

The Chakras

*Building a Foundation of Healing
One Stone at a Time*



A gentle guide to Energy, Balance, and Self-Healing

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Section I

The Foundation of Awareness

*Where we begin to notice... listen... and
gently understand.*





Crown Chakra

Connection • Presence • Oneness

The space where you connect to something greater than yourself.

Mantra: I am connected.

Third Eye Chakra

Awareness • Intuition • Insight

The space of inner knowing and quiet perspective.

Mantra: I trust what I see and feel.



Throat Chakra

Expression • Truth • Voice

The space where your truth finds its way into the world.

Mantra: I speak with clarity and ease.

Heart Chakra

Love • Compassion • Connection

The space where giving and receiving become one.

Mantra: I give and receive with ease.

Solar Plexus Chakra

Confidence • Clarity • Personal Power

The space where your inner light begins to take form.

Mantra: I trust myself.

Sacral Chakra

Emotion • Creativity • Flow

The space where feeling, movement, and expression begin.

Mantra: I allow myself to feel and flow.

Root Chakra

Safety • Stability • Grounding

The space where you feel supported by the Earth and life around you.

Mantra: I am safe: I am supported.





The Chakras

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Chapter One ~ The Foundation of Healing ~ One Stone at a Time

Healing is not something we arrive at once and hold forever. It is something we return to.

Again... and again.

Not because anything is broken, but because we are part of a living, breathing world that is always changing.

A Living System Within You

Within your body, many systems are working quietly to support your life.

Your breath brings oxygen.

Your digestion turns food into nourishment.

Your nervous system senses, responds, and helps regulate how you feel.

We learn about these systems early in life.

We are taught that when we eat nourishing food, our body receives what it needs. When we breathe deeply, our body responds.

We cannot see these processes happening.

And yet... we trust them.

The chakra system is much the same. It is a system of energy within the body ~ subtle, unseen, yet deeply felt. A system that influences how we feel, how we respond, how we connect... to ourselves, to others, and to the world around us. It intertwines all the other systems, and the energies that we surround ourselves with.





To some, the Chakra system is a mystical and magical system, and while there is a great deal of magic within it, just like the other systems in the body, it is also basic chemistry, just like the others.

The chakra system works with energy ~ supporting how you feel, respond, and move through life. You may not see it. But you can feel it. In moments of peace, and in moments of tension. In the openness of your heart, and in the tightening of your chest. In the grounding of your body, or the sense of feeling unsteady, disconnected, or overwhelmed.

The chakra system is not something separate from you. It is a reflection of your inner landscape.

The Cairn ~ A Reflection of Balance

To me, the chakra system feels much like a cairn. A stack of stones, placed one upon the other, with care and intention. Each stone matters. Each one supports the next. And while the structure may appear still... it is always in relationship with the world around it.

The wind shifts. The water moves. The ground softens. And sometimes... a stone becomes unsteady. Not because anything is wrong. But because life has touched it.

When one stone shifts, the entire cairn feels it. It may lean slightly. It may wobble. Sometimes... a stone may fall.

The chakra system works in much the same way. Each energy center is connected to the others.

Each one supports the whole. When one becomes out of balance, it doesn't stay isolated.

It gently ~ or sometimes strongly ~ affects the others.





So when we heal with intention, it is simply about noticing. Realigning. Restacking... one stone at a time.

The Seven Centers of Energy

There are seven primary chakras within the body. Each one represents a different aspect of your physical, emotional, and energetic experience. Each one carries its own qualities, its own rhythm, its own way of expressing balance or imbalance.

You don't have to understand them all, or have to memorize them. This book will guide you through some of the basics, and give you an introduction to their deeper symbolism, all of it with the intention of giving you gentle pathways to self-healing.

As we walk through the Chakras and their properties, you will gain an understanding of how this system is intertwined into your life and how by simply acknowledging it and learning to appreciate it, just like the other systems in your body, you will guide yourself to simple intuitive steps of healing, one stone at a time.

From the base of your spine to the crown of your head, these centers guide:

- Your sense of safety
- Your ability to feel and create
- Your ability to heal
- Your capacity to love
- Your voice and expression
- Your intuition
- Your connection to something greater

They are not separate pieces. They are a system. A flow. A conversation happening within you at all times. When one opens, others often follow.





When one constricts, others may tighten in response. Just as your body works as a whole... your energy system works as a whole.

Understanding Without Seeing

It can feel challenging to trust something we cannot see. But in many ways, we already do this every day.

