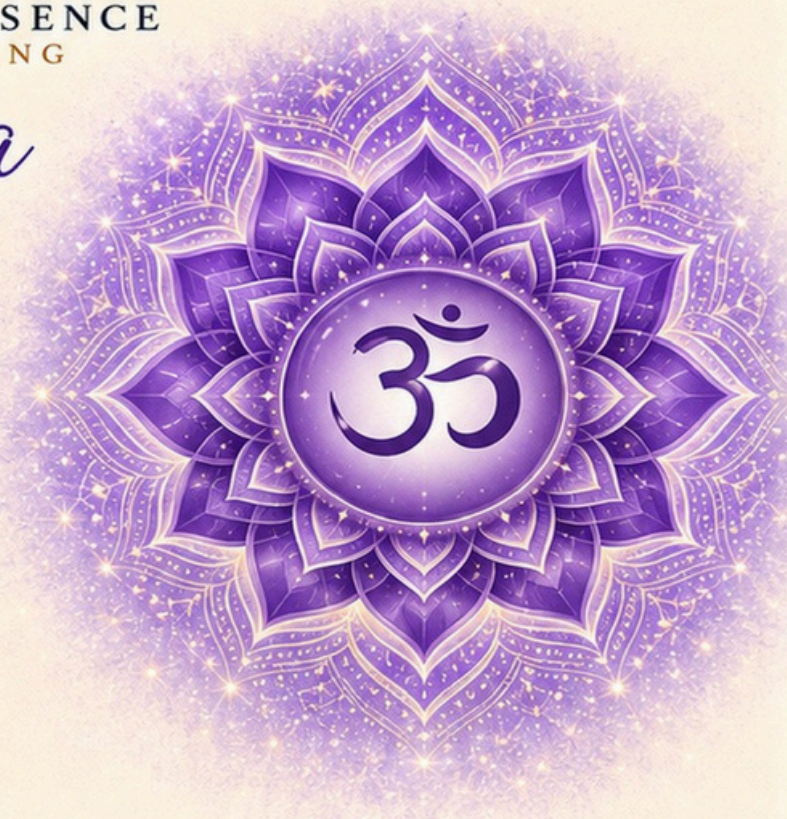
I trust my inner wisdom,
I see clearly. I am guided.

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REIKI ESSENCE
HEALING

Crown Chakra

CONNECTION TO SOURCE, DIVINE GUIDANCE AND SPIRITUAL CLARITY



Crown Chakra – Color Vibration Violet

The crown chakra, located at the top of the head, is associated with spiritual connection, higher consciousness, and a sense of unity with something greater than oneself. This chakra represents our ability to be fully connected to Source. When balanced, it supports clarity, inner peace, and a deep trust in life, while imbalance may feel like disconnection, confusion, or lack of purpose.

THE ROLE OF YOUR CROWN CHAKRA

This chakra supports your spiritual connection, higher consciousness, and your ability to trust in the greater flow of life.

When balanced, you feel:

- Deeply connected and at peace
- Inspired and aligned
- Clear about your purpose
- Trusting of life and divine timing
- A sense of unity and wholeness

When out of balance, you may experience:

- Disconnection or feeling lost
- Confusion or mental overwhelm
- Lack of meaning or direction
- Skepticism or closed-mindedness
- Feelings of isolation or disillusionment

SIGNS YOUR CROWN CHAKRA MAY NEED ATTENTION

- You feel disconnected from something greater.
- You struggle to trust life or the universe.
- You feel confused about your purpose.
- You experience mental fog or lack of clarity.
- You feel cynical, rigid, or closed off.
- You lack inspiration or spiritual curiosity.
- You feel isolated or emotionally detached.



STRENGTHEN YOUR CROWN CHAKRA

- Meditate daily and invite divine connection.
- Spend time in silence and stillness.
- Practice gratitude and trust in life.
- Contemplate your higher purpose.
- Connect with nature and beauty around you.
- Use violet or white light visualization.
- Read spiritual teachings or listen to uplifting music.
- Affirm your connection: "I am one with the Divine."



