

**Spiritual Warrior  
Intuitive Mindset Coach**



*Angel's Friendly Coaching*  
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*"Offering you guide & support with positive insight;  
and without judgment. I am a Spiritual Warrior;  
meaning, I am in touch with my soul and my spirit."*

## Chakra Balancing: How to Heal Your Body's Energy Centers

You are a being of light and energy...

Imagine each day waking up feeling healthy and physically well.

Is there anything more satisfying than this?

Well... yes. It's much more satisfying to...

...know in your HEART that you're following your LIFE'S PURPOSE... so that you feel BALANCED and SPIRITUALLY CONNECTED to the WORLD and PEOPLE you love.

Every day I work with dozens of people to heal the main energy centers that power their bodies — the Chakras.

I know more than a few things about energy healing and I'm going to share my system with you now.

But before I do... you should know that you don't need to be a master level healer to start seeing results. You just need a process for improving your energy flow.

We call this process "Chakra Balancing".

Here's how it works...

Your Chakras are swirling cone shaped vortexes that allow Lifeforce Energy to flow into and out of your system.

Your body, mind and emotions rely on this energy to function properly and maintain good health... so when your Chakras are closed or out of balance it leads to illness in your body and imbalance in your life.

The human body has 7 major Chakras:

Root Chakra – Base of spine

Sacral Chakra – Lower abdomen

Solar-Plexus Chakra – Navel

Heart Chakra – Center of chest

Throat Chakra – Throat

Third Eye Chakra – Center of forehead

Crown Chakra – Top of head

Each major Chakra on the front of your body is paired with one on the back, and together they make up the front and rear aspects of that Chakra.

The Root and Crown are the only two that don't have a front or rear aspect since they are on the bottom and top of the body.

The front is related to your feelings, the rear is related to your will. The Chakra aspects in your head are related to your reason. The left side of each Chakra is feminine, and the right side is masculine.

So in order to be healthy your Chakras must be balanced in 3 ways:

The front and rear aspect of each Chakra must have the same amount of energy flow

The left side of each Chakra must be balanced with its right side

You must have an overall balance of energy flow between feelings, will, and reason in your whole Chakra system

Most people's Chakras are out of balance...

...and this is the reason they are ill.

Once you understand the process of Chakra Balancing — you'll be able to keep your energy system healthy, which will allow you to experience mental clarity, loving relationships, and physical wellness.

Here's the thing...

