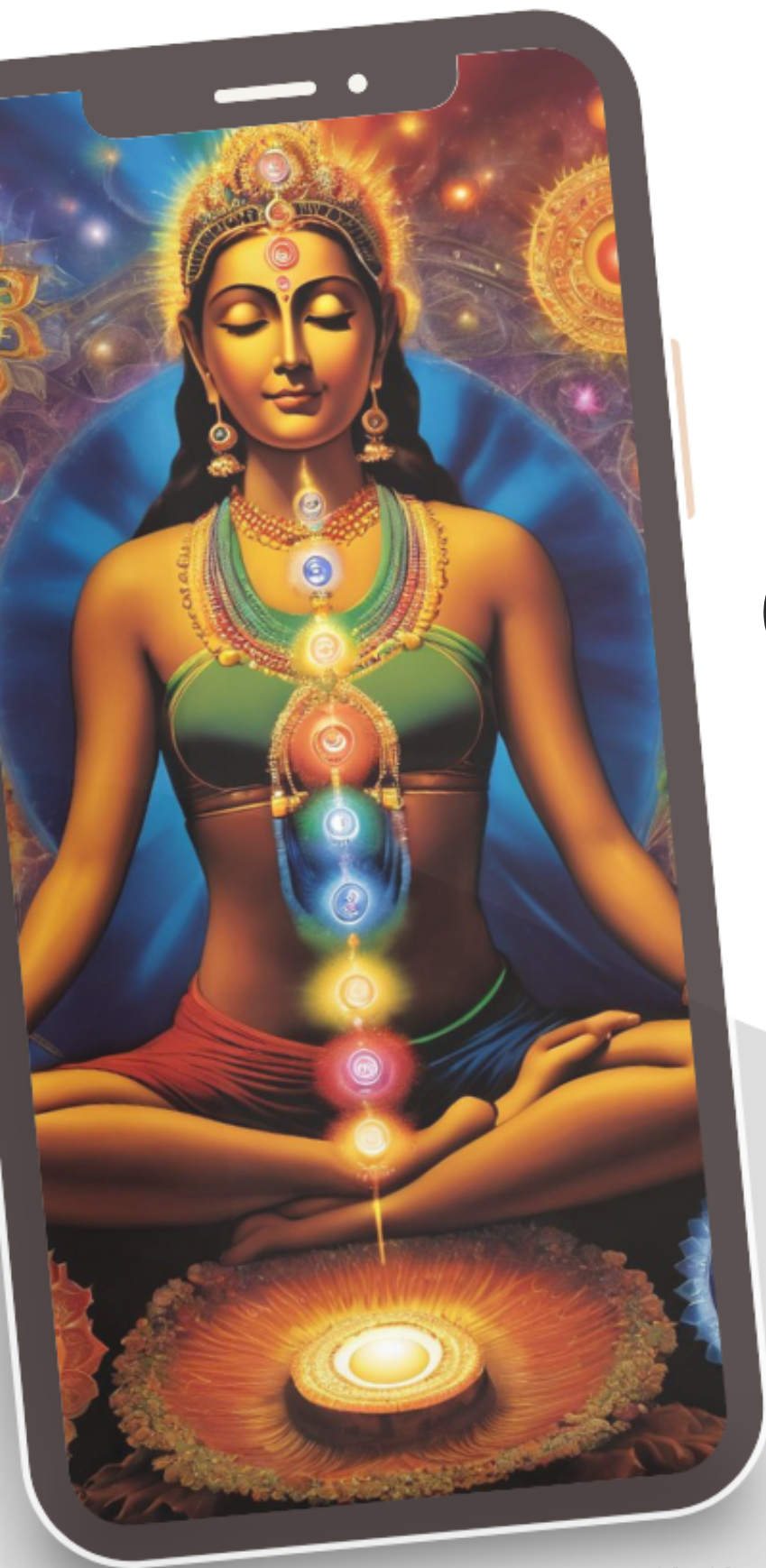


VISIT WWW.REIKIHIPPIE.COM FOR MORE TIPS



Chakra

GUIDE



@reikihippie

R



Chakra Guide

✨ How to Use This Guide

This booklet is your companion as you move through the chakras. It gives you clear, simple practices you can return to anytime.

The Chakra Course goes into more depth on each chakra, don't forget to check the blog posts on the website @ www.reikihippie.com



01 ● Root Chakra – Safety & Belonging

- Theme: Grounding, stability, survival.
- Affirmation: “I am safe. I belong. I am supported.”
- Practice: Walk barefoot on the earth, visualize red light at the base of your spine.