I am connected. I am guided. I am one with the Divine and all of life.

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REIKI ESSENCE HEALING

Crown Chakra

SAHASRARA

SPIRITUALITY • CONSCIOUSNESS • UNITY • DIVINE CONNECTION

Open yourself to divine wisdom and higher consciousness. When balanced, you feel connected to the greater whole, experience inner peace, and live with purpose and clarity. These practices help you elevate your energy, trust the flow of life, and align with your highest truth.

THE GATEWAY TO HIGHER CONSCIOUSNESS AND ONENESS

The Crown Chakra is your connection to the divine, the universe, and your highest self. It helps you transcend ego, access spiritual wisdom, and experience a deep sense of unity and enlightenment.

LOCATION: Top of the head
ELEMENT: Thought (Beyond Elements)
COLOR: Violet or White
AFFIRMATION:

I am connected.
I am divine.
I trust the universe.
I am one with all that is.

NOURISHING FOODS FOR SPIRITUAL CONNECTION



Eat foods that support a clear mind, elevated energy, and spiritual well-being.

- Purple & white foods – blueberries, blackberries, cabbage, cauliflower
- Fresh fruits – grapes, figs, bananas, apples
- Nuts & seeds – almonds, walnuts, pumpkin seeds
- Light, clean foods – sprouts, leafy greens, quinoa, avocado
- Herbal teas – chamomile, lemon balm, holy basil
- Hydrating foods – coconut water, cucumbers, celery, watermelon

SIMPLE TIP: Choose foods that are pure, clean, and energizing for body, mind, and spirit.

CRYSTALS FOR SPIRITUAL AWARENESS & HIGHER VIBRATION



AMETHYST
Enhances spiritual awareness, intuition, and divine connection



SCOLECITE
Opens crown chakra, aligns with higher frequencies



MOONSTONE
Supports new beginnings, inner guidance, and trust



SELENITE
Clears energy, raises vibration, and connects to angels



CLEAR QUARTZ
Amplifies energy, intention, and spiritual connection

SIMPLE USE: Hold during meditation, keep near your altar, or place on your crown while you rest.

MUSIC & SOUND FOR HIGHER CONSCIOUSNESS



- Binaural beats in the 963 Hz frequency (associated with divine connection)
- Meditative music with flutes, chimes, or angelic vocals
- Nature sounds – wind, waterfalls, ocean waves, etherial soundscapes
- Mantras – OM, AUM, or SO HUM (crown chakra seed sound)

963 Hz

SIMPLE PRACTICE: Listen to 963 Hz or meditative music while resting in silence and setting the intention to connect.

ESSENTIAL OILS FOR CROWN CHAKRA



FRANKINCENSE
Deepens spiritual connection and promotes higher consciousness

LAVENDER
Calms the mind, elevates vibration, and invites peace

SANDALWOOD
Supports meditation, spiritual awareness, and grounding

ROSE
Opens the heart to divine love and universal connection

LOTUS
Enhances enlightenment, purity, and spiritual elevation

WAYS TO USE: Diffuse, apply (diluted) to the crown or pulse points, or inhale deeply during meditation.

MOVEMENT & PRACTICES FOR SPIRITUAL ALIGNMENT



- Meditation – connect to your higher self
- Yoga poses – headstand, child's pose, seated meditation
- Journaling – write down insights, dreams, and messages
- Gratitude practice – focus on blessings and the bigger picture
- Spend time in nature – feel the unity of all life
- Digital detox – create space for stillness and inner knowing
- Trust your gut and take inspired action

SIMPLE REMINDER: You are already divine and whole. You are always connected.



Gentle Crown Opening Practice

BREATHE • SURRENDER • RECEIVE

- Sit comfortably and close your eyes.
- Take a deep breath in, and as you exhale, imagine a violet or white light above your head.
- Visualize this light entering through your crown, expanding throughout your entire being.
- Silently repeat: "I am connected to the divine. I trust. I surrender. I receive."
- Rest in stillness and allow.

AFFIRMATION

I am one with the universe.
I am light.
I am love.
I am divine.

