

# Chakra Balance Through the Feet

A Gentle Journey with Reflexology,  
Crystals & Energy Clearing



Your body holds a network of energy centers called **Chakras**, each supporting your emotional, physical, and spiritual health.

When these centers are out of balance, you may feel emotionally off, physically drained, or energetically blocked.

This session helps bring them back into harmony using your feet, where each chakra has a powerful reflex point.

# How We Balance Your Chakras:

- **Energy Check:** We begin by using a pendulum to see which chakras are open, blocked, or overactive.
- **Crystal/Oil Support:** Crystals are placed on reflex points on your feet to align each chakra. Unique chakra essential oil blends are applied to select points
- **Reflexology/Tuning Fork Activation:** Gentle techniques stimulate each energy center through specific areas on your feet using both manual application and with infused sound frequencies.
- **Recheck & Restore:** A final energy check ensures balance is restored. You leave feeling refreshed, grounded, and emotionally clear.





# ✨ Chakra Guide: What Each One Supports + What You Might Feel When Out of Balance

# **Root Chakra –**

“I am safe and grounded”

- Crystal: Red Jasper or Hematite
- Associated Organs: Legs, feet, bones, colon, adrenal glands
- When Imbalanced emotionally:
- Underactive: Fear, anxiety, disconnection
- Overactive: Anger, control, rigidity
- Essential Oils: Vetiver, Patchouli, Cedarwood, Myrrh
- Affirmation: I am rooted, stable, and supported by the Earth.

## **Sacral Chakra –**

“I allow joy and creativity”

- Crystal: Carnelian
- Associated Organs:  
Reproductive system, bladder, kidneys
- When Imbalanced emotionally:
- Underactive: Guilt, numbness, low libido
- Overactive: Oversensitivity, emotional drama, cravings
- Essential Oils: Sweet Orange, Ylang Ylang, Clary Sage, Jasmine
- Affirmation: I allow myself to feel, create, and enjoy life.

## **Solar Plexus Chakra –**

“I am confident and strong”

- Crystal: Citrine or Tiger's Eye
- Associated Organs: Stomach, liver, pancreas, gallbladder
- When Imbalanced emotionally:
- Underactive: Self-doubt, fatigue, indecision
- Overactive: Anger, need for control, tension
- Essential Oils: Lemon, Ginger, Fennel, Black Pepper
- Affirmation: I stand in my power with confidence and clarity.

# Heart Chakra –

“I give and receive love freely”

- Crystal: Rose Quartz or Green Aventurine
- Associated Organs: Heart, lungs, thymus, upper back
- When Imbalanced emotionally:
- Underactive: Grief, loneliness, mistrust
- Overactive: Jealousy, overgiving, emotional dependency
- Essential Oils: Rose, Geranium, Bergamot, Lavender
- Affirmation: I am open to love, compassion, and deep connection.



# **Throat Chakra –**

“I express my truth with ease”

- Crystal: Blue Lace Agate or Sodalite
- Associated Organs: Throat, thyroid, neck, vocal cords
- When Imbalanced emotionally:
- Underactive: Silent, shy, suppressed
- Overactive: Talkative, sharp words, interrupting
- Essential Oils: Eucalyptus, Chamomile, Peppermint, Spearmint
- Affirmation: I express myself clearly and kindly. My voice matters.

## **Third Eye Chakra –**


“ I trust my inner wisdom”

- Crystal: Amethyst
- Associated Organs: Brain, eyes, sinuses, pituitary gland
- When Imbalanced emotionally:
- Underactive: Lack of clarity, fear of intuition
- Overactive: Overthinking, obsessive thoughts, vivid dreams
- Essential Oils: Frankincense, Clary Sage, Marjoram, Mugwort
- Affirmation: I see clearly and trust the wisdom within me.

# **Crown Chakra –**

“I am connected to something greater”

- Crystal: Clear Quartz
- Associated Organs: Pineal gland, cerebral cortex, nervous system
- When Imbalanced emotionally:
- Underactive: Apathy, disconnection, confusion
- Overactive: Ungrounded, spiritually detached
- Essential Oils: Sandalwood, Lotus, Neroli, Lavender
- Affirmation: I am aligned with universal energy and inner peace.



## **After Your Session**

Your energy may feel lighter, clearer, and more balanced. You may want to drink water, rest, and reflect on anything that came up during your session.

Continue your alignment by using oils mentioned, practicing self-love, and listening to your body's wisdom.



# Ready to Feel Aligned? Here's Your Next Step

You've just discovered how your energy centers (chakras), physical body, and emotions are beautifully connected.

Now imagine what's possible when they're in sync — grounded feet, a clear mind, an open heart, and a soul at peace.

**Let's bring that vision to life.**







# Your Chakra Balancing Experience Awaits


I invite you to book a **personalized Chakra Reflexology session** designed to:

Clear energetic blockages through the feet

Restore harmony using crystals, essential oils, and reflexology

Support the organs connected to each chakra

Promote deep emotional clarity and physical ease



# Why Now Is the Perfect Time to Book:

- You've already started your healing journey by reading this book.
- Energetic imbalance often shows up before physical symptoms — prevention is power.
- A single session can reset your nervous system, open up emotional clarity, and reconnect you to your center.



# Let's Make It Easy:

**Step 1:** Click to visit [our Booking Page](#)

**Step 2:** Choose “Chakra Balancing”

**Step 3:** Pick a time that works for you — I'll take care of the rest.

✨ New clients receive a **bonus grounding crystal** or **aromatherapy add-on** with their first session! Just mention this eBook.



# Still Have Questions?

I'm happy to chat!

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## **You Deserve to Feel Balanced**

Whether this is your first session or you're returning to tune up your energy, I'm honored to be part of your wellness path.

Your body speaks.

Your energy listens.

Let's realign both —  
one step at a time.