You cannot see your body absorbing nutrients...yet you trust that it does. You cannot see your breath delivering oxygen... yet you rely on it with every moment.

Energy works in a similar way.

When you walk into a room and feel at ease...that is energy. When you feel tension in your shoulders after a stressful day...that is energy. When your chest softens in the presence of someone you trust... that is energy.

The chakra system gives us a language for these experiences. A way to understand what we are feeling... without needing to force or fix it.

Balance Is Not Perfection

A balanced chakra system does not mean you feel peaceful all the time. It does not mean life becomes still or without challenge. Balance is not perfection. It is responsiveness.

It is your ability to move with life... rather than becoming stuck within it.

Sometimes your root chakra may feel strong and grounded. Other times, it may feel uncertain.

Sometimes your heart may feel open. Other times, it may close in protection. This is not failure. This is being human.





The goal is not to hold every chakra in perfect alignment at all times. The goal is to notice when something feels off... and gently return.

Again and again.





Levels of Awareness

There are many ways to understand the chakra system. For now, we begin simply.

At the most accessible level, we can understand chakras as:
Energy centers within the body that influence how we feel physically and emotionally.

And at a slightly deeper level:

We begin to notice that we can interact with this energy. Through breath.
Through awareness.

Through intention. Through the choices we make each day. We begin to realize... we are not separate from this system. We are participants within it.

There are deeper levels still. Levels where the boundaries between body, energy, and something greater begin to soften.

We will gently touch those spaces later. For now... we begin here.

A Gentle Invitation

As you move through this guide, you are not being asked to master anything. You are simply being invited to explore. To notice your own patterns. To become curious about your inner world. To reconnect with a system that has always been within you.

Take what resonates. Leave what does not. Move at your own pace. Because healing is not a destination. It is a relationship. And like any relationship... it is built slowly. With care. With presence.

One stone at a time.





Chapter Two ~ Root Chakra ~ The Foundation of the Cairn

The root chakra is where healing begins.

It is the first stone placed upon the earth, the base upon which all others will rest. Without it, nothing above can truly settle. Without it, the structure may still rise, but it will not feel steady. It will not feel safe.

In the body, the root chakra resides at the base of the spine. It is connected to the legs, the feet, the bones, and the physical body itself. It is the part of us that anchors into the Earth, that reminds us we are here, that we belong. The bones themselves are foundational ~ just like the base of a cairn ~ providing structure, stability, and support for everything built above. At its essence, the root chakra is about safety.

Not just physical safety, but the deeper, quieter knowing that we are supported. That we have a place in this world. That it is okay to be here. When the root chakra is in balance, there is a sense of steadiness that moves through life. The body feels grounded. The mind feels a bit quieter. There is an ability to move through daily experiences without constantly scanning for danger. Decisions feel more stable. There is trust ~ not necessarily that everything will go perfectly, but that whatever comes can be met. It is a calm, rooted presence.

But when the root chakra is out of balance, the experience can feel very different.

There may be a sense of unease that lingers beneath the surface. A feeling of instability, as though something is always slightly off. The body may carry tension, particularly in the lower back, hips, or legs. There may be restlessness, anxiety, or a constant pull toward worry ~ about finances, security, health, or the future.





Sometimes this imbalance shows up as disconnection from the body. A feeling of being ungrounded, scattered, or not fully present. Other times, it may show up as holding on too tightly ~ seeking control in an effort to create safety.

Neither response is wrong. They are both the body's way of trying to protect itself. These responses are often known as fight, flight, freeze, or fawn ~ natural survival patterns within the nervous system. In a world that can feel fast-paced, uncertain, and at times disconnected, these patterns can become more active. Constant stimulation, shifting environments, and a lack of grounding can leave the body feeling as though it must always be on alert.

Like a cairn placed on shifting ground, the root chakra responds to the environment around it. Life experiences ~ especially those that feel uncertain, unstable, or overwhelming ~ can gently shift this foundation. And when the base shifts, everything above it feels the effect.

Early life experiences can also play a role in how this foundation is formed. When safety, stability, or support felt inconsistent or unavailable, the body may have adapted in ways that continue into adulthood. The traumatic experiences from our childhood, what psychologists call Adverse Childhood Events, are not something to fix. They are something to understand, to meet with compassion, and to gently support as you rebuild a sense of steadiness within.