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REIKI ESSENCE
HEALING

Crown Chakra

Reflections (Client Exploration)

Connection to Source, Divine Guidance and Spiritual Clarity

Divine Guidance Reflections

- Notice shifts in peace, clarity, and connection to something greater
- Observe moments of stillness, trust, or surrender
- Reflect on your sense of purpose and alignment
- Be aware of thoughts around meaning, faith, or guidance
- Create space for quiet, meditation, or gentle reflection
- Allow insights to come without forcing or overthinking
- Ask: What is seeking to be understood or received?



I am connected. I am guided.
I trust divine wisdom.

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REIKI ESSENCE
HEALING

Soul Star Chakra

Higher Self, BluePrint of your Soul



Soul Star - Color Vibration Golden White/Magenta

The soul star chakra is the luminous energy center above the crown that connects you to your higher self / soul self. The soul star chakra sits 12–18 inches above your Crown. It is associated with higher consciousness, soul purpose, and connection to divine wisdom beyond the physical body. When balanced, it can bring a sense of clarity, spiritualt insight, and alignment with your life path, while imbalance may feel like disconnection from purpose or difficulty accessing deeper guidance.

The Role of Your Soul Star Chakra

This chakra supports your connection to your Higher Self, soul purpose, and divine guidance beyond the physical self. It helps you access higher wisdom, expanded awareness, and alignment with your soul path.

When balanced, you feel:

- Connected to your Higher Self
- Clear about your soul path
- Open to divine wisdom and insight
- Spiritually aligned and expanded
- Guided by a deeper inner knowing

When out of balance, you may experience:

- Disconnection from purpose
- Difficulty trusting deeper guidance
- Spiritual confusion or uncertainty
- Feeling cut off from higher awareness
- Lack of clarity around your path

Signs Your Soul Star Chakra May Need Attention

- You feel disconnected from your Higher Self or soul purpose.
- You struggle to access deeper spiritual guidance.
- You feel uncertain about your life path.
- You experience spiritual confusion or lack of clarity.
- You feel cut off from divine support or inner knowing.
- You doubt subtle insights or higher awareness.
- You feel disconnected from meaning or expanded perspective.

Strengthen Your Soul Star Chakra

Support your Soul Star Chakra with practices that deepen spiritual connection, soul alignment, and trust in higher guidance.

- Spend time in stillness and meditation
- Invite connection with your Higher Self
- Journal about your soul purpose and inner knowing
- Notice synchronicities and subtle guidance
- Visualize a golden white light or star above the crown
- Ask for divine wisdom and listen inwardly
- Trust the guidance that comes through peace and clarity



I am connected to my Higher Self.
I trust my soul's wisdom and divine guidance.

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REIKI ESSENCE HEALING

Soul Star Chakra

SAHASRARA ABOVE

SOUL CONNECTION • DIVINE PURPOSE • UNITY • TRANSCENDENCE

The Soul Star Chakra connects you to your soul's origin, the stars, and the divine blueprint of your higher purpose. When balanced, you feel deep soul alignment, divine support, and unity with all that is.

These practices help you anchor your soul's light on Earth and live in harmony with your true essence.



THE CONNECTION TO YOUR SOUL, THE STARS, AND THE DIVINE

The Soul Star Chakra is your link to the cosmos, your soul family, and the divine source. It brings a deep sense of belonging, universal love, and remembrance of who you truly are. It helps you live your soul's purpose with grace, trust, and higher perspective.

LOCATION: Above the head, 6–12 inches above the crown
ELEMENT: Beyond the Elements
COLOR: Violet and White
AFFIRMATION:

I am a soul of the stars.
I am here with purpose.
I am connected to the divine.
I trust. I align. I shine.

NOURISHING FOODS FOR SOUL CONNECTION



Eat foods that raise your vibration and support clarity, connection, and lightness.

