



*Emotional & Spiritual
Protection*
Chakra Meditation

CHAKRABLOOMCO.COM

Emotional & Spiritual Protection

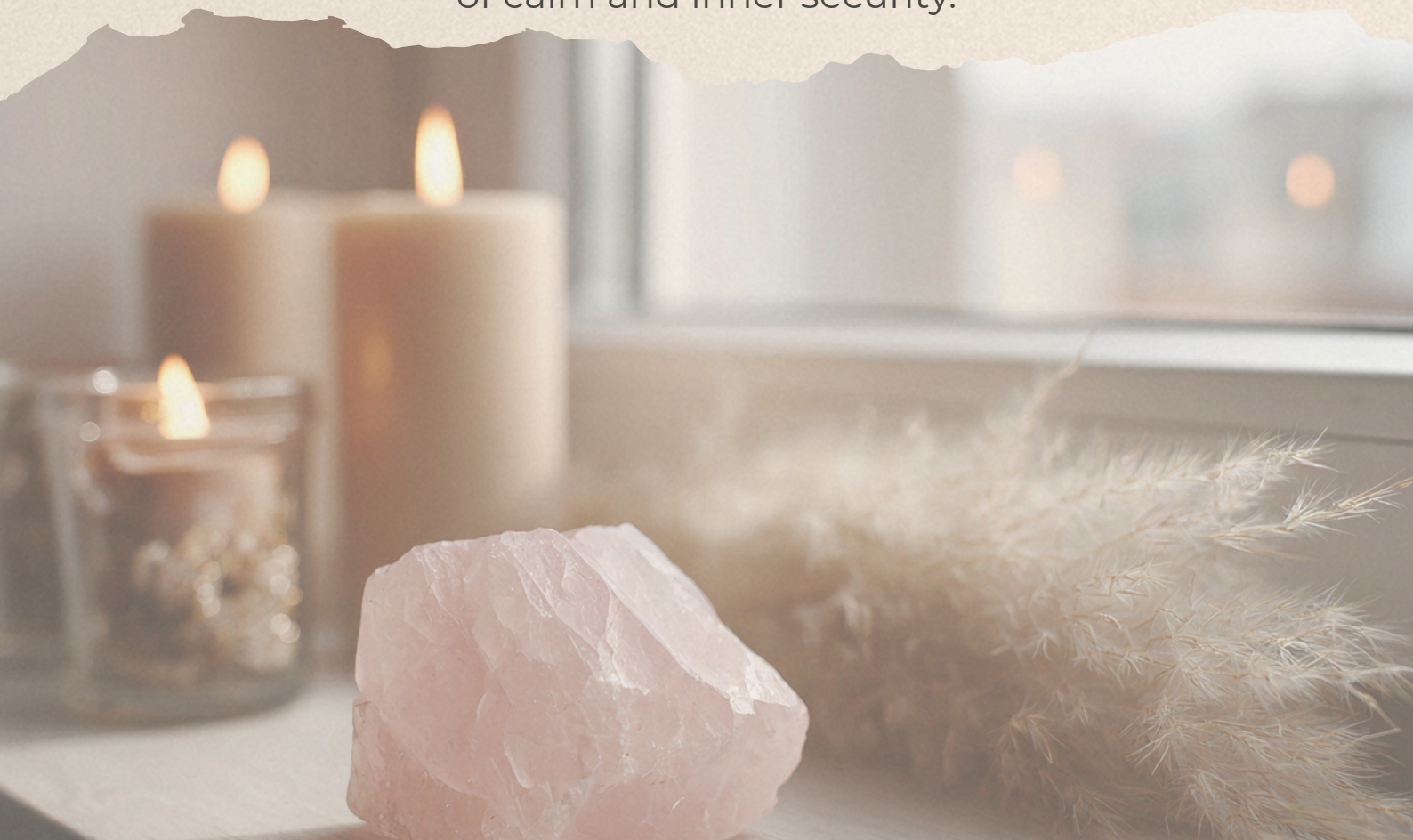
Emotional and spiritual protection is not about shutting yourself off from the world. It is about creating healthy energetic boundaries that allow you to remain open, compassionate, and grounded without becoming overwhelmed by external influences.

When we absorb too much from our surroundings, other people's emotions, stress, or negativity, we may feel drained, anxious, or disconnected from ourselves.

Chakra meditation for protection offers a gentle way to restore balance, strengthen boundaries, and feel safe within your own energy.

You don't need to harden yourself to feel safe.

A few minutes of chakra meditation can help you ground your energy, reinforce emotional boundaries, and reconnect with a sense of calm and inner security.



Emotional & Spiritual Protection & Us

Sensitive, empathic, or emotionally open people often feel deeply affected by their environment. Without strong energetic boundaries, it's easy to carry emotions that aren't your own



By bringing awareness and healing energy to specific chakras through meditation, you can strengthen your sense of self, release absorbed energy, and create a protective space that feels calm rather than restrictive.



Chakra's & Protection

Protection begins with grounding and balance. Two energy centres are especially supportive when creating emotional and spiritual boundaries.