This is why the root is so important. Because when we begin here, we begin with safety. And healing cannot fully unfold without it. We often move through life trying to reach higher places ~ seeking clarity, purpose, connection, even enlightenment. But if the foundation beneath us feels unsteady, those experiences can feel fleeting. Hard to hold. Difficult to trust.





The cairn reminds us of something simple, yet often forgotten:
The first stone matters most. It does not need to be perfect. It needs to be steady.

Supporting the root chakra is not about forcing yourself to feel safe. It is about gently creating conditions where safety can begin to return.

The root chakra is often associated with the color red ~ a deep, earthy red that reflects stability, life force, and our connection to the physical world. This color is not something you need to seek out or surround yourself with in a dramatic way. It can simply serve as a quiet reminder of grounding and support. There is also a gentle mantra connected to this space: I am safe. I am supported. I belong. These are not words meant to override your experience, but soft invitations that can be returned to over time, allowing the body to slowly remember what safety feels like.

This is where your journey begins to shift from understanding... into healing. Rather than trying to do everything at once, we move slowly ~ allowing the body to stay engaged, to feel supported, and to remain present in the process. Healing is not something to rush. It is something to build.





Chapter Three ~ Sacral Chakra ~ The Flow of Feeling and Creation

The second stone of the cairn does not rest directly on the earth. It rests upon the foundation, and because of this, its role is different. It does not carry the full weight of the structure, but it begins to introduce movement. Where the root brings steadiness, the sacral begins to bring flow.

The sacral chakra resides just below the navel, in the space of the lower abdomen and pelvis. It is connected to the hips, the reproductive organs, the lower back, and the fluids of the body. If the root is the place of safety, the sacral is the place of feeling. It is where life begins to move, where sensation, emotion, and creativity begin to flow through us.

At its essence, the sacral chakra is about connection. Not the grounded connection of belonging, but the fluid connection of experience. It is the ability to feel, to enjoy, to create, and to allow life to move through us without resistance.

When the sacral chakra is in balance, there is a natural rhythm to life. Emotions move through without becoming stuck. There is an openness to joy, to pleasure, and to creativity. The body feels more at ease in its own flow, and there is space to experience life without gripping too tightly or pulling away. It is not a constant state of happiness, but rather a sense of fluidity.

When the sacral chakra is out of balance, this flow can become disrupted. Emotions may feel overwhelming, or they may feel distant and hard to access. There may be a sense of numbness, or emotional intensity that feels difficult to regulate. Creativity may feel blocked, and joy may feel just out of reach. The body may hold tension in the hips or lower abdomen,





creating a sense of restriction, as though something within is trying to move but cannot.

Sometimes this shows up as avoidance, a pulling away from feeling. Other times, it shows up as over-attachment, seeking experiences, people, or patterns in an effort to feel something steady. Neither response is wrong. They are both ways the body attempts to restore balance.

Like the cairn, this second stone must learn to rest in relationship with the one below it. If the foundation is steady, it has something to trust. If the foundation feels uncertain, it may struggle to settle. This is why the root and sacral chakras are so deeply connected. Safety allows feeling, and feeling allows life to move.

When we begin to support the sacral chakra, we are not trying to control our emotions. We are allowing them. This can feel unfamiliar, especially if we were taught to push through, to hold back, or to remain composed. But the body remembers, and emotions, when given space, begin to move like a river.

Supporting this energy often begins with simple awareness. Noticing sensation in the body, noticing where there is tightness and where there is softness. Gentle movement can help restore flow. Even small shifts, like walking slowly, stretching, or swaying, can begin to open this space.

Water offers a natural reflection of this chakra. It does not force, it flows. Sitting near water, listening to it, or even imagining its movement can begin to soften what feels stuck. The color often associated with the sacral chakra is orange, a warm and creative color that reflects both energy and ease.





A simple mantra for this space is: I allow myself to feel. I allow myself to flow. I allow myself to create. These are not demands, but invitations, gentle reminders that it is safe to experience life as it moves through you.

Healing within the sacral chakra is not about becoming more emotional. It is about becoming more connected. Connected to your body, to your experience, and to the natural rhythm that already exists within you. As this energy begins to move, something softens. There is less resistance, less holding, and more ease. And as the second stone finds its place, the cairn begins to take shape. Not rigid, not fixed, but balanced in both stability and flow.

Because healing is not only about feeling safe. It is also about allowing yourself to feel alive.





Chapter Four ~ Solar Plexus Chakra ~ The Radiance of Healing

The third stone of the cairn begins to rise.