- Purple & blue foods – blueberries, blackberries, plums, grapes
- Fresh fruits – figs, pears, mango, pomegranate
- Raw nuts & seeds – almonds, walnuts, pumpkin seeds
- Light, clean foods – sprouts, leafy greens, quinoa, avocado
- Herbal teas – rose, chamomile, lavender
- Hydrating foods – cucumber, coconut water, celery

SIMPLE TIP: Choose high vibrational, whole foods that nourish your body, mind, and soul.

CRYSTALS FOR SOUL ALIGNMENT & COSMIC CONNECTION

AMETHYST
Opens spiritual awareness and cosmic connection

LABRADORITE
Enhances intuition, soul purpose, and protection

CELESTITE
Supports connection to angelic realms and higher wisdom

WHITE TOPAZ
Brings clarity, higher vibration, and spiritual attunement

SUGILITE
A stone of love and protection; connects to your soul's truth

SIMPLE USE: Hold during meditation, place on your crown or above your head, or keep in your space.

MUSIC & SOUND FOR HIGHER CONSCIOUSNESS



Binaural beats in the 963 Hz frequency (associated with divine connection)

Meditative music with crystal bowls, chimes, or angelic vocals

Nature sounds – flowing water, ocean waves, wind in the trees

Mantras – "I AM", "AHAM", or SO HUM (soul connection sound)

963 Hz

SIMPLE PRACTICE: Listen to 963 Hz or meditative music while resting in stillness and setting the intention to remember your soul's purpose.

ESSENTIAL OILS FOR SOUL STAR CHAKRA



FRANKINCENSE
Deepens spiritual connection and elevates consciousness

LAVENDER
Promotes divine connection, peace, and soul alignment

SANDALWOOD
Supports meditation and connection to higher realms

HELICHRYSUM
Opens the heart to higher truth and soul remembering

MYRRH
Enhances spiritual insight and soul healing

WAYS TO USE: Diffuse, apply (diluted) above the head, or inhale deeply before meditation, prayer, or journaling.

MOVEMENT & PRACTICES FOR SOUL ALIGNMENT



- Meditation – connect to your soul and set intentions
- Yoga poses – child's pose, seated forward fold, legs up the wall
- Journaling – write messages from your soul or future self
- Stargazing – spend time under the stars and set intentions
- Gratitude practice – focus on divine blessings and soul growth
- Digital detox – create space for stillness and inner listening

SIMPLE REMINDER:
You are a divine soul having a human experience.
You are never alone.



Gentle Soul Star Opening Practice

BREATHE • CONNECT • ALIGN • SHINE

- Sit comfortably and close your eyes.
- Take a deep breath in, and as you exhale, visualize a radiant violet light above your head.
- Imagine this light as a star of your soul, connecting you to divine love and wisdom.
- Silently repeat: "I am connected to my soul. I am guided, supported, and aligned."
- Rest in stillness and allow the light to fill you.

AFFIRMATION

I am connected to my soul.
I trust the divine.
I walk my path with purpose and light.



