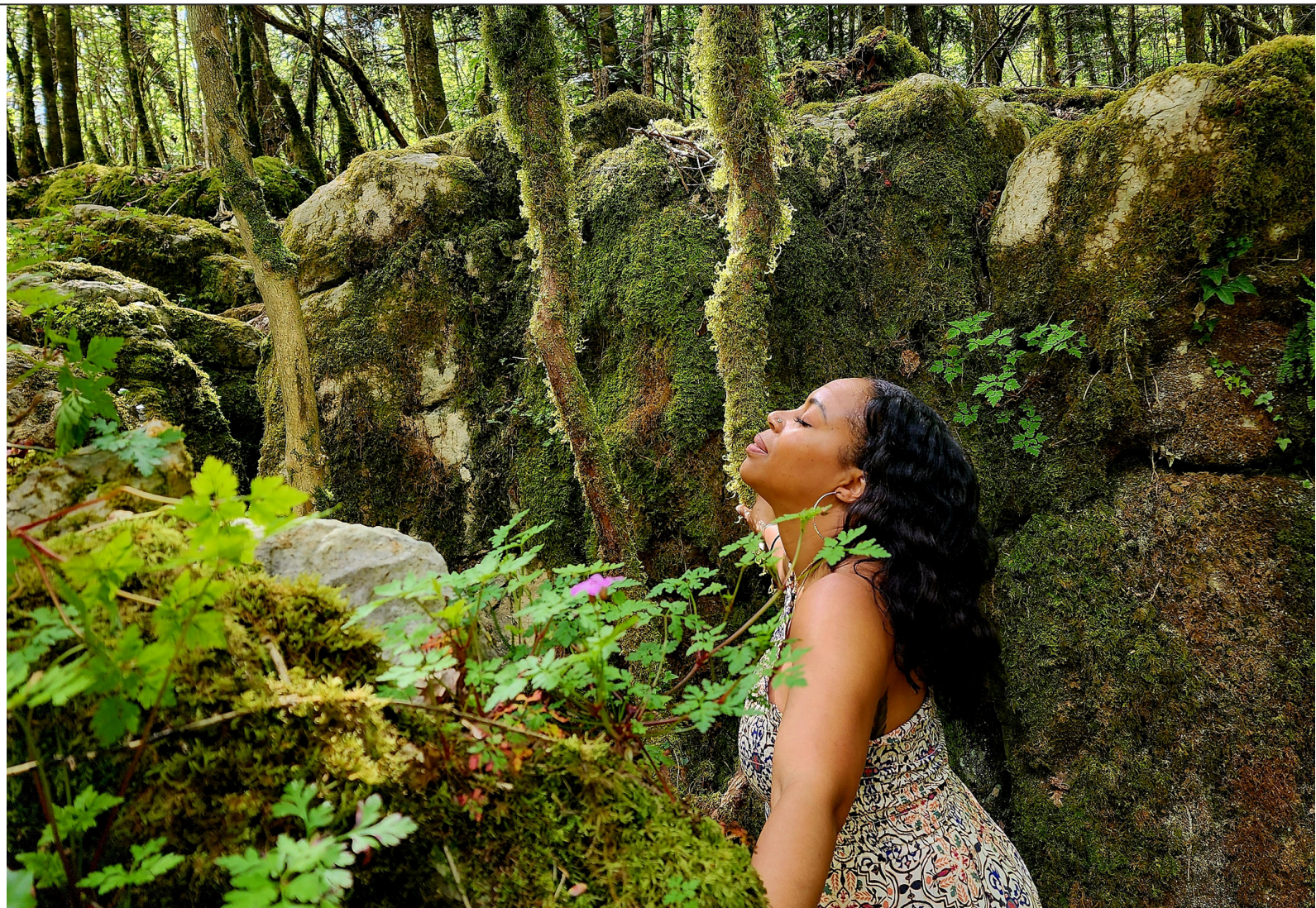


Energy Healing for Anxiety & Overwhelm

**BALANCE YOUR ENERGY. CALM YOUR
MIND. COME HOME TO YOURSELF.**



Hello & Welcome

Thank you for being here, beautiful soul.

Whether you're navigating anxiety, burnout, emotional heaviness, or simply craving a moment of deep sensual peace, you're not alone.

This guide is a gentle invitation to explore the wisdom of your energy body and take steps toward holistic and embodied healing.

You've officially entered the Wild Rose Sacred Healing space, and I'm so honored to walk this path with you.