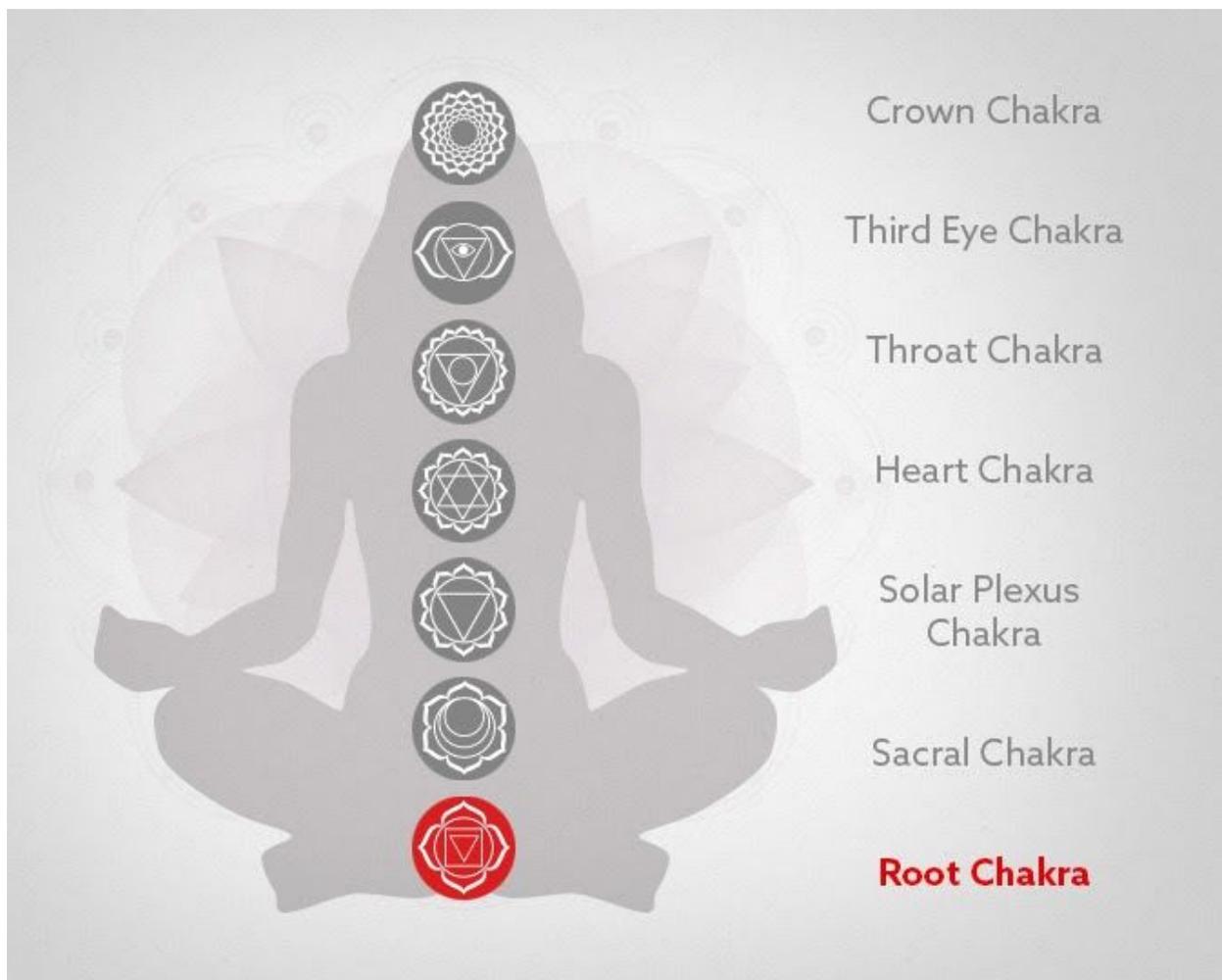
You may not have a sense of belonging in the universe if your Solar Plexus Chakra is unbalanced. An unbalanced Heart Chakra can lead to illness in your heart, blood or circulatory system.

See how each Chakra alone can impact a different part of your health?

This is how you MANIFEST the life you desire. You FIX the energy flow of each CHAKRA that is out of balance to restore HEALTH throughout your entire SYSTEM.

Let's move through each one of the Chakras in turn...

Chakra 1 – Root Chakra



Congratulations... You've decided to balance your Chakras.

Now what?

The first step is to make sure you have a balanced connection to the Earth and physical existence via your Root Chakra.

This energy center is the foundation of your strength and survival. It is the pillars upon which your higher, more spiritual being is built. Without a solid foundation, everything above it will fall.

When your Root Chakra is balanced you feel in control, filled with vitality, confidence and security. When it's out of balance you may experience symptoms such as...

Psychological symptoms:

Unhealthy appetites for sensual pleasures such as sex, drugs or money

Lack of confidence or difficulty achieving goals

Feeling unloved or self destructive

Irrational fears

Financial problems

Physical symptoms:

Bladder or bowel problems

Poor immune system

Cold hands or feet

Obesity

Weak bones or joints

Become one with nature:

What could possibly ground you to the Earth more than being close to nature? I highly recommend spending some time every day sitting on the grass by a tree or walking through a forest preserve.

Your Root Chakra will absorb the energy from the Earth, granting you strength, and making you feel more grounded and secure... like you are deeply connected to the world.

Fix the energy flow with Reiki:

Reiki is an amazing art that anyone can use to heal the underlying energy system that powers the body. You can channel Reiki energy directly into the Root Chakra to balance it and heal any physical and psychological illness caused by the imbalance.

You'll want to begin by placing your palms over your lower abdomen. Then, visualize a stream of bright red energy flowing from your palms and through your Root Chakra... cleansing and purifying it. Angelique can help you in a Reiki Session

## Chakra 2 – Sacral Chakra



Also known as “The dwelling place of the self”...

