

# CLEAR YOUR CHAKRAS IN 3 SIMPLE STEPS

BY MINDY ARBUCKLE



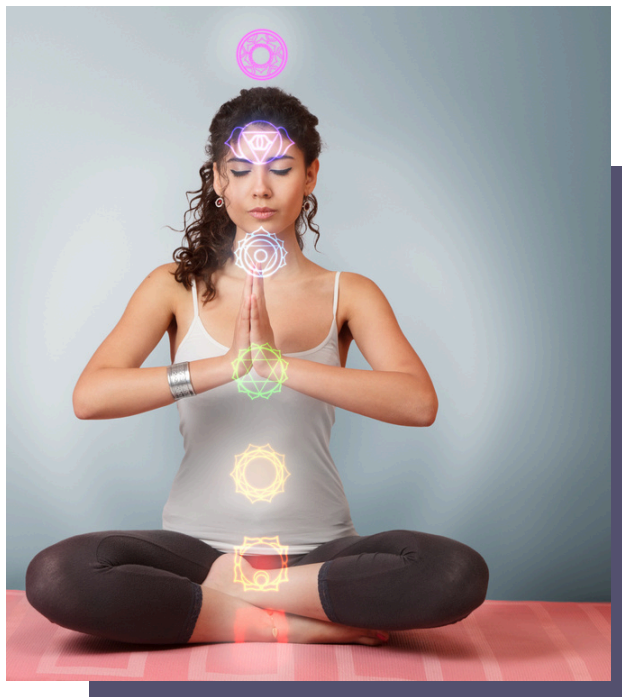
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# ABOUT CHAKRAS



Whether we are looking at the physical body, the substances all around us or the emotions that we feel, it is all based in energy. Even the physicists agree. Everything comes down to electrons, protons and neutrons vibrating at a specific rate to create our whole world. Some kinds of energy like electricity we can measure and direct with the knowledge of western science. Other things like the chakras aren't as quantifiable, yet we know they are there. Ancient cultures throughout the world recognized these energies and they are still just as applicable in today's world.



Working with the energy of your chakras offers you the ability to look at yourself and your world with new, fresh eyes, shifting your perspective and guiding you toward ultimate freedom.

Chakras are energy centers within the subtle body that are located along the spine. Working with the chakras allows you to learn about yourself and approach the body and mind in a loving, compassionate way. You learn to free yourself of unhealthy habits and replace them

with a more positive existence. It improves the health of your energy system, mind and physical body. You will learn to identify patterns in your life that cause dis-harmony and can lead to disease. Through this identification you can remove the blockages. Ultimately, you can take control of your overall health and wellbeing.

There are many ways in which you can clear, balance and heal your chakras: crystals, sound, mantra, intention, color therapy are just a few. One of the tenants of all chakra work is recognizing patterns of the small self so you can break the cycle of suffering we put ourselves through. My three step process will bring a deeper awareness of your true nature and allow you to consciously choose new patterns, thoughts and habits.



There are seven primary chakras located in the body. The word chakra (pronounced *chak – ra*, like a piece of chalk) comes from Sanskrit: “wheel of light.” They serve as spinning vortexes of energy that collect and transmit subtle energies for our physical, emotional and spiritual well-being.

The three lower chakras contain lots of energy and are there to help you fulfill your wants and desires. The upper chakras are more consciousness (and less matter) and relate to our thinking and more spiritual selves. The heart chakra is where the two groups meet in the middle to find harmony through love.

Low vibrational energies such as self-doubt, shame, anger, lack of trust, violence, loss, drug abuse, betrayal, bullying, ignoring feelings, abuse, trauma and neglect are all things that can block a chakra and require clearing the dense energy held in the physical, energetic and mental bodies for healing to occur.

### **Root Chakra (Muladhara)**

**Basic energy:** Grounded physically and emotionally, centered, stable, loyal, secure, patience, structure, the ability to provide for life’s necessities, the ability to manifest your dreams, and healthy functions of elimination. Survival, foundation. Building the life you desire.

**Imbalanced energies:** Insecurity, fear, aggression, anger, elimination problems, reduced physical and mental resistance, varicose veins, colon cancer, depression.

### **Sacral Chakra (Svadhithana)**

**Basic energy:** Creativity, positive sexual functions, well-being, pleasure, abundance, deservedness, responsible relationships, to know who you are and what you do is enough, to create healthy boundaries to protect your vital life force. Desires, emotions, allowing life to flow.

**Imbalanced energies:** Guilt, rigid emotions, obsessiveness, envy, problems with reproductive organs or kidneys, irresponsible relationships, sexual perversions, low back pain, sciatica, urinary problems, fertility issues.



