



Heart Healing

Chakra Meditation

CHAKRABLOOMCO.COM

Heart Healing

Emotional pain can show up in many forms, heartbreak, grief, disappointment, or simply feeling closed off after a difficult experience.

When our hearts feel heavy, we may notice sadness, tension, or a sense of disconnection from ourselves and others.

Heart healing is not about forcing yourself to “move on” or feel better quickly. It’s about creating space to gently acknowledge what you feel and allowing compassion, softness, and balance to return in time.

You don’t need hours of practice or perfect stillness.

Just a few minutes of chakra meditation can help you reconnect with your heart, steady your emotions, and remind you that healing is *already* unfolding within you.



Heart Healing & Us

When emotional pain lingers, it often settles in the heart space. We may protect ourselves by closing off, holding tension in the chest, or avoiding vulnerability altogether.



Bringing gentle awareness and healing energy to the heart-centered chakras can support emotional release, self-compassion, and a renewed sense of inner peace.



Chakras & Heart Healing

Emotional healing is closely linked to how safe we feel expressing and receiving love. Two energy centers are especially important to focus on during meditation for heart healing.

Heart Chakra

Located in the center of the chest, the heart chakra governs love, compassion, forgiveness, and emotional balance. When unbalanced, you may feel grief, emotional pain, loneliness, or guardedness.



Root Chakra

Located at the base of the spine, the root chakra supports feelings of safety and stability. When emotional wounds feel overwhelming, grounding the root chakra helps you feel supported as your heart heals.

Crystals for Heart Healing

Crystals can be comforting companions during heart-centered chakra meditation. Their gentle vibrations can support emotional balance, compassion, and grounding as you move through healing.

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

Red Jasper

Provides grounding and stability, helping you feel safe while healing.

Green Aventurine

Supports emotional recovery and helps restore harmony in the heart.

Rose Quartz

Encourages unconditional love, emotional comfort, and self-compassion.



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 the base of your spine. Visualize a warm red light glowing steadily, grounding and supporting you. Silently repeat: "I am safe. I am supported."

3. Heart Chakra focus

Now move your attention to the center of your chest. Picture a soft green or pink light glowing gently with each breath. Silently repeat: "I allow my heart to heal."

4. Root Chakra focus

With each exhale, imagine emotional heaviness leaving your body, down through your abdomen, legs and feet, and expelling the negative energy into the earth.

5. Release tension

With each inhale, feel warmth, compassion, and softness filling your heart and flowing down to your root chakra. Picture yourself filling with calm, grounding & high vibrational energy.

6. Close with gratitude.

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

Remember

Healing the heart is not a linear journey. Some days will feel lighter than others, and that's okay.

Emotional pain does not mean you are broken, it means you have cared deeply.



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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 softness, emotional balance, and self-compassion returning.

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

Sources of Help

If emotional pain feels overwhelming 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