This space is devoted to supporting your nervous system, reconnecting you to your body's wisdom, and guiding you home to your most radiant, rooted self.

Danielle



Your Body Is Speaking. Are You Listening?

If you've been feeling anxious, disconnected, overwhelmed, or like your heart is armored shut... this guide is for you.

At Wild Rose Sacred Healing, I believe healing isn't just about treating symptoms, it's about listening to the body's subtle cues, moving stuck energy, and restoring balance to your inner world. I infuse sensuality and the wisdom of embodied pleasure into all of my work, inviting clients to reconnect with their authentic expression through softness, self-trust, and embodied presence.

When we say yes to pleasure, even in the smallest moments, we create space for deep healing, emotional truth, and a more vibrant, aligned life.

Chakras are the energy centers that govern your physical, emotional, and spiritual well-being. When they're out of balance, you feel it in very real ways: in your mood, your body, your relationships, and your ability to cope with daily stress.

Let's explore 5 of the most common challenges and how balancing your energy centers can support your healing. But first, in case you're new to all of this, here's a brief overview of the chakras.

What Are Chakras & Why They Matter

Chakras are the seven main energy centers in your body. Each one governs physical functions, emotional patterns, and energetic frequencies. When they are in balance, you feel vibrant, clear, connected, creative and grounded.

But when energy gets blocked due to trauma, stress, burnout, or emotional overload these imbalances can manifest as anxiety, sleep issues, disconnection from your body or loved ones, and even physical ailments.

Reiki and energy healing work directly with your chakras to move dense energy, soothe the nervous system, and activate your body's innate healing wisdom.

When your energy centers are harmonized, everything changes: your mind quiets, your heart softens, your body breathes easier.

Below is a basic outline of the chakras system.

● Root Chakra (Base of spine)

- Imbalanced: Anxiety, insecurity, survival fears, financial stress
- Balanced: Grounded, safe, supported, steady
- Try: Root vegetables, walking barefoot, warm baths, red clothing

● Sacral Chakra (Womb/Lower belly)

- Imbalanced: Numbness, low libido, creative blocks, guilt around pleasure
- Balanced: Sensual, expressive, emotionally fluid, magnetic
- Try: Orange foods (mango, sweet potato), dance, hip-opening stretches

● Solar Plexus Chakra (Upper abdomen)

- Imbalanced: Overwhelm, people-pleasing, fatigue, digestive issues
- Balanced: Confident, energized, decisive, clear boundaries
- Try: Lemon water, sunlight, setting small boundaries, yellow clothing

♥ Heart Chakra (Center of chest)

- Imbalanced: Grief, resentment, feeling closed or unworthy of love
- Balanced: Loving, compassionate, emotionally open and connected
- Try: Green veggies, journaling on forgiveness, rose oil, hugs

● Throat Chakra (Throat/Neck)

- Imbalanced: Trouble expressing yourself, throat tension, fear of judgment
- Balanced: Clear communication, authentic self-expression
- Try: Herbal teas, humming/singing, blue clothing, honest conversations

● Third Eye Chakra (Between eyebrows)

