



*Wellbeing*

Chakra Meditation

CHAKRABLOOMCO.COM

# Wellbeing

Wellbeing is about balance, physically, emotionally, mentally, and energetically. When life feels busy or demanding, it's easy to focus on getting through the day rather than nurturing overall health and harmony.

Over time, imbalance can leave you feeling disconnected, tired, or emotionally flat. Chakra meditation for wellbeing offers a gentle way to check in with yourself, restore balance, and support your whole system.

***You don't need to fix everything at once.***

***A few minutes of chakra meditation can help you reconnect with your body, calm the mind, and support a sense of steady, sustainable wellbeing.***



# Wellbeing & Us

When wellbeing is out of balance, we may notice low energy, emotional ups and downs, difficulty concentrating, or a sense of disconnection from ourselves.



**By bringing awareness and healing energy to multiple chakras through meditation, you can support overall balance, encourage resilience, and create space for both rest and vitality.**



# Chakras & Manifesting

Wellbeing is supported by grounding, emotional balance, and connection. Three energy centres work together to support a sense of wholeness.

## Crown Chakra

Located at the top of the head, the crown chakra supports awareness, meaning, and connection to something greater than yourself. When balanced, it encourages perspective and calm.



## Heart Chakra

Located in the centre of the chest, the heart chakra supports emotional balance, compassion, and connection. When balanced, it helps regulate emotional wellbeing.

# *Crystals for Wellbeing*

Crystals can support relaxation and mental quiet. Focusing on their gentle energy during meditation can help ease the transition into rest.

**In our ChakraBloomCo Wellbeing set you'll find carefully chosen healing crystals such as:**

## *Green Aventurine*

Supports emotional balance and renewal.

## *Amethyst*

Encourages calm and mental clarity.

## *Clear Quartz*

Often associated with balance, clarity, and overall energetic support.



# 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 solar plexus and brow. Visualise a warm golden light in your abdomen and a soft indigo light between your eyebrows.

## 3. Heart Chakra focus

Visualise a soft green light filling your chest.

Repeat: "I am balanced and at ease."

## 4. Crown Chakra focus

Visualise a gentle white or violet light at the top of your head.

Repeat: "I am connected and whole."

## 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

Wellbeing is not a destination, it is an ongoing relationship with yourself.

**Meditation can help you stay connected to your needs, support balance, and create space for both rest and growth.**

With regular practice, even just a few minutes a day, you may begin to notice greater resilience, emotional balance, and overall well-being.



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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](http://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](mailto:jo@samaritans.org) Website: [samaritans.org](http://samaritans.org)

**Shout** – Free, confidential text support - Text SHOUT to 85258 (available 24/7) Website: [giveusashout.org](http://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](http://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](http://rethink.org)

**YoungMinds** – Mental health support for children & young people.  
Text YM to 85258 (available 24/7) Website: [youngminds.org.uk](http://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](http://thecalmzone.net)

**Papyrus** (HOPELINE247) – Suicide prevention support for people under 35.  
0800 068 4141 - Text 07860 039967 - Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) -  
Website: [papyrus-uk.org](http://papyrus-uk.org)