



New Beginnings

Chakra Meditation

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New Beginnings

Change can feel exciting, unsettling, or both at once. New beginnings often bring hope for the future alongside uncertainty about what lies ahead.

Whether you're starting a new chapter by choice or circumstance, it's natural to feel unsteady as you step into unfamiliar territory.

You don't need to have everything figured out to move forward.

A few minutes of chakra meditation can help ground your energy, ease fear of the unknown, and gently support you as you begin again.



New Beginnings & Us

Transitions ask us to let go of what was while trusting what is yet to come. When we resist change, we may feel anxious, stuck, or disconnected from our inner confidence.



Bringing awareness and healing energy to specific chakras using meditation can help restore balance, encourage adaptability, and create a sense of safety during times of change.



Chakras & New Beginnings

New beginnings are closely linked to stability and creativity. Two energy centres are especially supportive during periods of transition.

Sacral Chakra

Located just below the navel, the sacral chakra governs creativity, flow, and adaptability. It supports emotional movement and openness to new experiences.



Root Chakra

Located at the base of the spine, the root chakra supports feelings of safety, grounding, and stability. When unbalanced, change may trigger fear, insecurity, or restlessness.

Crystals for New Beginnings

Crystals can support grounding and optimism during life transitions. Focusing on their vibrational energy can maintain your body's natural resonance and rhythm during times of change.

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

Red Jasper

Provides grounding and stability during transitional periods.

Carnelian

Encourages confidence, motivation, and forward movement.

Moonstone

Supports emotional balance and fresh starts.



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.

3. Root Chakra focus

Visualise the warm red light growing, glowing and grounding you deeper to the earth.

Repeat: "I am safe as I move forward."

4. Sacral Chakra focus

Bring your awareness upwards, over your abdomen. Visualise a soft orange glow below the navel.

Repeat: "I welcome new beginnings with ease."

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

Every beginning unfolds at its own pace. Trust yourself and allow each step to arrive in its own time

Change can be daunting, exiting, terrifying and exhilarating all at once. Meditation can help to centre your inner awareness, manage all emotions and settle your soul during transitional periods.



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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 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