



# CHAKRA VIBRATIONAL GUIDEBOOK

An easy guidebook to use for anyone who is wanting to  
align their Mind, Body & Soul

Nicola Paull



My journey into alternative therapy began later in life. I had experienced trauma in a setting that did not accommodate any form of healing. I realised that my life had to change and with that my mind, body and soul became open to the life of alternative therapy.

Since this process has begun, I have qualified as a Rahanni spiritual healing teacher and a VCTC holistic therapy teacher. Both of these occupations have bought a sense of abundance for myself and others for over a decade now.

Chakras was one of the very first spiritual tools I mastered when I began exploring alternative therapy. It helped me to be more aware of my health, internal emotions and blockages, through providing a deeper understanding of unanswered questions that I needed resolving.

Our need for understanding and resolve will be touched on in this free-guidebook, however, if you are interested in the longevity of chakras, I would suggest booking in for a Chakra Masterclass.

*Nicola Paull*



# TABLE OF CONTENTS

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## THE INTRODUCTION TO CHAKRAS PAGE 1 - 3

7 Chakra meanings - Let's get to know what they are

## HOW TO CLEANSE YOUR CHAKRAS PAGE 4 - 5

2 easy chakra cleanses - Techniques on how to cleanse your chakras

## HOW TO UNBLOCK CERTAIN CHAKRAS PAGE 6 - 7

4 simple chakra poses - Practise these daily

## TESTIMONIALS PAGE 8

Read these inspiring stories

## THE CHAKRA WORKSHEET PAGE 9

Practice cleansing and unblocking your chakras

## THE MINDFULNESS CHALLENGE PAGE 10

Unmask your inner most self

## CHAKRA BALANCING MASTERCLASS PAGE 11

Recharge and balance your chakras in this 1:1 live session with Nicola



## The Introduction to Chakras

To function at their best, your chakras need to stay open, or balanced. If they get blocked, you may experience physical or emotional symptoms related to a particular chakra.

There are seven main chakras that run along your spine. They start at the root, or base, of your spine and extend to the crown of your head.

The chakra system refers to the energy centers we have in our bodies.

There are seven major chakras, each in a specific location along your spine. Let's look at each one more closely

## 7 Chakra meanings

### Root chakra

The root chakra, or Muladhara, (colour - red) is located at the base of your spine. It provides you with a base or foundation for life, and it helps you feel grounded and able to withstand challenges. Your root chakra is responsible for your sense of security and stability.

### Sacral chakra

The sacral chakra, or Svadhisthana, (colour - orange) is located just below your belly button. This chakra is responsible for your sexual and creative energy. It's also linked to how you relate to your emotions as well as the emotions of others.

### Solar plexus chakra

The solar plexus chakra, or Manipura, (colour - yellow) is located in your stomach area. It's responsible for confidence and self-esteem, as well as helping you feel in control of your life.

## Heart chakra

The heart chakra, or Anahata, (colour - green) is located near your heart, in the centre of your chest. It comes as no surprise that the heart chakra is all about our ability to love and show compassion.

## Throat chakra

The throat chakra, or Vishuddha, (colour - blue) is located in your throat. This chakra has to do with our ability to communicate verbally.

## Third eye chakra

The third eye chakra, or Ajna, (colour - purple) is located between your eyes. You can thank this chakra for a strong gut instinct. That's because the third eye is responsible for intuition. It's also linked to imagination.

## Crown chakra

The crown chakra, or Sahasrara, (colour - violet) is located at the top of your head. Your Sahasrara represents your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose.



## How to cleanse your Chakras

If you've been feeling less vital and energetic or in an emotional funk, it's possible that you have a chakra that is clogged or stuck.

Contrary to popular belief, chakras are not the newest fad in the yoga world, but rather an ancient system for understanding your body's energy.

If you have been around lots of people or negative energy, you are more than likely due to experience low mood. This is because you are allowing other peoples energy into your personal space, without realising.

Although you could experience positive energy, we often find negative energy attaching itself to us. This is when you will need to go through a cleansing process, which you will learn next.



## 2 Easy Chakra Cleanses



### Mindfulness breath style

While taking in deep and even breaths, visualise each chakra, from the root to the crown. Imagine energy flowing in and out of each. Don't forget to incorporate each chakra's colour in your visualisation.



### Visualise your golden cloak

When you are around someone who gives off a negative energy your aura needs to be protected. This is done by visualising a golden cloak covering your head all the way down to your toes. The cloak takes a couple of minutes to take effect, so trust the process and leave yourself enough time.





## How to unblock certain Chakras

A great way to promote balance in a Chakra is to create alignment in your physical body through:

- Yoga Postures
- Breathing practices to encourage the flow of energy
- Meditation to bring about clarity of mind
- Each chakra has a Yoga pose that may help fine-tune its energy.