Heart Chakra

Located in the centre of the chest, the heart chakra governs compassion and emotional balance. When protected and balanced, it allows you to remain open without becoming overwhelmed.



Root Chakra

Located at the base of the spine, the root chakra governs safety, grounding, and stability. When balanced, it helps you feel secure and supported in your body and environment.

Crystals for Protection

Crystals can help absorb, deflect, or neutralise unwanted energy. Focusing on their vibrational qualities during meditation can support a feeling of safety and calm.

In our ChakraBloomCo Protection set you'll find carefully chosen healing crystals such as:

Black Tourmaline

Often associated with grounding and energetic protection.

Clear Quartz

Amplifies intention and clarity.

Amethyst

Supports calm, clarity, and spiritual balance.



Meditation 101

The meditation experience is as unique to us as our fingerprints. What works for one definitely won't work for all!

For beginners, it's all about trial and error to see how you get the most out of your meditation.

For the more experienced meditator, trying new ways can elevate your experience to even higher frequencies.

Whether novice or expert, the tips below can help you learn or gently remind you, of some meditation foundations

Find your space

Choose somewhere quiet, comfortable, and safe where you won't be disturbed.

Ambiance

Create a calming environment, soft lighting, gentle music, or silence all work; follow your instincts.

Get Comfy

Sit or lie down with your body supported and relaxed. Make sure you're not hungry, thirsty or need the bathroom.

Breathwork

Breathe deeply into your abdomen with slow, steady breaths that gently expand the tummy help calm the nervous system.

Meditation 101

Distractions

Using headphones, earplugs, or an eye mask can help you focus and block distractions.

Switch off your gadgets or stick them on silent at least, and remove any wearables that may ping!

Focus

A wandering mind is normal, when your mind drifts, notice with kindness and bring your focus back.

There's no "right" experience, calm, restlessness, emotions, or stillness are all part of the practice.

Practice

Start small, even 3–5 minutes is enough, especially when you're beginning.

Gradually work up to longer meditations, but always follow your instincts, your higher self knows you well!

Becoming Present

Finish slowly, take a moment to come back to the present before moving.

Consider journaling any thoughts, feelings, or insights that came up.

10 Minute Chakra Meditation

1. Find your space

Sit or lie down in a comfortable position. If you're using crystals, hold one in your hand or place it near your body. Quietly set your meditation intention

2. Breathe deeply

Bring your awareness to your solar plexus and brow. Visualise a warm golden light in your abdomen and a soft indigo light between your eyebrows.

3. Root Chakra focus

Visualise the red light growing stronger.
Repeat: "I am safe and grounded."

4. Heart Chakra focus

Bring your awareness to the centre of your chest. Visualise a soft green light surrounded by a gentle protective glow.
Repeat: "I am protected and at peace."

5. Release tension

With each exhale, imagine the feelings or thoughts which no longer serve you well leaving your body, down through your feet and into the earth. With each inhale, picture yourself filling with calm, grounding energy.

6. Close with gratitude.

When ready, slowly open your eyes and thank yourself for taking time to nurture your well-being.

Remember

Protection does not mean closing yourself off.
Meditation can help you remain open while feeling safe, grounded, and supported within your own energy.

With regular practice, even just a few minutes a day, you may begin to notice stronger emotional boundaries, increased calm, and a deeper sense of inner security.



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Meditation helps you gently listen to your inner world. With regular practice, even just a few minutes a day, you may begin to notice greater self awareness, assertiveness and resilience.

Further meditation guides, e-books and journals available at chakrabloomco.com

Sources of Help

If you feel overwhelmed or you are struggling to cope, it's important to reach out for support. You do not have to go through this alone.

Meditation, Reiki, and crystal practices can offer comfort and grounding, but they are not a replacement for professional mental health care.

If you are in the UK, the following support is available:

URGENT HELP

Call 999 – If you or someone else is in immediate danger of harm

Call 111 – For urgent medical advice if it's not a life-threatening emergency.

24/7 Crisis Helplines

Samaritans – Free, confidential support anytime 116 123 (available 24/7)
Email: jo@samaritans.org Website: samaritans.org

Shout – Free, confidential text support - Text SHOUT to 85258 (available 24/7) Website: giveusashout.org

NHS Mental Health Helplines – Local 24-hour support [Find your NHS helpline](#)

Specialist Charities & Organisations

Mind – Information & support for anyone with mental health problems
0300 123 3393 (Mon–Fri, 9am–6pm) Website mind.org.uk

Rethink Mental Illness – Advice and support for living with mental illness.
0300 5000 927 (Mon–Fri, 9.30am–4pm) Website: rethink.org

YoungMinds – Mental health support for children & young people.
Text YM to 85258 (available 24/7) Website: youngminds.org.uk

CALM (Campaign Against Living Miserably) – Support for anyone feeling down or overwhelmed 0800 58 58 58 (5pm–midnight daily) Website: thecalmzone.net

Papyrus (HOPELINE247) – Suicide prevention support for people under 35.
0800 068 4141 - Text 07860 039967 - Email: pat@papyrus-uk.org -
Website: papyrus-uk.org