



JOURNEY THROUGH THE CHAKRAS

WITH THE AKASHIC RECORDS

CHAKRA

Chakra definition (*Cakra in Sanskrit*) means “wheel” and refers to energy centers in the body. Some describe them as spinning discs of energy. We are going to focus on the 7 Primary Chakras, yet, we have others that are ‘off’ the body.

Chakras are often said to be excessive/deficit or open/closed – For our purposes, I prefer to use the terms Balanced and Imbalanced.

Now it’s wonderful to know the Sanskrit word and color for each chakra but in this series, we are going to go deeper. I’m going to explain how imbalances play out in real life and give helpful tips for how to bring your energy centers into balance.

Do I love energy workers? Of course!

But my goal is to teach you how to recognize when your energy system may be off and give you simple tools to bring it back into balance.

Each week, I’ll dive into specific tips! To start, here are some general techniques that you can begin to play with and explore each week!

KEYS TO BALANCING CHAKRAS

- **Water** - make sure to stay properly hydrated.
- **Movement** – I’ll give you some of my favorite poses. Daily stretching is really helpful in keeping meridian lines open and qi moving. This helps keep the entire energy system fluid and moving.
- **Stillness**- taking even 5 minutes a day to sit in stillness or quiet contemplation. Journal, gaze out a window or sit outside.
- **Epsom Salt or Himalayan Salt Baths** – I’ve recommended this for years. It helps clear the energy field and salt is very grounding.

OTHER WAYS TO BALANCE CHAKRAS

- **Color** – wearing the color of that chakra (clothes, jewelry, scarves)

For example: you might wear yellow when you want to boost confidence (Solar Plexus) or put on a blue scarf when giving a public presentation (Throat)

- **Crystals** – For each chakra I’ll list some of my favorite crystals to balance each chakra.

For example: Chrysocolla can help you feel grounded and safe in your body (Root Chakra) and Apache Tear can be helpful for those in the grief process (Heart Chakra)

THE KARUNA LIFE

CONNECTED AT HEART - ALL ARE ONE

Other ways to Balance Chakras

Continued...

WAYS TO USE CRYSTALS

- Wear them in jewelry or in pouch (you can find these on etsy)
- Carry in your pocket as a talisman
- Keep by your bedside (or under your pillow)
- Place on your favorite windowsill

TIP: Make sure to clear your crystals on a regular basis by placing outside on the ground or in selenite bowl (be careful because some crystals can't get wet)!

RATTLES OR THUNDER DRUM:

Rattles are a simple yet effective tool to clear the energy field. You can find providers on my Resource page for rattles or a Thunder Drum. If you're a do-it-yourself person, make your own rattle with a container and dried beans.

How to use:

1. Set the intention to clear your auric field.
2. Begin to shake the rattle or Thunder Drum (I normally start at the top of my head and work my way down all sides of my body)
3. Send any lower energies into the earth to be transmuted (use your imagination or intention – I imagine dark smoke going into the ground or I'll send it out into space)

TIP: If you're having difficulty with mind chatter – rattles can be useful to quiet the mind (Thunder drums can be intense so I wouldn't recommend using them extensively above or around the head).

Have negative co-workers or boss? Use a rattle or thunder drum to clear your energy field when you come home after work before moving on to other activities.





Putting the Elements to Work for You

- 1.** **Water:** In the shower or bath – set the intention to wash any lower energy or energy that isn't yours down the drain.
- 2.** **Fire:** In meditation, ask for the element of fire to clear or activate a particular chakra.
- 3.** **Air:** Take a wind bath! Stand outside and let the breeze carry off lower vibrational energy and clear your auric field.
- 4.** **Earth:** Walk outside barefoot on the grass or sit by your favorite body of water.

Did you know?

Your voice is powerful! Chanting the seed sound for each chakra can help clear and rebalance.

Each week, I'll provide the chakra's Seed Sound (also called a Bija Mantra). Play with the practice and try chanting daily for 30 seconds up to a few minute. The results may surprise you!



Journal Prompts

REFLECTIVE PROMPTS TO CONSIDER PRIOR TO
BEGINNING THE SERIES

1 What am I hoping to learn during the 7-week Journey Through the Chakra series?

2 Am I being nudged to look into this now and if so, why?

3 Is there a particular chakra that I feel really excited to learn about? Why do I think that is?

4 What routines do I have now that support my energy body?

5 What action steps can I commit to for the next seven weeks to balance my energy body?

6 Are there new techniques that I'd like to explore?

Hi, I'm Gina Kitzmiller!

Your new spiritual guide for the next seven weeks as we embark on your transformative journey through the chakras!

A little about me...

I am a nationally recognized Intuitive, Energy Healer, Spiritual Teacher and Mentor. I see clients worldwide for Energy Work, Akashic Records and Intuitive sessions. I believe everyone has angels and guides around them and I love working with the spiritual 'teams' to make sessions transformative. My unique approach, Trimatri™, combines Reiki, sound healing, and soul work to facilitate profound healing and personal growth. I am also a certified Yoga Teacher, Breath Coach, and Akashic Records Facilitator, dedicated to guiding individuals on their journey towards wellness and self-discovery. Additionally, I lead online and in-person workshops, retreats, and offer trainings.



Thank you for joining me on this special journey. May it bring you deeper insights, healing, and connection. To learn more about me or The Karuna Life™, be sure to check out my website or follow me on social media.
www.TheKarunaLife.com / @TheKarunaLife



Thank you!

Connected at Heart -
All are One