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REIKI ESSENCE
HEALING

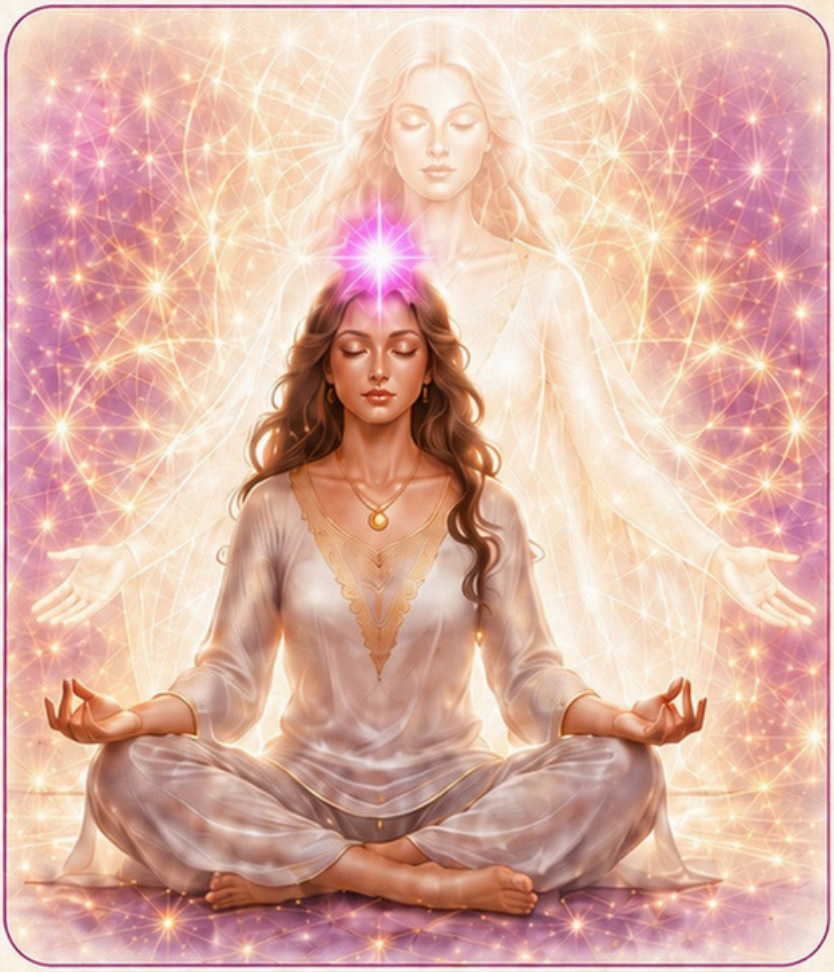
Soul Star Chakra

Reflections (Client Exploration)

Higher Self, Blueprint of Your Soul

Soul Reflections

- Notice subtle shifts in perspective, purpose, or higher awareness
- Observe feelings of connection beyond the physical self
- Reflect on your soul path and what feels deeply aligned
- Be aware of intuitive insights or expanded understanding
- Allow space for stillness and integration
- Trust what is being revealed without needing to define it
- Ask: What is my soul guiding me toward?





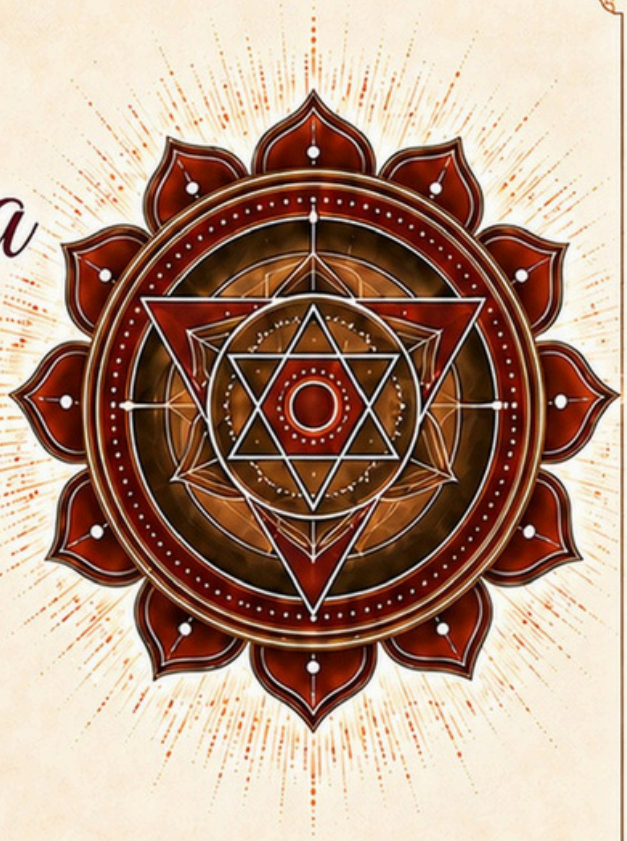
I am connected to my Higher Self.
I trust my soul's wisdom and divine guidance.

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REIKI ESSENCE
— HEALING —

Earth Star Chakra

Grounding, Stabilization and the Steady Heartbeat of the Earth



Earth Star – Color Vibration Deep Brown, Black or Burgundy

The Inner Earth Star Chakra is the deep energetic anchor beneath your feet, connecting you to the Earth's ancient wisdom.