Journal Prompt: Where do I feel most secure in my life right now?

SYMBOLIC FEATURES OF MŪLĀDHĀRA CHAKRA (ROOT)

Location:

Base of spine,
pelvic floor

Lotus:

Four crimson
petals

Bija Mantra;

पृथे (Prthvī— Earth)

Presiding Deity;

श्री गणेश (Śrī Ganēsa)

Energy (Ś'akti)

Kūṇḍalini Śākti
lies dormant, coiled
three and a half-times
around the self-
luminous *lingā*

Animal Symbol:

Elephant
(strength + atok)

Burdock
(purification
+ rooting)



Crystals

Red Jāasper Smoky Quartz
stability S. grounding
endurance & projection

Black Hematite
e(nsegetic balance
+ shield + presence

Essential Oils:

- Patchouli
- Vetiver
- Cedarwood
- Frankincense

"I am safe.
I am grounded."
I belong here."

Herbs/Plants:

- Patchouli
- Vetiver
- Cedarwood
- Frankincense



"I am safe. "I am grounded.
"I am grounded." I belong here.
"The Earth supports me always."

Reiki Hippie

tools to keep your vibe high



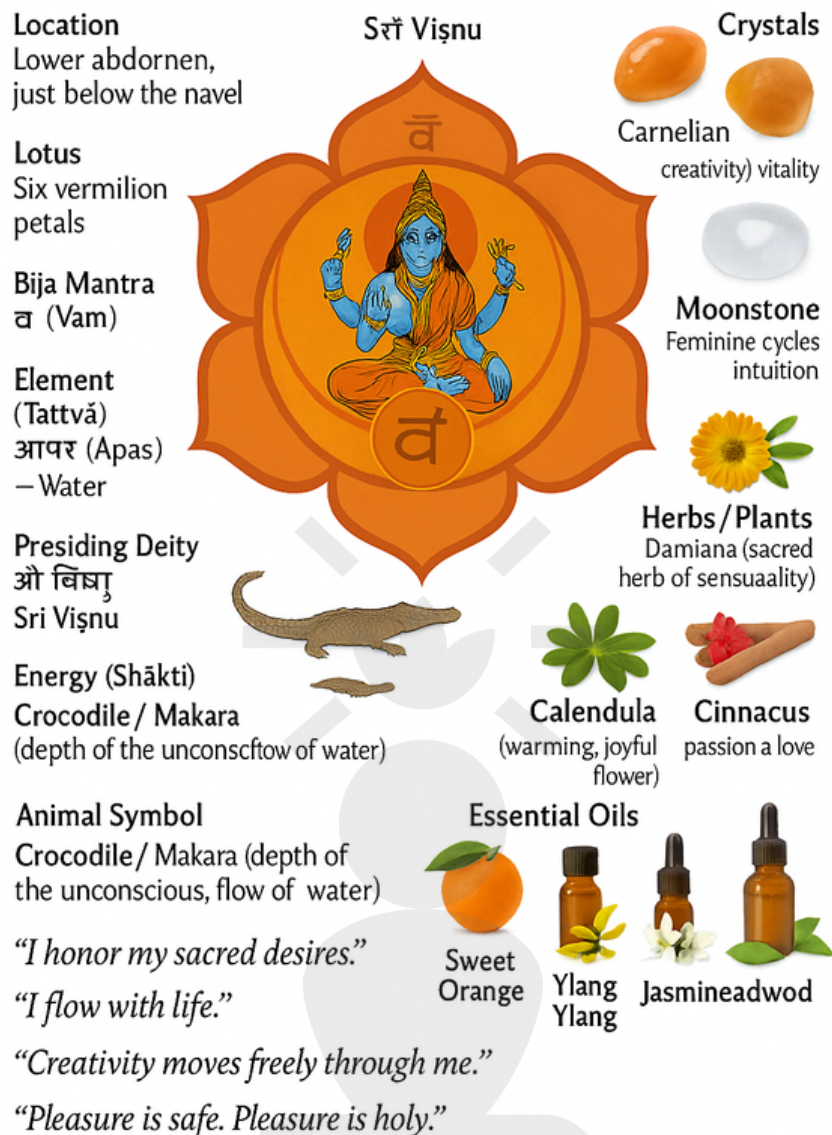
02

● Sacral Chakra – Creativity & Flow

- Theme: Pleasure, emotions, relationships.
- Affirmation: “I honour my desires. I flow with life.”
- Practice: Dance freely to music, place hands below your navel, imagine orange light.