It no longer rests close to the earth, nor does it move with the same fluidity as the one below. It begins to lift, to expand, and to become more visible within the structure. With this, something new begins to emerge ~ not just stability, not just flow, but expression.

The solar plexus chakra resides in the upper abdomen, just above the navel. It is connected to the stomach, the digestive organs, and the area of the body that processes and transforms. If the root is where we find safety, and the sacral is where we begin to feel, the solar plexus is where energy begins to move outward.

It has often been described as the center of personal power. But power, as it is often understood, can feel heavy. It can feel like something to hold, to prove, or to control. And for many, that interpretation does not resonate. There is another way to understand this space.

The word plexus itself means a network, a meeting place, a gathering of connections. When we look at it this way, the solar plexus is not something we possess. It is something we participate in. It is the place where energy gathers and then begins to radiate outward.

Like the sun, it does not force or strive. It simply shines.

When we reflect on this more deeply, the idea of a plexus begins to feel very familiar. Within the body, we already understand systems that take in what is outside of us and transform it into something we can use. The respiratory system brings in air, delivering oxygen into the body. The





digestive system takes in food, breaking it down into nutrients that nourish us. In both, something from outside becomes part of us.

The solar plexus mirrors this in a more subtle way. It becomes a meeting place where energy is received, gently refined, and then expressed. A place where the invisible begins to take form within us. Where what we receive ~ from our environment, from our experiences, from something greater ~ becomes the energy we carry and share.

The true power here is not control. It is healing.

A quiet, steady ability to support both ourselves and others through the energy we carry and extend. Not power over, but energy moving through. When the solar plexus is in balance, there is a sense of inner steadiness paired with gentle expression. There is clarity without force, confidence without pressure, and the ability to move through life without needing to prove or defend. There is also a natural inclination to support others ~ not from depletion, but from a place of fullness.

This energy is not meant to run dry. It can be continually replenished when we remember how to ask, receive, and share. Just as the sun does not create its light in isolation, we are not meant to generate endless energy on our own. When we remain open to connection ~ to source, to the divine, to whatever feels true for you ~ energy flows more freely. It moves into us, through us, and outward again... supporting, healing, and connecting. When we forget this connection and begin to give only from our own reserves, we begin to feel it. There may be fatigue, irritability, or a quiet sense of pressure and depletion.

This is not a failure. It is simply a gentle reminder... that we were never meant to do this alone.





When the solar plexus is out of balance, this can show up in different ways. There may be a sense of pushing, striving, or needing to prove worth. Or, on the other end, there may be hesitation, self-doubt, or a feeling of being stuck and unable to move forward. The body may reflect this as tension in the stomach or digestive discomfort, as this is the place where we process not only food, but experience.

Again, neither response is wrong. They are both attempts to restore balance. Like the cairn, this third stone must learn to rest in relationship with the ones below it. Without a steady foundation and a sense of flow, it may try to compensate by pushing harder or by withdrawing completely. But when it finds its place, something shifts. Energy begins to move with greater ease. Expression becomes natural. Giving and receiving begin to balance.

Supporting the solar plexus chakra begins with gentle awareness of how you are using your energy. Noticing when you feel energized and when you feel depleted. Noticing when you are giving from fullness and when you are giving from emptiness. It is also about remembering to receive, to pause, to reconnect, and to allow energy to return before offering it again. The color often associated with the solar plexus chakra is yellow ~ warm, bright, and radiant. Like sunlight, it reflects clarity, expansion, and the natural expression of energy moving outward.

A simple mantra for this space is: I allow energy to flow through me. I trust the energy that moves within me. I share from fullness, not from depletion. These are not expectations. They are gentle reminders. Because healing within the solar plexus is not about becoming more powerful. It is about becoming more connected. Connected to yourself, to the energy that supports you, and to the natural rhythm of giving and receiving.





As this energy comes into balance, something begins to open. There is less force, less striving, and less exhaustion. In its place, there is radiance. A steady, quiet light that extends outward without effort.

And as the third stone settles into place, the cairn begins to rise with intention. Not reaching to prove, but rising because it is supported. Because healing is not something we hold. It is something we allow to move through us. And when we remember this, we no longer carry the weight alone. We simply become part of the flow. 🌿





Chapter Five ~ Heart Chakra ~ The Center of Connection

As the cairn continues to rise, we reach the center. Not the beginning... not the end... but the place where everything meets.