The Earth Star Chakra (Vasundhara) is a transpersonal energy center located about 12–18 inches within the Earth, acting as the grounding anchor for your entire system. It connects to the Earth's core, drawing energy downward to release density while supporting stability, safety, and presence in the physical body.

When balanced, it fosters a sense of being centered and supported, while imbalance may show up as anxiety, restlessness, or feeling ungrounded and disconnected.

The Role of Your Earth Star Chakra

This chakra supports grounding, embodiment, safety, and connection to the Earth beneath you. It helps stabilize your energy field, anchor spiritual energy into the physical body, and strengthen your sense of steadiness and support.

When balanced, you feel:

- Centered and grounded
- Safe and supported in your body
- Calm, steady, and present
- Connected to the Earth and daily life
- Able to release excess or heavy energy

When out of balance, you may experience:

- Feeling ungrounded or scattered
- Anxiety, restlessness, or instability
- Disconnection from the body
- Physical fatigue or heaviness
- Difficulty feeling safe or settled

Signs Your Earth Star Chakra May Need Attention

- You feel ungrounded, anxious, or disconnected.
- You struggle to feel safe, stable, or supported.
- You feel scattered or not fully present in your body.
- You carry excess heaviness, tension, or energetic density.
- You feel disconnected from nature or daily rhythms.
- You feel restless, overstimulated, or unsettled.
- You have difficulty slowing down and coming into your body.

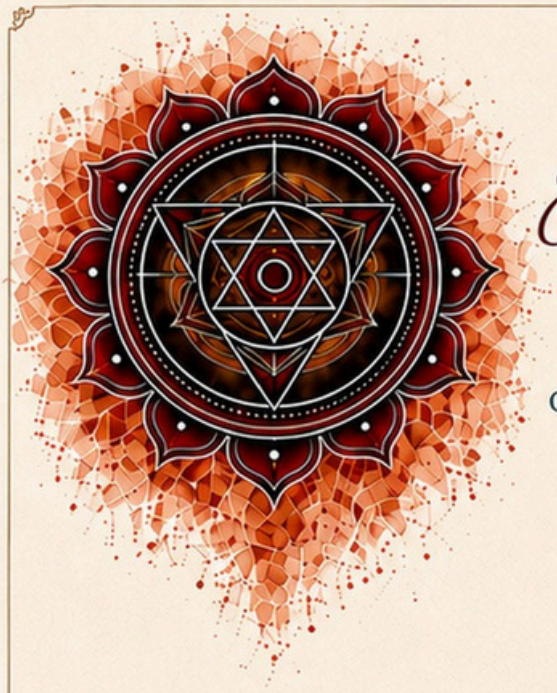


Strengthen Your Earth Star Chakra

Support your Earth Star Chakra with practices that encourage grounding, stability, and deep connection to the Earth.

- Walk barefoot on the Earth when possible
- Spend time in nature and breathe deeply
- Visualize roots and grounding light below your feet
- Rest, nourish your body, and create supportive routines
- Release excess energy down into the Earth
- Practice stillness, embodiment, and presence

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REIKI ESSENCE
— HEALING —

Earth Star Chakra

VASUNDHARA
(CHAKRA ZERO)

GROUNDING - STABILITY - ANCESTRAL WISDOM

The Earth Star Chakra is your anchor to the Earth's core and your foundation of life. When balanced, you feel deeply grounded, safe, and supported by the Earth. These practices help you strengthen your connection to the Earth and embody stability, protection, and resilience.

CONNECTION TO EARTH AND ALL OF HUMANITY

The Earth Star Chakra connects you to the Earth linking your personal energy directly to the core and grid of the planet. It is the grounding point of your entire chakra system and etheric body. It represents the bond with all humanities collective consciousness and ancestral wisdom.

LOCATION: Beneath the feet, 12–18 inches below the Earth's surface
ELEMENT: Earth
COLOR: Deep Red, Brown, and Black
AFFIRMATION:

I am anchored. I am safe.
I am supported by the Earth.
I belong here.
I trust the flow of life.

