



Self Care

Chakra Meditation

CHAKRABLOOMCO.COM

Self Care

Self care is not about indulgence or perfection. It is about listening to your body, your emotions, and your energy, and responding with kindness. When life feels demanding or overwhelming, it's easy to push your own needs aside.

Over time, neglecting rest and emotional care can leave you feeling depleted, disconnected, or emotionally drained.

Chakra meditation for self care offers a gentle pause, a moment to soften, slow down, and reconnect with yourself.

You don't need to earn rest or justify taking time for yourself.

A few minutes of chakra meditation can help calm the nervous system, restore balance, and remind you that your wellbeing matters.



Self Care & Us

When self care is neglected, we may feel exhausted, irritable, or emotionally distant. We may become overly critical of ourselves or struggle to slow down, even when rest is needed.



Bringing awareness and healing energy to specific chakras through meditation can help restore emotional balance, encourage compassion, and create space for rest without guilt.



Chakras & Self Care

Self care is closely linked to compassion and safety. Two energy centres are especially supportive when nurturing rest and emotional wellbeing.

Heart Chakra

Located in the centre of the chest, the heart chakra governs compassion, emotional balance, and self-kindness. When balanced, it supports gentleness toward yourself and emotional openness.



Root Chakra

Located at the base of the spine, the root chakra supports safety, grounding, and rest. When balanced, it allows the body and nervous system to relax and feel supported.

Crystals for Self Care

Crystals can support relaxation, emotional softness, and calm. Focusing on their vibrational energy during meditation can help encourage rest and self-acceptance.

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

Rose Quartz

Often associated with self-love, compassion, and emotional comfort.

Amethyst

Encourages calm, clarity, and emotional soothing.

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 abdomen and solar plexus. Visualise a warm yellow light glowing steadily, filling you with confidence and clarity.

3. Heart Chakra focus

Visualise the light softening and expanding.
Repeat: "I offer myself kindness and care."

4. Root Chakra focus

Bring your awareness to the base of your spine. Visualise a steady red light grounding and supporting you.
Repeat: "I am safe to rest."

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

Self care is not something you fit in once everything else is done. Meditation can help you reconnect with yourself, soften emotional strain, and create moments of calm within everyday life.

With regular practice, even just a few minutes a day, you may begin to notice greater emotional balance, self-compassion, and ease.



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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