Journal Prompt: What brings me joy and creative spark?

SYMBOLIC FEATURES OF SVĀDHIŚTHĀNA CHAKRA (SACRAL)



Reiki Hippie



03

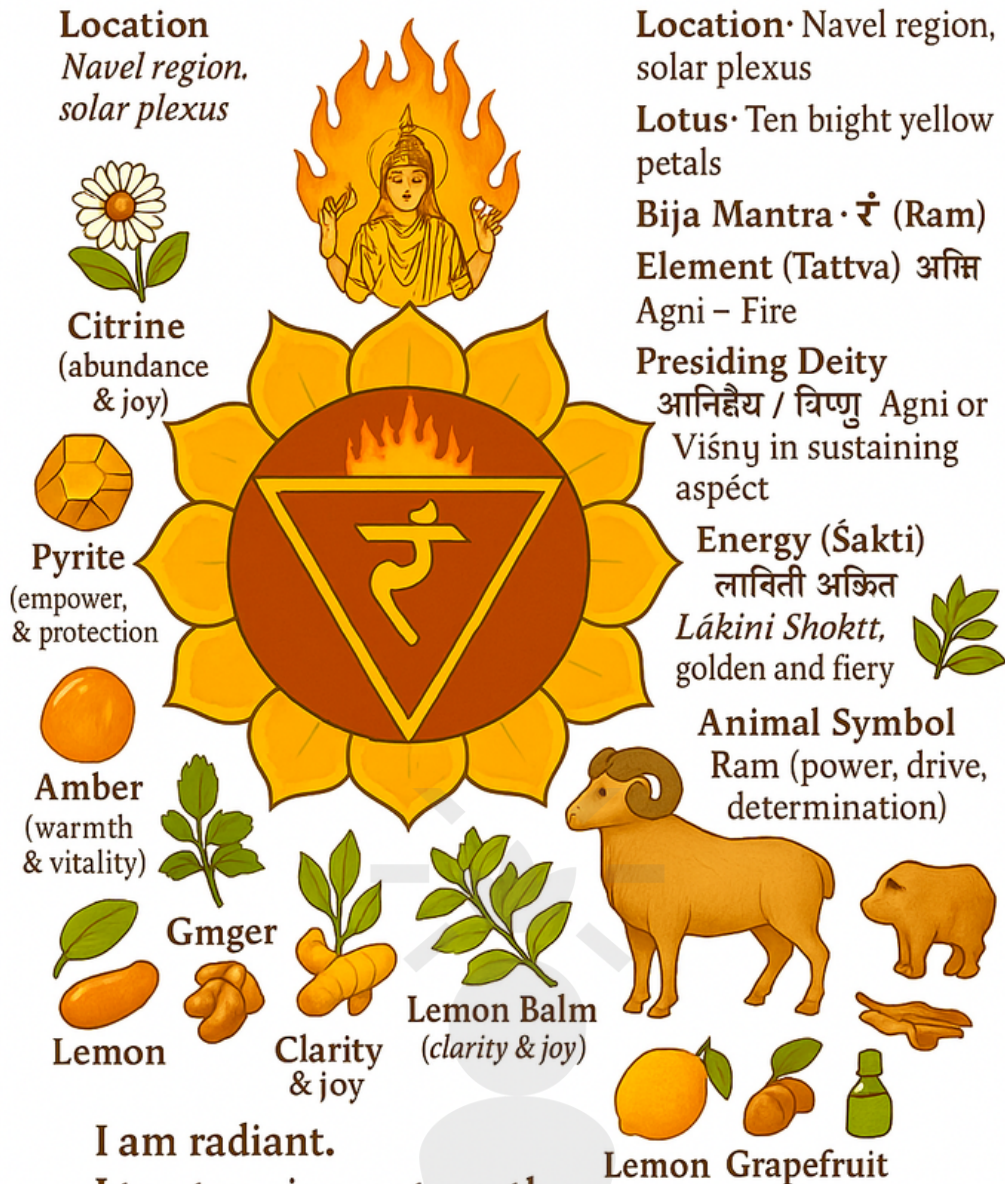
● Solar Plexus Chakra – Confidence & Power

- Theme: Willpower, self-esteem, boundaries.
- Affirmation: “I am strong. I choose with clarity.”
- Practice: Core-strengthening breathwork, visualize golden light in your belly.

Journal Prompt: Where do I need to set firmer boundaries?