The heart chakra rests at the center of the chest. It is connected to the heart, the lungs, and the space within us that allows both giving and receiving. If the lower chakras help us feel safe, to move, and to express, the heart is where all of that energy begins to integrate. It is the bridge. The place where the physical and the subtle begin to meet. Where what we carry within begins to connect with the world around us in a deeper, more meaningful way.

At its essence, the heart chakra is about connection. Not just connection to others, but connection to self, to life, and to something greater that moves through all things.

It is the space where compassion lives. Where understanding softens judgment. Where we begin to see beyond separation. Living from the heart, means to live with love and compassion, for you can not have one without the other.

When the heart chakra is in balance, there is a natural openness. Love flows with more ease, not as something forced, but as something that you feel deeply within yourself. There is a sense of warmth, of presence, and of connection that does not require effort.

This does not mean life is without pain. It means the heart remains open even as we move through it. When the heart chakra is out of balance, this space can begin to close.





There may be a sense of heaviness in the chest, or a feeling of emotional distance. Trust may feel difficult. Giving may feel draining. Receiving may feel uncomfortable or unfamiliar.

Sometimes this shows up as protecting the heart by pulling away. Other times, it shows up as over-giving ~ offering so much that there is little left within. Again, neither response is wrong. They are both ways of trying to stay safe. Because the heart does not exist separate from the foundation below it.

Without safety, it is difficult to open. Without flow, it is difficult to connect. Without balanced expression, it is difficult to give without depletion. This is why the root and the heart are so deeply connected. The root creates safety. The heart allows connection. And together, they form the foundation of healing.

When we support the heart chakra, we are not trying to force love or forgiveness. We are gently creating space for it to return. This often begins with awareness of the breath. The lungs expand and soften with each inhale and exhale, creating subtle movement in the heart space. Even a single, intentional breath can begin to open what feels closed.

Nature also offers a reflection here. Sitting beneath a tree, feeling the openness of the sky, or placing your hand over your heart can create a quiet moment of reconnection.

The color often associated with the heart chakra is green ~ the color of growth, renewal, and life. Sometimes it is also connected with soft pink, reflecting compassion and gentle love.

A simple mantra for this space is:

- I give and receive with ease.
- I allow myself to be open.





- I am connected.

These are not expectations. They are invitations. Because healing within the heart is not about becoming more loving. It is about remembering that love is already present.

As this space begins to soften, something shifts throughout the entire system. There is less separation. Less guarding. Less striving to be understood. And in its place, there is connection. A quiet, steady openness that allows life to move through with greater ease. And as the cairn reaches its center, it finds balance. Not because everything is perfect... but because everything is connected.





Chapter Six ~ Throat Chakra ~ The Expression of Truth

As the cairn continues to rise, it begins to narrow.

The stones become more refined, more intentional in their placement. What once felt foundational now begins to feel expressive. The structure is no longer simply being built ~ it is beginning to communicate.

The throat chakra resides in the throat and neck. It is connected to the voice, the breath, and the ability to express what lives within. If the heart is where we feel connection, the throat is where we give that connection a voice.

At its essence, the throat chakra is about expression. Not just speaking, but sharing truth. Allowing what is within to move outward in a way that feels clear and aligned.

When the throat chakra is in balance, there is a natural ease in communication. Words flow without force. Expression feels honest, not rehearsed. There is the ability to speak, but also the ability to listen. Because true expression is not one-sided. It is a rhythm. A balance between sharing and receiving. But when the throat chakra is out of balance, this rhythm can become disrupted.

There may be hesitation to speak, a holding back of thoughts or feelings. Or, on the other end, there may be over-speaking, saying more than is needed in an effort to be heard. The body may reflect this as tension in the neck, tightness in the throat, or difficulty finding the right words. Sometimes this shows up as silence. Other times, it shows up as noise. Again, neither response is wrong. They are both ways of trying to find clarity. Because expression can feel vulnerable. To speak truth is to be seen. And without the support of the heart, that can feel unsafe.





This is why the throat and heart are so closely connected. The heart feels. The throat expresses. When they are aligned, expression becomes clear, grounded in truth rather than fear.

Supporting the throat chakra begins with awareness. Noticing when you hold back. Noticing when you push. Noticing when something within you is asking to be expressed. This does not always mean speaking out loud. Expression can take many forms. Writing. Creating. Breathing.

Even allowing yourself to acknowledge what you feel internally is a form of expression. The color often associated with the throat chakra is blue ~ calm, open, and expansive, like the sky.