The Sacral Chakra is the seat of your emotions. It drives your creativity and desires.

When it is balanced, you radiate warmth and friendliness. It grants you emotional stability and compassion which allows you to form strong and binding relationships. When it's out of balance you may have issues such as...

Psychological symptoms:

Emotional distress causing you to overreact to events in your life

Being needy, codependent or manipulative

Depression or negative thought patterns

Addiction to drugs or alcohol

Lack of creativity

Physical symptoms:

Sexual addiction or low libido

Disease in the reproductive organs or infertility

Irregular menstrual cycle

Infection of the bladder or kidneys

Abdominal cramps and tension

Pleasure and passion are often misunderstood and stigmatized in cultures worldwide. Because of this, you may need to restore a normal energy flow to your Sacral Chakra to feel a sense of wholeness and happiness. Here are a few techniques I recommend using...

Balancing Your Sacral Chakra

Physically activate your Sacral:

Being active not only makes you feel wonderful physically, but also emotionally. It washes away depression and negativity — and replaces them with a warm feeling of accomplishment, satisfaction and ambition.

That's because your Sacral Chakra is powered by energy from the physical world.

Here's a simple physical exercise you can use to balance your Sacral Chakra:

Stand with feet shoulder width apart, knees slightly bent, and hands on your hips

Rock your pelvis front to back 10 times

Rotate your hips in a circle 10 times clockwise and then 10 times counter clockwise

Practice gratitude:

The third principle of Reiki goes like this — “Just for today, I will be grateful”.

Make this mantra part of your daily routine and you will reforge your emotional wellness and manifest true happiness in your life. This one is so easy...

...Every morning, just spend 5 minutes writing down 3 things you are grateful for in a journal.

These can be old relationships, simple things near you, or an opportunity you have today.

Once your Sacral Chakra is balanced, it's time to move on to your Solar-Plexus Chakra — the place from which your WILLPOWER is formed...

## Chakra 3 – Solar-Plexus Chakra



The warrior within is born of the Solar-Plexus energies...

It radiates out from your navel through your entire body, granting you the willpower to transform your life and the world as you envision it.

When your Solar-Plexus Chakra has a healthy flow of energy you will have faith in yourself and in your ability to forge your own reality. You will have heightened intuition and be able to rely on your gut feelings.

An unhealthy or imbalanced Solar-Plexus Chakra can result in any of the following...

Psychological symptoms:

Being judgemental or mistrusting of people in your life  
Anger or aggressiveness  
Needing to control everything and have things your way  
Being a perfectionist — unable to accept something that's already good enough  
Poor self-image or loneliness  
Physical symptoms:

Stomach ulcers  
Kidney or liver problems  
Irritable bowel syndrome  
Illness in the digestive system  
Chronic fatigue

Do you have any of the symptoms listed above? If so, they can be blocking you from reaching your full potential... Balance this Chakra and become the person you were meant to be.

Balancing Your Solar-Plexus Chakra  
Choose your path:

Ignite the fire of your inner warrior by establishing clear goals. After all...how can you achieve something when you aren't quite sure what it is?

Try this exercise...

Make a list of 3 to 5 things you want to accomplish in life. Pick one and make that your first goal. Now — what is the first step towards achieving that goal? Write it down — this is your task for today.

COMPLETE it, and your Solar-Plexus Chakra will start to BALANCE itself... and the LIFE you DESIRE will become REALITY.

Use citrus oil:

Aromatherapy with citrus oil can heal your digestive system and either calm or energize you by restoring a healthy flow of energy through your Solar-Plexus Chakra.

Try bergamot for restoring your energy — lemongrass for relaxing — or pink grapefruit for digestion.

Listen to your gut:

If you ever get stuck on a decision... follow your intuition.

You may or may not realize it, but your intuition is your spirit guides speaking to you through your higher senses. Try this...

Close your eyes and place your hands just above your navel, the location of your Solar-Plexus Chakra.

Focus on the decision you are trying to make.

What does your gut say? A heavy, upset feeling is a warning, whereas a light easy feeling is your spirit guides nudging you in the right direction.