NOURISHING FOODS FOR GROUNDING



Eat foods that root you into the Earth and support physical and energetic stability.

- Root vegetables – beets, sweet potatoes, carrots, potatoes
- Hearty whole grains – quinoa, brown rice, oats
- Protein-rich foods – lentils, beans, nuts, seeds
- Dark leafy greens – kale, swiss chard, collards
- Mineral-rich foods – pumpkin seeds, avocado, sesame seeds
- Hydrating foods – coconut, cucumbers, celery, watermelon

SIMPLE TIP: Eat warm, hearty, whole foods that come from the Earth and nourish your body deeply.

CRYSTALS FOR GROUNDING & STABILITY



HEMATITE
Strongly grounds and protects; stabilizes energy



RED JASPER
Promotes endurance, stability, and deep rooting



BLACK TOURMALINE
Protects, grounds, and clears negative energy



SMOKY QUARTZ
Brings grounding, protection, and emotional balance



GARNET
Ignites life force energy and anchors you in the physical

SIMPLE USE: Hold during meditation, place under your feet, or carry in your pocket for grounding.

MUSIC & SOUND FOR GROUNDING



- 432 Hz frequency (resonates with the natural vibration of the Earth)
- Drums, didgeridoo, shamanic rhythms for deep grounding
- Nature sounds – thunder, rain, forest, ocean waves
- Low tones – binaural beats, OM chanting

432 Hz

SIMPLE PRACTICE: Listen to grounding music while visualizing roots growing deep into the Earth's core.

ESSENTIAL OILS FOR EARTH STAR CHAKRA



- **VETIVER** Deeply rooty; promotes grounding, stability, and calm
- **CEDARWOOD** Strengthens connection to the Earth and brings emotional balance
- **PATCHOULI** Anchors energy, promotes security and self-acceptance
- **SANDALWOOD** Calms the mind and supports deep meditative grounding
- **FRANKINCENSE** Enhances spiritual grounding and connection to ancient wisdom

WAYS TO USE: Diffuse, apply (diluted) to the feet or base of spine, or inhale deeply during meditation.

MOVEMENT & PRACTICES FOR GROUNDING



- Walking barefoot on Earth or grass
- Standing meditation – feel the Earth beneath you
- Yoga poses – mountain pose, tree pose, warrior I
- Journaling – write what you release and what grounds you
- Gardening – connect with soil, plants, and nature
- Gratitude practice – focus on what sustains and supports you

SIMPLE REMINDER: You are supported by the Earth. You are safe. You are exactly where you need to be.



Gentle Earth Star Opening Practice

GROUND • ANCHOR • CONNECT

- Sit or stand comfortably and place your hands on your thighs.
- Take a deep breath in, and as you exhale, imagine a red or brown light beneath your feet.
- Visualize this light forming a star, connecting you deep into the Earth's core.
- Silently repeat: "I am grounded. I am safe. I am supported."
- Feel the Earth's love and stability rising up to support you.
- Rest in this connection and breathe deeply.

AFFIRMATION

I am grounded.
I am safe.
I am supported by the Earth.
I belong here.

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REIKI ESSENCE
HEALING

Earth Star Chakra

Reflections (Client Exploration)

Grounding, Stabilization and the Steady Heartbeat of the Earth

Grounded Reflections

- Notice your sense of grounding, safety, and presence in the body
- Observe shifts in anxiety, stability, or physical tension
- Reflect on your connection to the Earth and daily routines
- Bring awareness to where you feel rooted or unsettled
- Engage in grounding practices (walking, nature, breath)
- Support your body with rest, nourishment, and structure
- Ask: What helps me feel safe and supported right now?



I am grounded, supported, and safely anchored to the Earth.

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Reiki ESSENCE HEALING

Wendy Logan - Reiki Master / Angelic Channel

PACIFIC GROVE, CA

ALIGNMENT • AWARENESS • SUPPORT

Thank you for allowing yourself
to heal, grow and shine.

You are a beautiful being of
Love and Light.

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