

MORNING CHAKRA BALANCING RITUAL



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For You

Good morning sunshine!

Enjoy feeling light and heavy at the same time as you slowly become aware of the new day. Notice the softness of the sheets and the weight of the covers. Your thoughts are neutral and you have a smile on your face: you received another gift of today.

1. Place hands in heart shape on your pelvic area. This is your root chakra. Imagine a deep red color. Feel the feeling of safety and belonging. **You are grounded and safe.** (earth)
2. Place hands in shape of a bowl on lower abdomen. This is your sacral chakra. Imagine a burnt orange color. Feel the feeling of confidence, joy and contentment. **Honor your creativity** (water)
3. Place hands in a triangle on area just above belly button. This is your solar plexus chakra. Imagine a golden yellow color. Feel the feeling of energy, vitality and willpower. **Trust your power** (fire)
4. Place hands with thumbs interlaced on center of the chest. This is your heart chakra. Imagine an emerald green color. Feel the feeling of love for self and others, a feeling of wholeness. **Be love** (air)
5. Place hands on throat/ neck area in the shape of a shell. (wrap your left thumb with fingers from right hand. Your right thumb touches the tip of your pointer finger of the left hand) This is your throat chakra. Imaging the color turquoise. Feel the feeling of authentic thought, creativity and expression. **Express yourself** (ether)
6. Place hands in prayer shape in center of eyebrows (little above). This is your third eye chakra. Imaging the color indigo. Feel the feeling of wisdom, imagination and insight. **Welcome intuition.** (light)
7. Raise hands pressed together from heart center to above head. The crown chakra is located on top of head. Imagine the color of diamond white or violet energy. Feel the feeling of fulfillment, bliss and balance. **Unite with the divine.** (energy)

Smile and gently massage your face. Massage and tuck a little on your ears. Then when getting up put first one toe on the ground and gently roll and put weight onto feet. Greet the day with a big overhead stretch, enjoy looking out your window and listen for the sounds of the morning.

Have a beautiful day!!

Ellen