The more you do this exercise and open your third Chakra, the easier it will be to perceive your spirit guides through intuition. They will help guide you on your path towards manifesting the life you were meant to live.

And so it is time to move on to your Heart Chakra... the bridge between your physical and spiritual energies...

#### Chakra 4 – Heart Chakra



Your Heart Chakra is your center for universal compassion, creating feelings like love and hate — happiness and sadness — compassion and anger — joy and sorrow.

When physical energy travels from your lower three Chakras to your upper three to become spiritual energy (or vice versa), it passes through your Heart Chakra.

That is why a balanced Heart Chakra is so important for proper flow of energy throughout your system...

it allows your higher spiritual ideas to flow down through your Chakras and manifest into physical reality.

A well balanced Heart Chakra means you will have compassion for all living things. You will be loving, understanding and caring of yourself and other people in your life.

On the other hand, if your Heart Chakra has problems with energy flow it can lead to...

Psychological symptoms:

Being too hard on yourself and others, being judgemental or lacking empathy

Feeling unloved, antisocial or withdrawn from the world

Being manipulative

Always trying to please others so they like you

Alternating between extreme joy and extreme sadness or other emotions

Physical symptoms:

Chest pain

Unhealthy blood pressure

Heart attack

Asthma or other breathing problems

Breast cancer

As you can see, the symptoms above can be very extreme so you will want to balance your Heart Chakra before things go too far. Of course, if you already have these symptoms, you'll want to add Heart Chakra balancing on top of whatever else you're already doing to treat yourself.

Here are some ways I like to balance my Heart Chakra...

Balancing Your Heart Chakra

Choose to let things go:

The ancient stoic philosophers were experts at this. If you were to find yourself in a bad situation that is beyond your control, they would teach you not to let it affect you. After all, what good is being upset about something you can't change?

Perhaps Buddha said it best...

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

Nurture your Heart Chakra with Compassion:

Start by turning your compassion and understanding inward. If you make a mistake, don't be so hard on yourself. Simply realize everyone makes mistakes and nobody is perfect.

Once you've established compassion for yourself, you should spread it to others. When you see a stranger walking down the sidewalk, think of one thing you like about them. Do you like their shoes? Are they being a good mother by pushing their baby in a stroller?

If nothing comes to mind, then alternately you can envision big angel wings attached to their back. You should instantly feel more compassion towards them.

Practice these exercises daily and your Heart Chakra will balance. You will let go of feelings of isolation and replace them with love and acceptance. You may then move on to nurturing your Throat Chakra, which I will show you how to do next...

Chakra 5 – Throat Chakra



Your Throat Chakra... your center for communication... where you speak your mind and your thoughts begin to manifest into the world.

You must speak honestly, for if you do not, feelings of guilt will drown your Throat Chakra like floods of rain... and you will be unable to use communication to create the life you desire.

When your Throat Chakra is balanced it will be easy to express yourself creatively or through speech. You'll have no problem giving advice, and it will be easy to get what you ask for. When your Throat Chakra has an imbalance you can have any of the following issues...

Psychological symptoms:

Gossiping or talking too much

Being verbally abusive, lying or being arrogant

Difficulty getting others to understand what you're trying to say

Not having a voice of your own

Fear of speaking

Physical symptoms:

Aches in neck, shoulders or jaw

Sore throat

Thyroid or hearing problems

Cavities, gum disease or other dental problems

Using mouth for addictions like smoking, drinking or eating unhealthy foods

If you feel like communication issues may be blocking you on your life path, then try the following...

Balancing Your Throat Chakra

Channel Reiki energy into your neck:

As with all the Chakras, Reiki can be used to heal and balance your Throat Chakra.

Once you're ready, simply place your palms on your throat and sides of your neck, and visualize pure blue water. Hold the position for as long as your intuition tells you. By visualizing, you are actually initializing a flow of healing energy into the Chakra.