Here are some poses that may help you unblock your 'Root' 'Crown' 'Solar Plexus' 'Sacral' Chakras

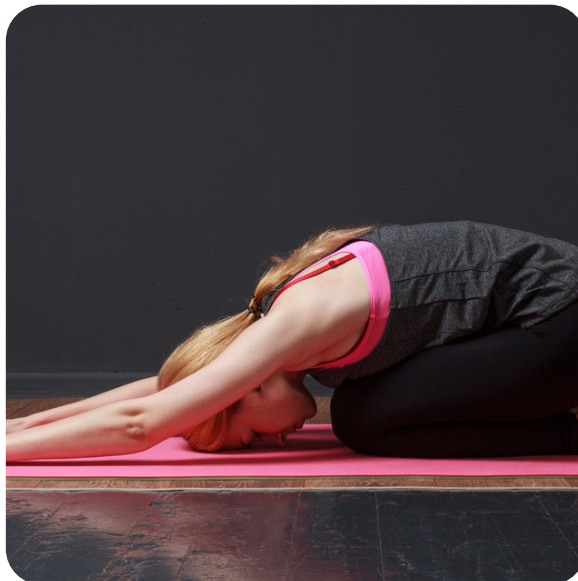
DISCLAIMER: Please take caution when attempting these poses.

# Four Simple Chakras Pose

ROOT



CROWN



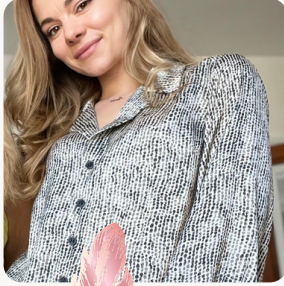
SOLAR PLEXUS



SACRAL



## Happy Clients Says:



Carla Nicole said....

I now use the Yoga Pose techniques daily to help cleanse and unblock my chakras. I have noticed my body works more harmoniously with the aid of my aligned Chakras.



Alexandra Pearce Said....

Since I have been using these chakra techniques, my mind has become clearer and I feel a sense of balance within my 'Root' which has made me feel more grounded and secure within my life.

# The Chakra Worksheet Page

Pick three chakras to practise on for around 5 minutes. With each one, write down how you feel after cleansing or unblocking them.

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2

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3

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# The Mindfulness Challenge

In this section, we will unmask your innermost self

Which Chakra are you struggling with? write down how it would make you feel if you could change this:

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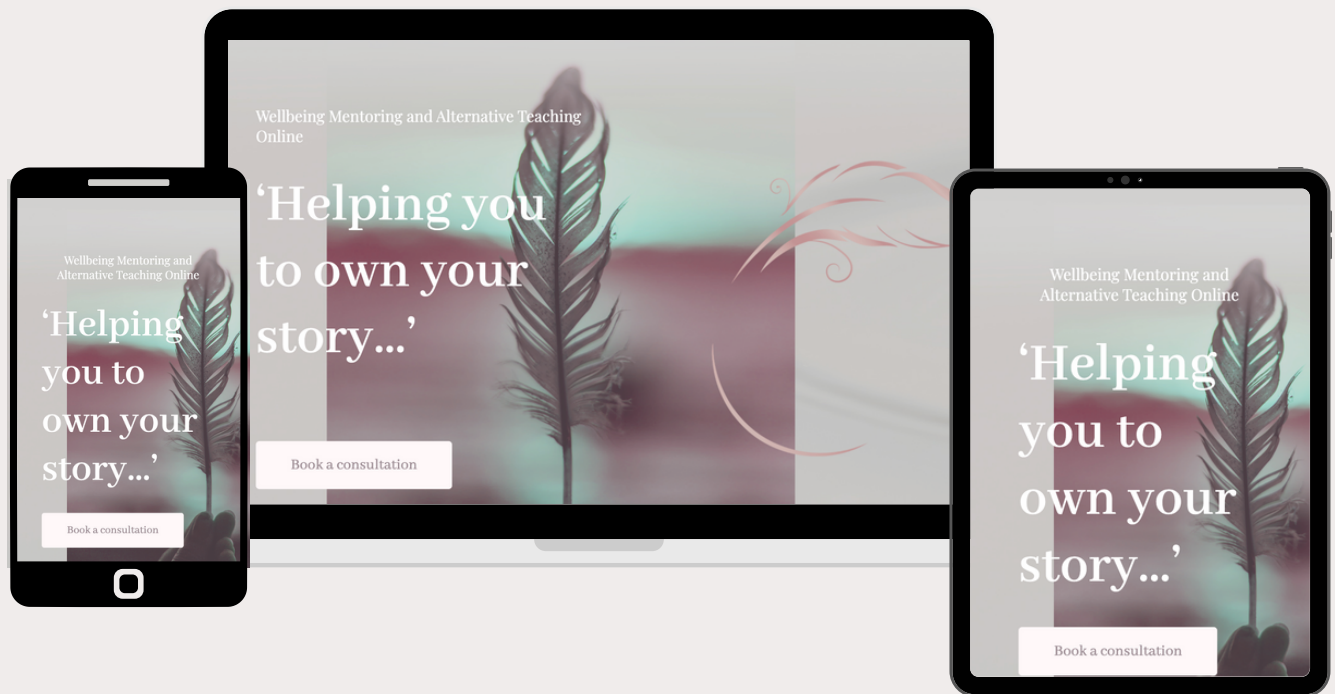
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Take a Masterclass in Chakra Balancing.

Original Price £75

Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to unblock and cleanse your aura and how to protect yourself from negative energy. In this one-to-one online session, we will dedicate 1 hour to going through each chakra. By the end you will understand how the Chakras compliment each other by using certain techniques that you can use in your everyday life.

[JOIN MASTERCLASS](#)