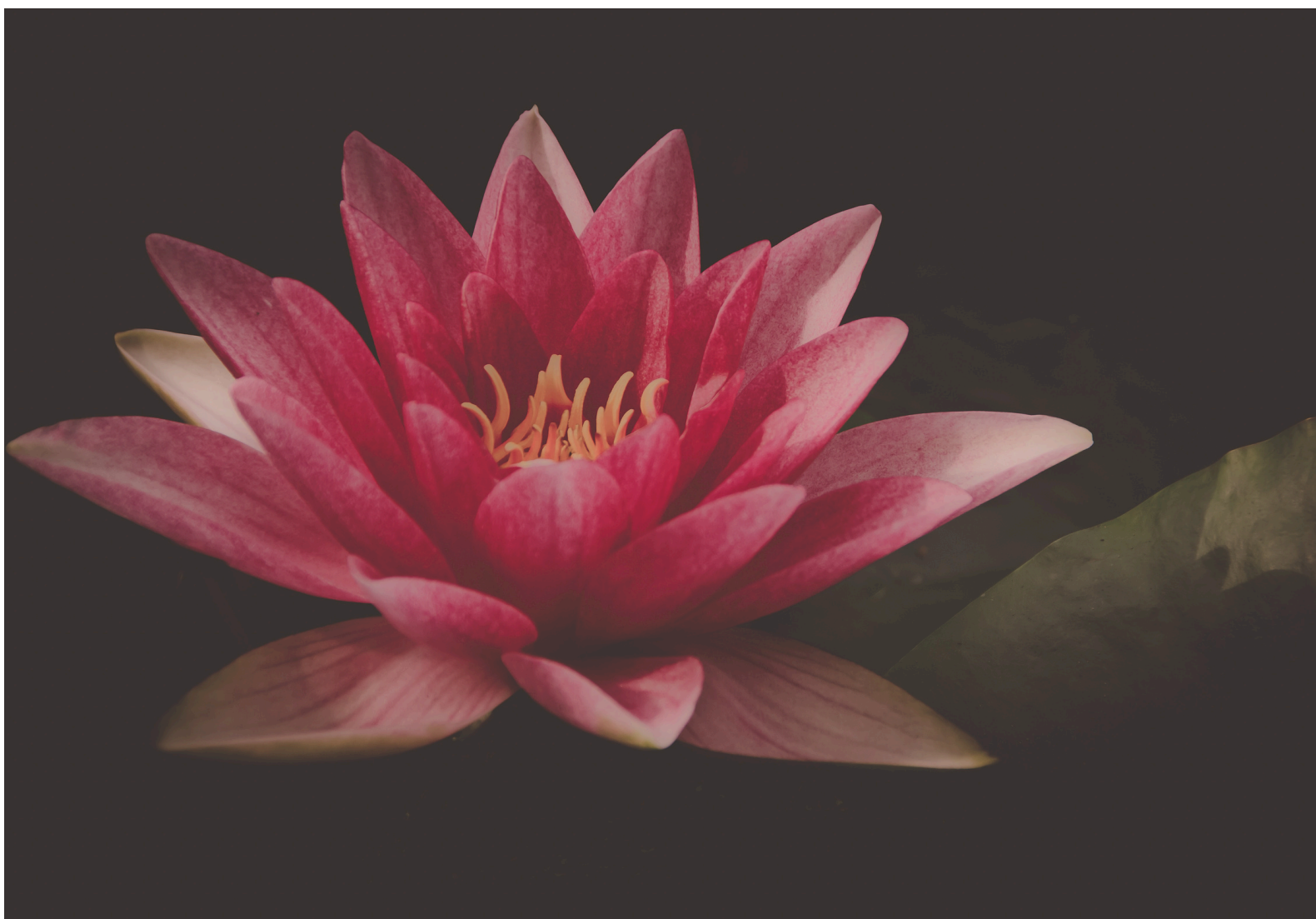
- Imbalanced: Overthinking, indecision, headaches, difficulty trusting
- Balanced: Intuitive, focused, visionary, mentally clear
- Try: Meditation, writing dreams, indigo foods (blueberries), rest

● Crown Chakra (Top of head)

- Imbalanced: Disconnection, feeling lost, spiritual doubt
- Balanced: Peaceful, connected to higher self, inspired
- Try: Silence, prayer, stargazing, amethyst crystals

Chakra Healing for Common Struggles

Here's how the chakra system relates to five of the most common emotional and physical challenges my clients experience:



1. Anxiety & Overthinking

Might feel like: racing thoughts, shallow breath, tension in chest or shoulders, jaw clenching, constant "what ifs"

Likely Chakra Imbalance:

-  Third Eye – overactive mind, inability to drop into stillness
-  Root – lack of grounding, nervous system on high alert
-  Heart – tightness in chest, emotional holding

Balancing Tips:

- Foods: Root veggies (beets, sweet potato), dark berries, calming teas (chamomile, lavender)
- Lifestyle: Grounding walks barefoot, screen breaks, limiting caffeine
- Energy Practice: Place your hands on your heart, close your eyes, and breathe deeply. Visualize roots growing down from your feet into the earth.
- Reiki Support: Clears energetic overload, soothes the nervous system, and brings your body into rest-and-repair mode.



2. Fear of Expressing Yourself

Might feel like: holding back your truth, fear of judgment, sore throat, tight neck/jaw, frustration

Likely Chakra Imbalance:

-  Throat Chakra – suppressed voice, fear of being misunderstood
-  Solar Plexus – lack of confidence, fear of rejection

Balancing Tips:

- Foods: Warm herbal teas, lemon, blueberries, raw honey
- Lifestyle: Practice saying “no,” try journaling or voice notes to express emotion
- Energy Practice: Hum gently or speak affirmations aloud (“My voice is sacred”)
- Reiki Support: Helps release fear, open the throat channel, and anchor self-worth so you can express from truth.