Write down your ideas:

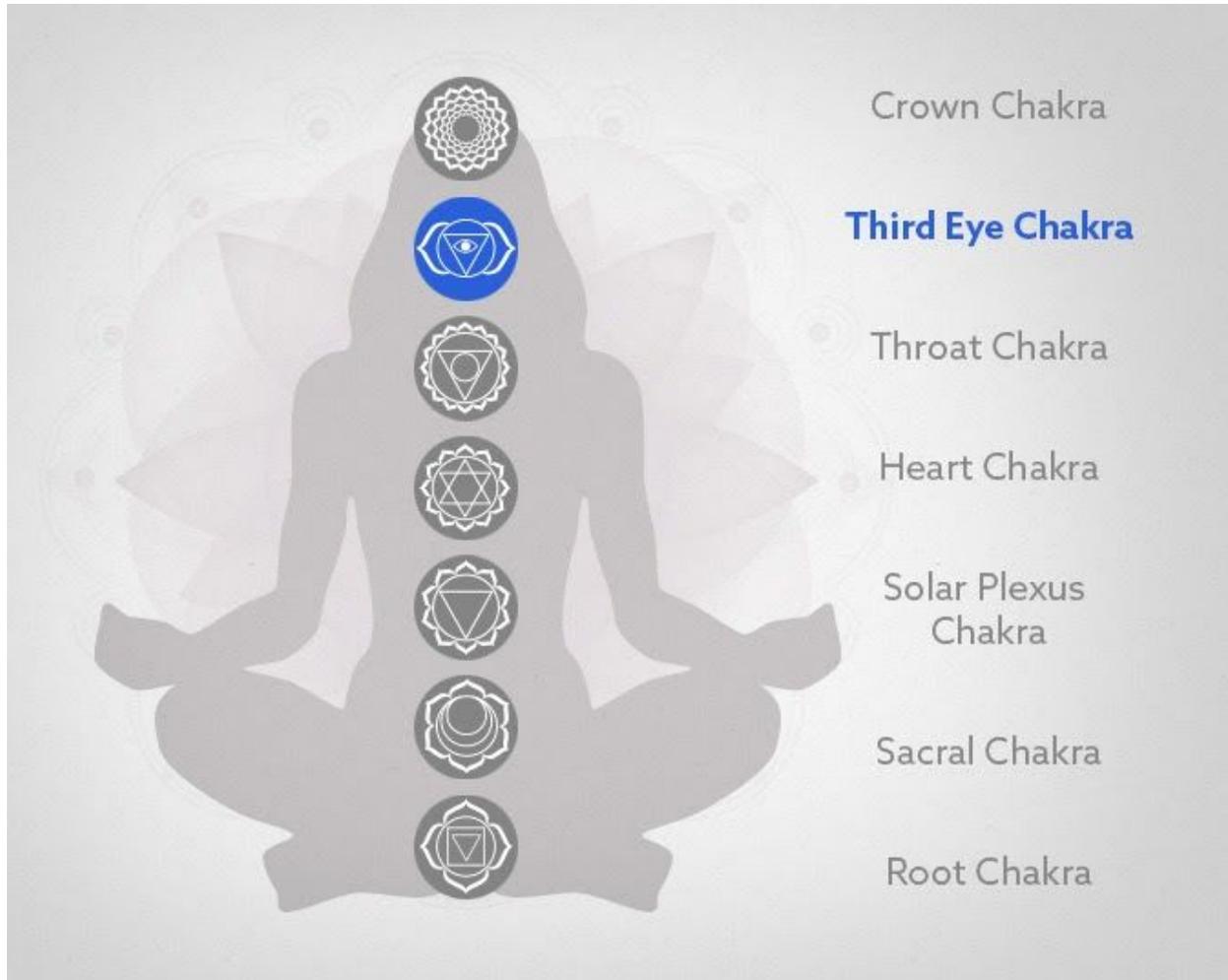
When you are having trouble finding the right words to explain yourself, try writing it down.

The act of writing forces you to crystalize your thoughts... so you may find that it becomes easier to explain things to others once you have done this.

By getting better at making people understand you, your Throat Chakra will heal and you will find it easier to express yourself. Angelique is here to help you, contact her if you have any questions.

Now I'm going to cover how to balance your gateway to the spiritual realms of consciousness... your Third Eye Chakra.