### Solar Plexus Chakra (Manipura)

**Basic energy:** Strength and inner balance, personal power, confidence, commitment, self-esteem, identity, discernment, personal honor, freedom of choice, leadership, physical vitality, responsibility for making decisions, this is where inspiration and good health is developed, to develop a strong and resilient ego, to know you are worthy simply because you exist.

**Imbalanced energies:** Swallowed emotions, anger, greed, shame, despair, feeling worthless, not having a strong sense of self, being a follower, easily intimidated, aggression, selfishness, egotistical, problems with digestion, the liver, the gallbladder, the pancreas, not enough strength or energy, ulcers, diabetes, anorexia/bulimia.

### Heart Chakra (Anahata)

**Basic energy:** Love, kindness, compassion, forgiveness, service, balance, unity, peace, purity, brotherhood/sisterhood, understanding qualities in others, allowing love to be the center of your life, embracing life, being capable of love and compassion for self and others, attitude of happiness, joy, and delight, allowing emotions to move through you.

**Imbalanced energies:** Sadness, grief, hatred, resentment, self-centeredness, attachment, heartlessness, easily hurt, fear of rejection, loneliness, insecurity, dependent on love and affection from others, heart and lung problems, blood pressure problems, breast and lung cancers.

### Throat Chakra (Vishuddha)

**Basic energy:** Center of truth, language, teaching, inspiration, creativity, will, integrity, responsibility, knowledge, ability to communicate effectively with others, truthful living, to harness your will, express your highest truth, live creatively, releasing feelings through expressing yourself, having a clear sense that expressing your truth is key to individuality.

**Imbalanced energies:** Lethargy, weakness in expressive abilities, insecurity, being judgmental and over critical, lying, exaggerating, suppression, fear of others judgments and opinions, voice problems, thyroid and throat problems, TMJ.



### Third Eye Chakra (Ajna)

**Basic energy:** Wisdom, discernment, imagination, power of projection, center of intuition, knowledge, visualizing, fantasizing, concentration, clairvoyance, understanding your purpose, to distill wisdom from your life experiences, both good and bad, to focus your intelligence, to know who and what are for your highest good and greatest joy, ability to read between the lines/beyond the senses.

**Imbalanced energies:** Confusion, depression, rejection of spirituality, analytical thinking without incorporating emotional or spiritual aspects of life, lack of faith, headaches, eye and ear problems, learning disabilities.

### Crown Chakra (Sahasrara)

**Basic energy:** Enlightenment, oneness with all that is, grace, beauty, serenity, the seat of your soul, connection to the Highest Self, cultivating bliss, surrendering to what is, developing holistic and universal principles of acceptance, respect; selfless realization of our connection with the greater whole of life, creating a vital and resilient spiritual context for holding our life experiences, knowing that we never do anything without the help of a higher source.

**Imbalanced energies:** Fear of death, grief, limited ideas of the Self and the universe, the feeling of separation from existence, lacking the ability to trust life, lacking values and ethics, believing that you are a part of an intellectual or spiritual elite, skepticism.

Now that you are familiar with the basic qualities of each chakra, what feels balanced and how the imbalances show up, you are ready to learn my three step process to clear the negative energy and move back towards your full potential with vitality and passion.

# 3 STEP PROCESS



## 01. STEP ONE

**See what's in the way of you living your highest life.**

- Identify the low vibration emotion.
- Where do you feel it? What chakra is it related to?

## 02. STEP TWO

**Acknowledge and feel the emotion.**

- Touch the area of your body you feel the emotion.
- Breathe deep.
- Say hello to what is surfacing and send it love.

## 03. STEP THREE

**Learn from it.**

- Just be with the energy and listen—it may speak to you easily, it may not.
- Ask her questions. Be friendly and curious with yourSelf.
- If she doesn't want to talk, don't force it. Just be with the energy.
- Once it feels right, surrender the emotion with a few cleansing exhales and replace it with love and forgiveness.
- Fill in the chakra with healing white or golden light from your hands.

## MOVE BACK INTO YOUR DAY WITH SPIRIT ALIGNED ACTIONS



## MINDY ARBUCKLE

Chakras have been a steady part of Mindy's spiritual journey for the last 25 years. As an Holistic Coach, she uses the chakras to help her clients clear their shit and embodying their passion, purpose and authenticity.

Ready to go deeper? Contact Mindy to explore how chakra alignment can unlock your fullest potential — or download the [SOULutions App](#) to start your free 7-day trial and begin your transformation today.

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