



Manifesting

Chakra Meditation

CHAKRABLOOMCO.COM

Manifesting

Manifesting is not about wishing without action. It is about clarity, intention, and alignment between what you desire and how you move through the world. When your energy feels scattered or unfocused, manifesting can feel frustrating or out of reach.

Chakra meditation for manifesting helps bring focus, confidence, and direction. It supports a clearer connection between intention, belief, and action.

You don't need to force outcomes or rush the process. A few minutes of chakra meditation can help align your energy, strengthen belief in your intentions, and support purposeful action



Manifesting & Us

When intentions feel unclear or confidence is low, it can be difficult to trust the manifesting process. Doubt, fear of failure, or overthinking can block momentum.



By bringing awareness and healing energy to specific chakras through meditation, you can reconnect with clarity, motivation, and belief in your ability to create change.



Chakras & Manifesting

Manifesting is closely linked to clarity and personal power. Two energy centres are especially supportive when working with intention and focus.

Third Eye Chakra

Located between the eyebrows, the third eye chakra supports vision, intuition, and clarity. When balanced, it helps you clearly imagine and trust your intentions.



Solar Plexus Chakra

Located just above the navel, the solar plexus chakra governs confidence, motivation, and action. When balanced, it supports decisiveness and follow-through.

Crystals for Manifesting

Crystals can support focus, belief, and energetic alignment. Focusing on their vibrational energy during meditation can help reinforce intention.

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

Tiger's Eye

Encourages confidence and determination.

Clear Quartz

Amplifies intention and clarity.

Sodalite

For speaking your truth, supporting decision making.



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. Solar Plexus Chakra focus

Visualise the golden light strengthening.
Repeat: "I take confident action toward my goals."

4. Third Eye Chakra focus

Visualise the indigo light becoming clear and steady.
Repeat: "My intentions are clear and aligned."

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

Manifesting is a process of alignment, not perfection.
Meditation can help you clarify intention, strengthen belief, and support purposeful action toward your goals.

With regular practice, even just a few minutes a day, you may begin to notice increased clarity, motivation, and confidence in your path.



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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