Chakra 6 – Third Eye Chakra



In order to express yourself in the world — you must first create thoughts that you can act upon. All your thoughts — including your dreams, ideas and goals — are formed by your Third Eye Chakra.

It's also the center of your psychic abilities.

When your Third Eye Chakra is balanced you **THINK** clearly, have a good **MEMORY** and are able to use **VISUALIZATION**. You also...

...have a heightened psychic sense, being able to simply know things. You may know when someone is about to call, when food is bad, or when someone in your life needs help. You can experience higher realms and communicate with beings that live there... such as your spirit guides or angels.

Here are some issues that can develop if your Third Eye Chakra is out of balance...

Psychological symptoms:

Overactive mind that can lead to anxiety

Lack of intuition or spiritual understanding

Nightmares or insomnia

Making up circumstances in your head that aren't really happening

Learning disabilities or being absent minded

Physical symptoms:

Headaches or migraines — often caused by stress

Dizziness

Brain cancer

Earaches or deafness

Poor vision or blindness

Balance this Chakra using the following techniques and you will experience a healthier mind.

Balancing Your Third Eye Chakra

Meditate:

Meditation is one of the most powerful ways to balance your Third Eye Chakra because it is both a mental and spiritual exercises.

Angelique has Guided Meditation for you, please email her

[Angelique@angelsfriendlycoaching.com](mailto:Angelique@angelsfriendlycoaching.com)

Use the power of healing crystals:

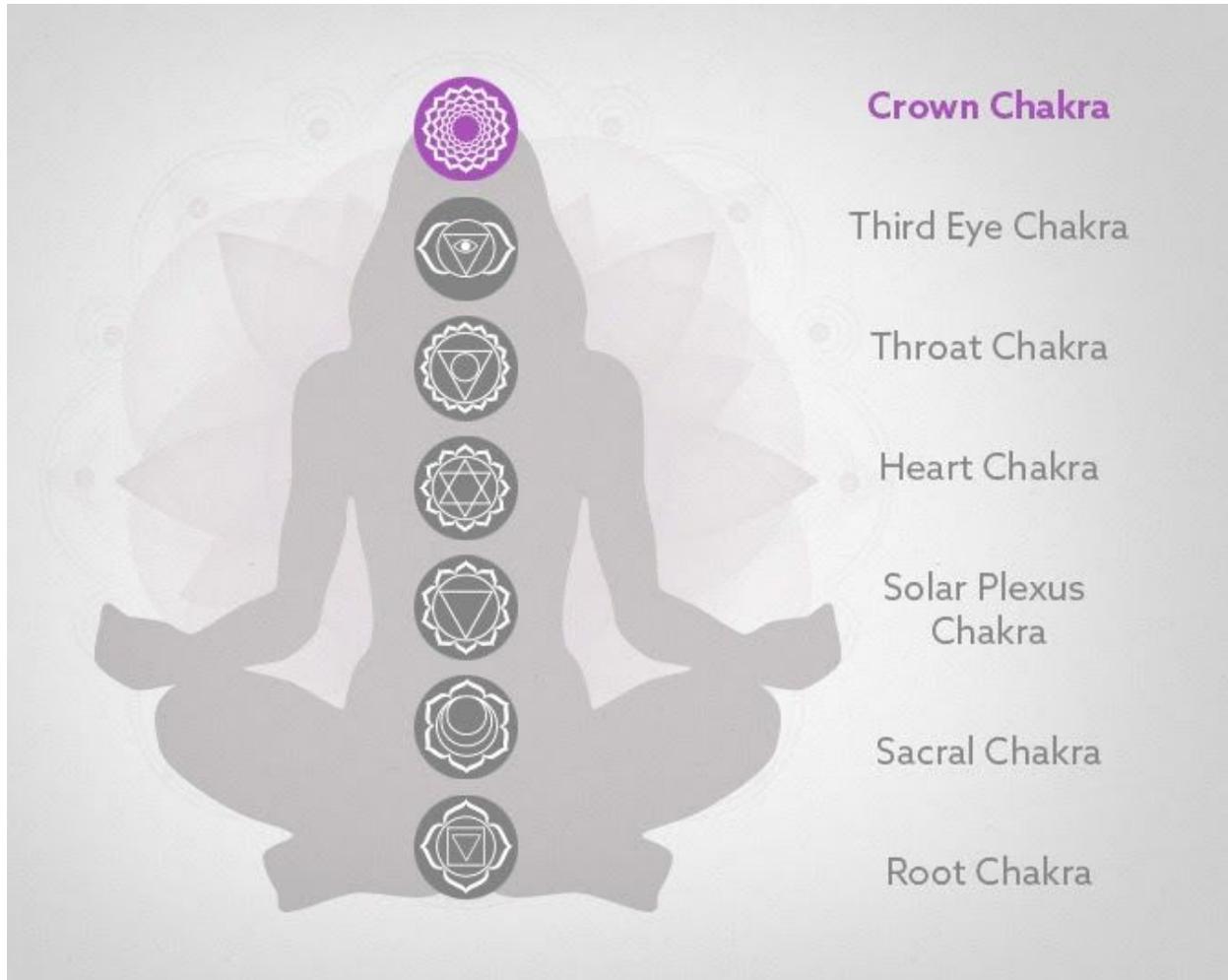
The best crystals for balancing your Third Eye Chakra are those that develop your intuition...

