



Anxiety

Chakra Meditation

CHAKRABLOOMCO.COM

Anxiety & Us

In today's fast-paced world, anxiety has become something many of us face daily. Whether it's racing thoughts, restlessness, or the feeling of being constantly on edge, anxiety can leave us feeling ungrounded and disconnected from our authentic selves.



The good news is, you don't need a week long retreat to start finding balance again. A few minutes of chakra meditation can help calm your mind, steady your breath, and bring you back into the present moment.



Chakras & Anxiety

Anxiety often comes from a sense of instability and overthinking. Two energy centers are especially important to focus on during meditation for anxiety.

Heart Chakra

Found in the center of the chest, it governs compassion, peace, and emotional balance. When unsettled, the heart chakra can hold tension, worry, or sadness.



Root Chakra

Located at the base of the spine, it's connected to feelings of safety, security, and stability. When unbalanced, you may feel anxious, fearful, or scattered.

Bringing gentle awareness and healing energy to these chakras, can reduce anxious feelings and restore a sense of inner calm.

Crystals for Anxiety

Crystals can be wonderful companions during chakra meditation, especially when their grounding and calming vibrations harmonise with your chakras and bring back balance.

In our ChakraBloomCo Anxiety Chakra set, you'll find carefully chosen healing crystals such as:

Red Jasper

Grounds your energy and promotes stability

Amethyst

Calms the mind and eases restlessness.

Rose Quartz

Brings gentle comfort and emotional peace.



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

Close your eyes and take three slow, deep breaths. Inhale calm, exhale tension.

3. Root Chakra focus

Visualize a warm red light glowing at the base of your spine. Imagine it gently spinning, strong and steady. Silently repeat: "I am safe. I am grounded."

4. Heart Chakra focus

Move your attention to the center of your chest. Picture a soft green light expanding with every breath. Silently repeat: "I am calm. I am at peace."

5. Release tension

With each exhale, imagine worry leaving your body. 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

Anxiety is your body's natural protective response to stressful situations. It doesn't mean you're weak or broken, you just need to learn how to recognise, understand and master it.



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Meditation can help you to understand your inner feelings. With regular practice, even just a few minutes daily, you'll begin to notice more balance, calm, and resilience.

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

Sources of Help

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