



Good Luck
Chakra Meditation

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Good Luck

Good luck is often thought of as chance, but energetically it is closely linked to alignment, confidence, and openness to opportunity. When your energy feels blocked or misaligned, you may feel as though things never quite go your way.

Periods of uncertainty, self-doubt, or fear of failure can disconnect us from our natural sense of flow. Chakra meditation can help realign your energy, strengthen trust in yourself, and gently open you to positive possibilities.

You don't need to control every outcome to invite good fortune.

A few minutes of chakra meditation can help clear energetic blocks, strengthen intention, and support a mindset that notices opportunity rather than fear.



START

Good Luck & Us

When we feel unlucky, it is often because confidence has faded or we no longer trust our instincts. We may hesitate, second-guess ourselves, or avoid opportunities altogether.



Bringing awareness and healing energy to specific chakras using meditation can help restore balance, improve self-belief, and create an inner sense of readiness for positive change.



Chakras & New Beginnings

Good luck is closely linked to confidence and openness. Two energy centres are especially supportive when working with themes of opportunity and positive outcomes.

Crown Chakra

Located at the top of the head, the crown chakra supports trust, awareness, and openness to possibility. When balanced, it allows you to feel connected and receptive rather than fearful or closed off.



Solar Plexus Chakra

Located just above the navel, the solar plexus chakra governs confidence, motivation, and personal power. When balanced, you feel capable, decisive, and willing to take chances.

Crystals for Good Luck

Crystals can bring good luck and foster optimism during life's transitions. By focusing on their vibrational energy, you can attract positive outcomes and maintain a harmonious balance in your life.

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

Green Aventurine

Often associated with opportunity, growth, and positive outcomes.

Carnelian

Encourages confidence, motivation, and forward movement.

Tiger's Eye

For strength and clarity, 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. Solar Plexus Chakra focus

Visualise the yellow light strengthening and expanding.
Repeat: "I trust myself and my abilities."

4. Crown Chakra focus

Bring your awareness to the top of your head. Visualise a soft white or violet light opening gently.
Repeat: "I am open to positive opportunities."

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

Good luck often arrives when confidence and openness meet intention. Meditation can help centre your awareness, strengthen trust in yourself, and shift your focus toward opportunity rather than fear.

With regular practice, even just a few minutes a day, you may begin to notice greater self-belief, clarity, and readiness to act when opportunity presents itself.



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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