...ones that vibrate at the same frequency and are the same color (indigo) as your Third Eye Chakra. For example, you can use Amethyst, Purple Fluorite, or Moonstone.

Lie on a table and place the crystal over your Third Eye Chakra (center of forehead), or better yet... wear it on a circlet.

Finally, let's look at how to balance and heal your Crown Chakra... your gateway to the heavens.

Chakra 7 – Crown Chakra



Just as your Root Chakra connects you to the Earth, your Crown Chakra connects you to the divine. It is the source of your inner self and your life purpose. It is here that you can reach an understanding that you are one with everything in the universe...

...that we are all the same dreamer experiencing the world through different dreams.

When your Crown Chakra is balanced you have a strong empathy for others because you know that they are a part of you. You also have a strong connection to the divine, and deep understanding of your spiritual path.

Your life will never be complete as long as this Chakra is out of balance, and this can manifest in many ways, including...

Psychological symptoms:

Alzheimer's, confusion or general lack of purpose  
Inability to connect with your higher self  
Thinking of yourself as better than others  
Living too much in spiritual realms  
Lack of spiritual exploration

Physical symptoms:

Chronic fatigue or exhaustion  
Sensitivity to light or noise  
Back pain or problems with your spine  
Balance or coordination problems  
Muscular disease

If you want a healthy connection between the physical world and the heavens, be sure this Chakra is balanced. Here are some Crown Chakra balancing techniques I like to use...

Balancing Your Crown Chakra

Don't try to impress:

Your ego wants you to believe you are separate from everyone else... and therefore it must be controlled in order to have a healthy Crown Chakra and achieve true oneness with the Universe.

One thing you can do to be less egotistical is to stop trying to impress people. Don't name drop important people you've met. Don't try to find a way to talk about your achievements in your conversations.

You don't need these things if you have true confidence. Work on being the best person you can be and you won't feel the need to impress others.

Recite a daily affirmation:

Here's an affirmation you can use to help balance your Crown Chakra...

...try saying it aloud or in your head once per day while focusing on your Crown Chakra (located just above your head):

"All the people in my life and my spirit guides are able to teach me something about myself so that I can be the best person I can be. I am a part of everyone else and they are a part of me. I am balanced between the Heavens and the Earth and I am balanced in my life."

If you need any help with balancing your chakra's talk with Angelique, she will be able to help you with a Positive Energy Session.

Chakra healing is an excellent way to balance your chakras and find balance within your body and mind.

Improved overall health and well being.

Greater and faster ability to heal your mental, physical, spiritual and emotional issues.

Increased openness, memory, concentration and awareness.

Positive outlook in terms of understanding, perception of behaviors and thought process.

Heightened creativity and better resourcefulness because of better perception.

Sense of self-worth, self-esteem and self- confidence.

Improved and deeper sleep, better control over your emotions and improved patience.

Sending you LOVE & LIGHT,

Angelique Mercurio

[Angelsfriendlycoaching.com](http://Angelsfriendlycoaching.com)