MAÑIPŪRA CHAKRA

(SOLAR PLEXUS)



I am radiant.
I trust my inner strength.
I act with confidence and clarity.
My light shines bright.

Reiki Hippie

tools to keep your vibe high



04



Heart Chakra – Love & Compassion

- Theme: Forgiveness, balance, unconditional love.
- Affirmation: "I give and receive love freely."
- Practice: Place hand on chest, breathe into green light, send love to yourself first

Journal Prompt: Who or what is ready for my forgiveness?

Symbolic Features of Anāhata Chakra (Heart)

Location
Heart center,
middle of chest



Rose Quartz
unconditional
love



Green Aventurine
healing & openness



Rhodonite
forgiveness
& compassion



Element (Tattva)
Vāyu – Air



Rose
softens
grief,
opens
love



Hawthorn
protects
& heals
the heart



Basil
joyful
presence



Cacao
ceremoial
heart
medicine



I am love.
I give and
receive freely.

My heart is open and safe.

I live in compassion
and kindness.

“I am love.”

“I give and receive freely.”



**Presiding
Deity**

Śri Visnu or
Isa (aspect of
Siva as Lord
of the quarters)

Energy (Shakti)

Kakini Shakti,
tender, compassionate,
sustaining



Essential Oils

Rose
Getanium
Lavender
Eucalyptus



Essential Oils



Reiki Hippie



05

● Throat Chakra – Expression & Truth

- Theme: Communication, authenticity.
- Affirmation: “I speak my truth with love.”
- Practice: Humming or chanting, focus on blue light in throat.

Journal Prompt: What truth have I been holding back?

Visūddha Chakra (Throat)

Location

Throat,
base of neck

Lotus

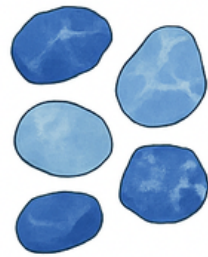
Sixteen violet
or smoky-blue
petals

Presiding Deity

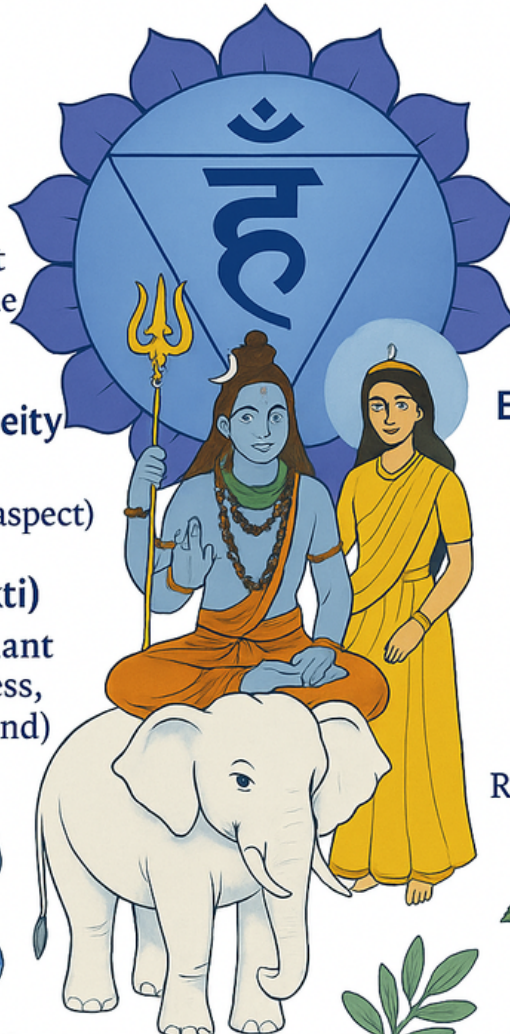
Śrī Śiva
(in Sadasiva aspect)

Energy (Sākti)

White elephant
(expansiveness,
purity of sound)



Crystals



Herbs

Peppermint Sage
Licorice Root, Chamonile



Bija

Mantm

ह (Ham)

Element

तत्त्व (rattva)

Ēther/Space

Energy (Śakti)

Sakini Stakii,
shining with
purity
of sound

Essential Oils

Peppermint
Sage, Liccorice
Root, Chamonile



Essentiation

“I speak my truth with clarity and kindness.”

“My voice is strong and free.”

“I express my creativity with joy.”

Reiki Hippie



06

● Third Eye Chakra – Intuition & Insight

- Theme: Vision, clarity, inner knowing.
- Affirmation: “I trust my intuition.”
- Practice: Meditate with eyes closed, focus on indigo light between brows.

