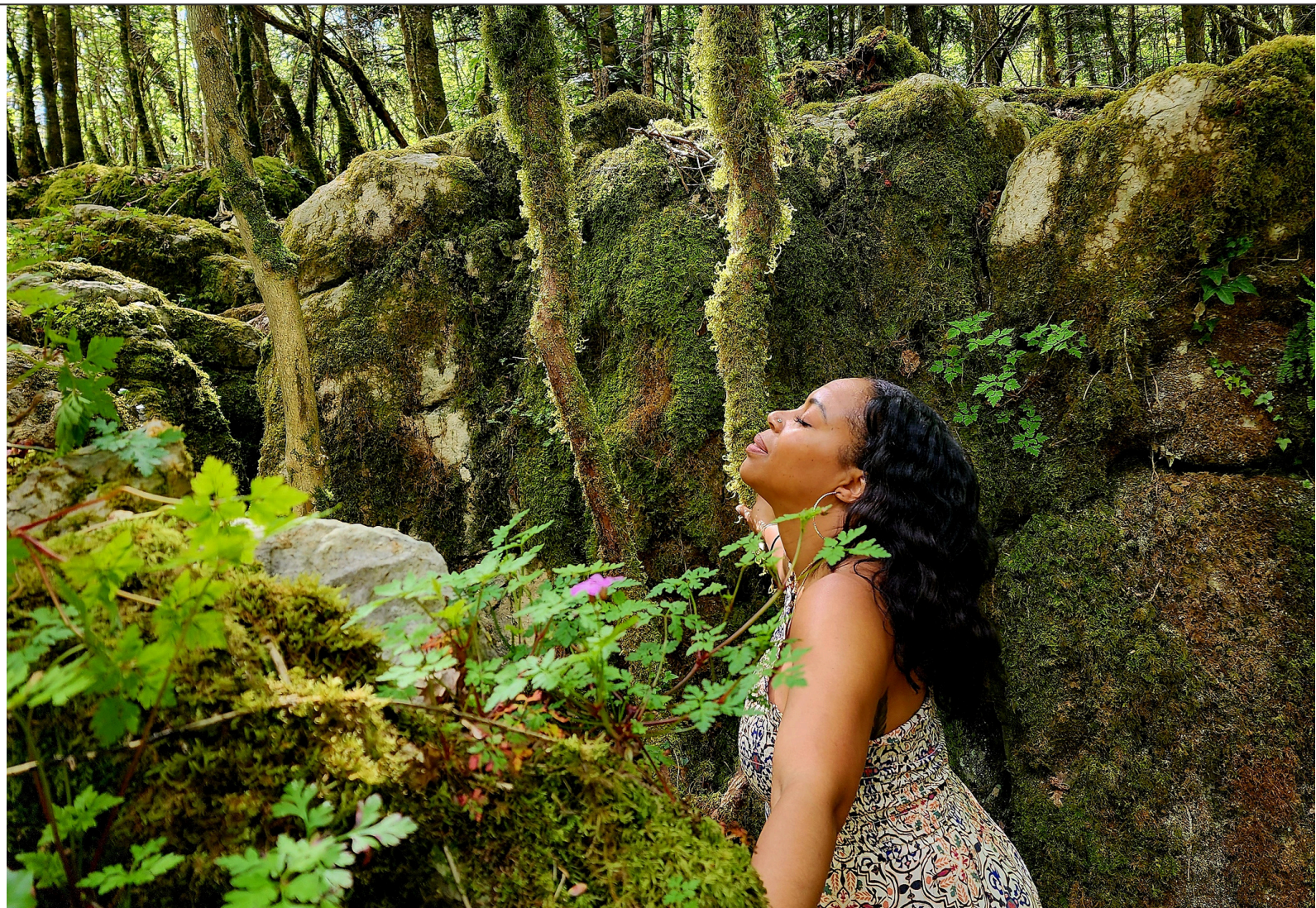


A Practical Guide to The Chakras

**FOR THE CURIOUS REBELS, THE
SENSUAL MYSTICS AND THE BOLD-
HEARTED WISDOM SEEKERS**



Hello & Welcome

Thank you for downloading this guide and for stepping into the Wild Rose Sacred Healing community.

Whether you're brand new to energy work or already on your healing path, I'm so honored to walk beside 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.

Let this guide be a gentle invitation into your energy body and a doorway into deeper clarity, ease, and embodied healing.

Danielle



The Power of Your Energy Body

If you're reading this, you've likely come to the realization that you are more than just flesh and bone. Beneath the surface, your body hums with energy, a living current that flows through every organ, emotion, and decision you make.

This energetic system is guided by your chakras (or energy centers)...spinning wheels of life force energy that influence your physical health, emotional resilience, and spiritual clarity.

When your energy is flowing freely, you feel grounded, joyful, confident, and connected. But when trauma, stress, repressed emotions, or overthinking settle into the body, your chakras and energy pathways can become blocked or imbalanced, leading to everything from anxiety and chronic fatigue to digestive issues and emotional disconnection.