3. Feeling Overwhelmed With Life

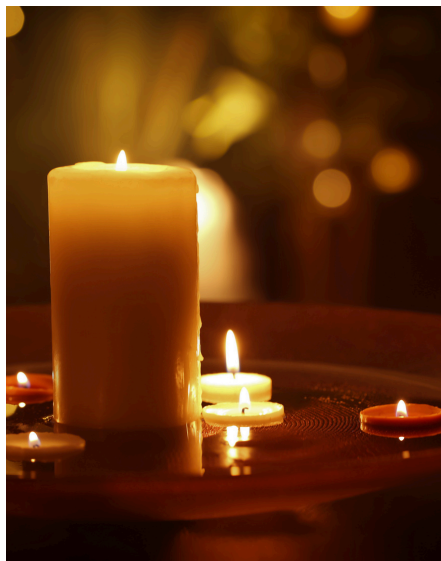
Might feel like: always on edge, difficulty focusing, tired but wired, burned out, everything feels “too much”

Likely Chakra Imbalance:

-  Solar Plexus – overgiving, depleted power, energy leaks
-  Root – no sense of stability or rhythm
-  Sacral – emotional overflow, no creative or emotional release

Balancing Tips:

- Foods: Yellow fruits (pineapple, bananas), whole grains, grounding stews
- Lifestyle: Set energetic boundaries, create daily rituals (light a candle, stretch, or sip tea in silence)
- Energy Practice: Place one hand on your belly and the other on your chest. Breathe into your center and affirm: “I choose ease. I choose peace.”
- Reiki Support: Restores your energetic reserves, supports digestion, and helps you feel like yourself again.



4. Sleep Issues

Might feel like: racing thoughts at night, trouble winding down, waking up exhausted, light or broken sleep

Likely Chakra Imbalance:

-  Third Eye & Crown – overactive mind, spiritual disconnection
-  Root – sense of not being safe to relax
-  Heart – emotional tension blocking rest

Balancing Tips:

- Foods: Warm golden milk (turmeric, oat milk, honey), magnesium-rich snacks (almonds, dark chocolate)
- Lifestyle: No screens 1 hour before bed, gentle yoga/stretching
- Energy Practice: Breathe into your belly and imagine a violet light at your brow softening your mind
- Reiki Support: Brings your nervous system into parasympathetic mode, allowing the body to rest and repair.



5. An Armoured Heart

Might feel like: difficulty connecting deeply, fear of intimacy, grief, resentment, or emotional numbness

Likely Chakra Imbalance:

-  Heart Chakra – past heartbreak, betrayal, grief held in the chest
-  Throat Chakra – unspoken pain or needs
-  Sacral Chakra – emotional repression, frozen pleasure

Balancing Tips:

- Foods: Leafy greens, rose or hibiscus tea, cacao
- Lifestyle: Allow yourself to cry, connect with safe friends, spend time in nature
- Energy Practice: Place hands over your heart. Breathe slowly and repeat, “It’s safe to feel. I am held in love.”
- Reiki Support: Gently melts energetic armor, allowing grief, love, and joy to flow freely again.



The Power of Reiki

Reiki is a gentle, non-invasive energy healing modality that works with the body's subtle energy system. By channeling healing life force energy, Reiki clears energetic blocks, calms the nervous system, and restores flow.

- ✦ It works whether you're in person or receiving a distance session.
- ✦ It supports physical, emotional, and spiritual healing.
- ✦ It helps you feel calm, clear, and deeply supported.



Closing Notes...

Your energy body holds the blueprint for your physical, emotional, and spiritual well-being. When your chakras are balanced, energy flows freely bringing clarity, vitality, emotional resilience, and deep inner peace.

Reiki is a gentle yet powerful practice that works to clear dense, stagnant energy from the body, promoting harmony and activating the body's natural healing response. It supports every level of your being, not just as a remedy, but as a preventative tool for stress, burnout, and dis-ease.

Remember, true healing isn't just about treating symptoms, it's about tending to the root.

When we look at health through a holistic lens, we honor the connection between mind, body, spirit, and energy.

Thank you for being here. May this guide spark deeper curiosity, bring you into greater alignment, and remind you of the sacred intelligence that lives within your body.



Book A Session

Your energy is sacred and your body is wise. You don't have to carry it all alone.

If you've been feeling disconnected, overwhelmed, or emotionally shut down, know that healing is possible and it begins within.

✨ **Book a Reiki & Chakra Balancing Session** to experience deep peace, emotional clarity, and energetic renewal or explore my other healing packages.

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