Journal Prompt: When have I felt my intuition guiding me strongly?

Symbolic Features of Ājñā Chakra (Third Eye)

Location: Between
the eyebrows
(*bhrūmadhya*)

Lotus: Two



or ह्रै-स्रै



Hakini Shakti
white, radiant,
all-knowing

Element (Tattva):
मनस – Manas –
Mind, beyond
elements)

Presiding Deity:
Parama Śiva
(as Guru, inner guide)

Energy (Śakti):
Hakini Shakti,
white, radiant,
all-knowing

Animal Symbol
No fixed animal –
symbol is light /
inner vision



Crystals

Mugwort,
Lavender,
Gotu Kola,
Rosemary



I trust my intuition.



Amethyst Lapis Lazuli Fluorite

Essential Oils
Frankincense
Lavender
Clary Sage



Frankincense Lavender

I see beyond illusion.
I am guided by wisdom.

Reiki Hippie



07

● Crown Chakra – Spirit & Connection

- Theme: Divine connection, unity, higher wisdom.
- Affirmation: “I am connected to Source.”
- Practice: Sit in stillness, imagine violet/white light flowing through your crown.

Journal Prompt: How do I feel when I remember I am part of something greater?

Symbolic Features of Sahasrāra Chakra (Crown)



Location: Crown of the head
(*brahmarandhra*)

Lotus: Thousand-petaled, radiant
white or violet

Bija Mantra: Beyond sound
(*transcendental silence*)

Element (Tattva): Pure Consciousness
(Para Tattva)

Presiding Deity: Parabrahman / Śiva-
Sākti in union

Energy (Śākti): Supreme Śakti
as bliss (Ānanda)

Animal Symbol: None –
it transcends symbols

“I am connected to Source.”

“I am divine light.”

“I am one with all that is.”



Clear Quartz



Selenite

Crystals



Lotus Lavender



Sage Holy Basil

Essential Oils



Frankincense Myrrh

Lotus
Rose



Higher Chakras

@reikihippie



Beyond the Crown – Higher Chakras (8–22)

08

Once your seven main chakras are balanced, you can gently open to the higher energy centers that connect you with soul purpose, cosmic wisdom, and divine love.

✨ Key Higher Chakras (in brief):

- 8th – Soul Star: Your higher self & soul purpose (white/golden light).
- 9th – Body of Light: Past lives & karmic healing.
- 10th – Balancing Yin & Yang: Anchors your light into Earth.
- 11th – Galactic Chakra: Clearing deep trauma across lifetimes
- 12th – Universal Chakra: Access to the collective field.
- 13th–22nd: Expansions of light — divine truth, Christ consciousness, Source/Godhead connection.



09

Self-Discovery



Simple Practice:

- Sit quietly, visualize a platinum or diamond-white light above your head.
- Breathe this light down through all chakras and out through your heart.
- Affirm: "I am open to divine wisdom. I am a channel of love."



Journal Prompt:

- What higher guidance do I feel when I sit in stillness?
- How do I sense my connection beyond the physical world?



10

Reiki Hippy Chakra COURSE

You've now explored the chakras from Root to Crown — and even touched on the higher chakras that expand your soul connection.

Remember: chakra healing is not about perfection, but about balance and awareness. Some days you'll feel grounded, other days you'll feel open in your heart or mind. Each shift is part of your spiritual evolution.

✨ Come back to the practices, affirmations, and journaling prompts whenever you need realignment.

✨ Trust your intuition — it will guide you to the chakra that most needs your care.

✨ Celebrate every small step — energy work is powerful, even in gentle doses.

This is the beginning of a lifelong journey of healing, awakening, and connection. 🌈

💜 If you feel ready to go deeper, the Reiki Hippy Chakra Course will walk you through all 22 chakras with meditations, rituals, Reiki activations, and soul practices to fully align your energy.





11

Your Journey of Light

In Love & Light
Reiki Hippie
www.reikihippie.com
info@reikihippie.com
[@reikihippie](https://www.instagram.com/reikihippie)

 Disclaimer & Copyright Notice
Copyright © 2025 Reiki Hippie
All rights reserved.

No part of this program may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author.

This program offers general, non-specific guidance for spiritual and personal development purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider for any medical condition or health concern.

The author and publisher disclaim any liability for physical, emotional, or spiritual outcomes resulting from misuse or misinterpretation of this material, including failure to consult appropriate medical professionals when needed.