The body holds the stories we haven't fully processed. It carries our grief, our rage, our heartbreak, our longing. Our bodies carry it all.

And, it also holds the keys to our healing, if we learn how to listen to its deep wisdom and the subtle messages. Our bodies are always seeking a state of homeostasis – internal balance. But we must learn to tune in and take notice of the signals.

Below I've shared a few notes on each of the 7 major chakras and some of my favorite essential oils and crystals that I work with and a journal prompt. This guide is your invitation to slow down, reconnect with your somatic wisdom, and use simple tools to support balance and harmony in your mind, body, and spirit.

A Brief Overview | 7 MAJOR CHAKRAS

Chakras are energy centers within the body that govern your physical health, emotional well-being, and spiritual awareness. These seven primary chakras run along your spine from your tailbone to the crown of your head.

When balanced, they allow your life-force energy (also known as prana or chi) to flow freely.

Each chakra is associated with specific organs, emotional patterns, and life themes. When energy becomes blocked due to stress, trauma, or unprocessed emotions, it can manifest as physical symptoms, emotional imbalance, or mental fog.

The body is wise and it's always speaking to you. By tuning into your chakra system, you begin to understand what your body, heart, and soul are truly asking for.

This guide will take you through each chakra with practical tools, supportive healing practices to help you come home to balance, vitality, and inner clarity.



I AM SAFE. I AM SUPPORTED. I BELONG.

● ROOT CHAKRA | Muladhara

Your Root Chakra is your foundation, the base that governs survival, stability, and your connection to the earth and your physical body. This energy center functions to keep us safe, it's connected to our feeling of belonging as well as financial and emotional security. When balanced, you feel grounded and secure, able to meet life's challenges without losing your center. When imbalanced, you may feel anxious, unrooted, or disconnected from your body and purpose.

- Location: Base of spine
- Governs: Adrenals, feet, legs, immune system, kidneys
- Color Therapy: Red
- Nourishment: Beets, root veggies, red apples, protein rich foods
- Essential Oils: Cedarwood, Sandalwood, Patchouli, Frankincense & Myrrh
- Crystals: Garnet, Red Jasper, Black Tourmaline and Hematite
- Journal Prompt: What helps me feel safe, grounded, and supported in my life right now?



I FEEL. I CREATE. I ALLOW PLEASURE.

● SACRAL CHAKRA |

Svadhithana

This is the center of sensuality, creativity, and emotional flow. A healthy sacral chakra allows you to feel deeply, express yourself freely, and connect with pleasure without shame. When blocked, you may feel emotionally flat, creatively stuck, or disconnected from intimacy.

- Location: Lower abdomen / womb space
- Governs: Reproductive organs, hips, liver, prostate, genitals
- Color Therapy: Orange
- Nourishment: Carrots, oranges, seeds, cinnamon
- Essential Oils: Jasmine, Sweet Orange, Ylang Ylang, Neroli
- Crystals: Carnelian, Sunstone, Orange Calcite, amber
- Journal Prompt: Where am I denying myself joy, pleasure, or creative freedom?



I ACT. I DECIDE. I TRUST MYSELF.

SOLAR PLEXUS CHAKRA

| Manipura

Your inner fire lives here. This is the chakra of confidence, personal power, and healthy boundaries. When balanced, you feel motivated and aligned in your decisions. When imbalanced, you may experience control issues, burnout, digestive problems, or self-doubt.

- Location: Upper abdomen
- Governs: Stomach, liver, pancreas, digestion
- Color Therapy: Yellow
- Nourishment: Whole grain and foods that support gut health. Pineapple, bananas, turmeric, lemon water, honey
- Essential Oils: Cedarwood, marjoram, lemon and frankincense
- Crystals: Citrine, pyrite, tiger's eye, amber, yellow tourmaline
- Journal Prompt: Where have I given away my power and how can I call it back?



I LOVE. I FORGIVE. I AM OPEN.

♥ HEART CHAKRA | Anahata

The heart chakra is the bridge between body and spirit where human and divine love meet. When balanced, you experience deep connection, compassion, and forgiveness. When blocked, you may carry grief, resentment, or emotional walls that limit your joy.

- Location: Center of chest
- Governs: Thymus, Heart, lungs, arms, thymus, respiratory system, breasts
- Color Therapy: Green or rose pink
- Nourishment: Leafy greens, avocado, cacao, green apples, pears, green beans
- Essential Oils: Rose, jasmine, geranium, clary sage, eucalyptus
- Crystals: Rose quartz, green aventurine, rhodochrosite, emerald, malachite, green jade
- Journal Prompt: What am I holding in my heart that I'm ready to release?

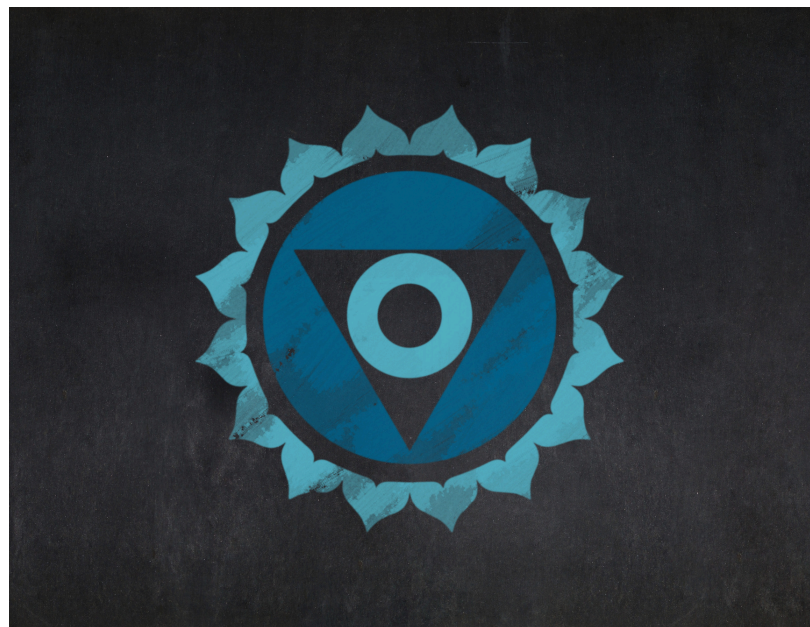


I SPEAK. I EXPRESS. I AM HEARD.

● THROAT CHAKRA | Vishuddha

This chakra governs your voice, your truth, and your ability to communicate clearly and authentically. When balanced, you speak with clarity, confidence, love and truth. When blocked or off balanced you may hold back feeling insecure about using your voice, people-please, or feel misunderstood.

- Location: Throat (between the collar bones)
- Governs: Thyroid, mouth, vocal cords, ears, nose
- Color Therapy: Blue
- Nourishment: Fruits with high water content and staying hydrated. Blueberries, blackberries, dragon fruit, plums
- Essential Oils: Eucalyptus, peppermint, frankincense, tea tree
- Crystals: Lapis Lazuli, sodalite, aquamarine, amazonite
- Journal Prompt: What truths am I afraid to speak out loud?

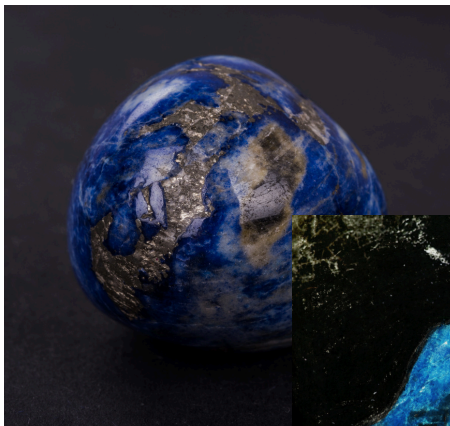


I SEE. I TRUST. I CHOOSE CLARITY.

● THIRD EYE CHAKRA | Ajna

Your inner wisdom and intuitive knowing reside here. When balanced, you feel spiritually connected, able to see beyond the obvious, and trust your inner voice. When imbalanced, you may experience brain fog, overthinking, or anxiety.

- Location: Mid forehead between the eyebrows
- Governs: Pineal gland, eyes, central nervous system
- Color Therapy: Indigo, dark blue/purple
- Nourishment: Foods that are high in omega -3 fatty acids and antioxidant rich foods. Raw cacao, walnuts, eggplant, figs
- Essential Oils: Clary sage, frankincense, sandalwood, cedarwood, spikenard, patchouli
- Crystals: Amethyst, lapis lazuli, moonstone, sodalite, lepidolite
- Journal Prompt: What am I sensing or intuiting and what would shift if I trusted it?



**I AM CONNECTED. I AM DIVINE. I
SURRENDER.**

● CROWN CHAKRA | Sahasrara

This is your portal to higher consciousness, divine wisdom, and the infinite. A balanced crown chakra brings peace, clarity, and spiritual alignment. When blocked, you may feel isolated, lost, or disconnected from meaning.

- Location: Top of the head
- Governs: Pituitary gland, cerebral cortex, skin, skeletal and muscular systems
- Color Therapy: Violet or White
- Nourishment: Clean diet and nutritious foods
- Essential Oil: Lavender, lotus, frankincense, neroli, myrrh, rose, spikenard
- Crystal: Clear quartz, selenite, amethyst, labradorite
- Journal Prompt: What reminds me that I'm part of something greater?



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 With Me

Explore what true balance feels like in your body, mind, and energy field.

Reiki and chakra-based healing can support you through deep transformation.

 Book a session at Wild Rose Sacred Healing
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