A simple mantra for this space is:

- I speak my truth with clarity.
- I listen with openness.
- I express myself with ease.

These are not expectations. They are reminders. Because healing within the throat chakra is not about saying more. It is about saying what is true. As this space begins to open, something shifts. There is less holding. Less second-guessing. Less need to filter every word. And in its place, there is clarity. A steady, grounded expression that flows naturally from within. And as the cairn continues to rise, it becomes more defined. Not louder... but clearer.





Chapter Seven ~ Third Eye Chakra ~ The Space of Inner Knowing

As the cairn nears its peak, something begins to quiet. While balance becomes more intentional, your awareness begins to grow. The structure is steady now. The stones have found their place. And within that steadiness, a new awareness begins to emerge.

The third eye chakra resides in the space between the eyebrows. It is connected to perception, awareness, and the ability to see beyond what is immediately visible.

If the lower chakras help us navigate the physical world, and the heart and throat help us connect and express, the third eye invites us inward. At its essence, this chakra is about understanding. Not through force or analysis, but through quiet knowing.

When the third eye is in balance, there is a sense of clarity that does not need to be explained. Insight comes more easily. There is trust in your own perception, and a gentle awareness of patterns, both within yourself and in the world around you. This is not about always having answers. It is about trusting what arises. But when this chakra is out of balance, there may be confusion. Overthinking. Doubt in your own inner voice. Or, on the other end, a disconnection from grounded reality.

Again, neither response is wrong. They are both attempts to find clarity. Because true seeing requires stillness. And stillness can feel unfamiliar. Supporting the third eye chakra begins with creating space. Moments of quiet. Moments of pause. Moments where nothing is required. Even brief periods of stillness can begin to open this space.





The color often associated with the third eye chakra is indigo ~ deep, intuitive, and expansive.

A simple mantra for this space is:

I trust my inner knowing. I see with clarity. I allow insight to arise.

These are not expectations. They are invitations. Because healing within this chakra is not about seeing more. It is about seeing clearly.

As this space opens, something softens. There is less overthinking. Less grasping for answers. And more trust. A quiet, steady awareness that does not need to prove itself. And as the cairn nears completion, it becomes still. Balanced. Aware.





Chapter Eight ~ Crown Chakra ~ The Completion of the Cairn

At the top of the cairn rests the final stone. It does not carry the structure. It does not stabilize or support in the same way as those below. And yet... it completes it.

The crown chakra resides at the top of the head. It is connected to awareness beyond the physical, to a sense of connection that extends beyond the self.

If the root grounds us and the heart connects us, the crown opens us. At its essence, the crown chakra is about connection to something greater. To the divine. To source. To the unseen field of energy that exists beyond what we can fully understand. However this feels for you... whatever your vision of a higher self may be... There is no judgment here. No right or wrong. No "my God" or "your God." Only your own personal awareness. A quiet remembering... that you are part of something vast, something connected, something that gently holds it all.

When this chakra is in balance, there is a sense of peace that does not depend on circumstances. A quiet knowing that you are part of something larger. A feeling of purpose, not forced, but naturally unfolding. It is not about leaving the body. It is about feeling connected within it.

The cairn offers a beautiful reflection here. The final stone does not push upward. It reflects. It receives light. And in doing so, it completes the structure. But when the crown chakra is out of balance, there may be a sense of disconnection. Feeling lost. Searching for meaning without feeling it. Or, on the other end, becoming so focused on the abstract that the connection to the body begins to fade.





Again, neither response is wrong. They are both attempts to reconnect. Because connection to something greater can feel distant when the body itself does not feel grounded. This is why the entire system matters. The crown does not stand alone. It is supported by every stone beneath it. Supporting the crown chakra is not about reaching higher. It is about allowing connection. Moments of stillness. Moments of gratitude. Moments of simply being.

The color often associated with the crown chakra is violet or soft white light ~ expansive, subtle, and all-encompassing. A simple mantra for this space is: I am connected. I trust the flow of life. I am part of something greater.

These are not expectations. They are gentle reminders. Because healing within the crown chakra is not about becoming something more. It is about remembering what you already are.

As this space opens, something shifts. There is less seeking. Less striving. Less needing to understand everything. And in its place, there is peace. A quiet, steady connection that flows through all things.

And as the final stone rests gently at the top, the cairn is complete.

Not perfect.

Not fixed.

But whole.

And in that wholeness...there is light. 🌿





Chapter Nine ~ Maintaining Balance

There is so much wisdom within the chakras. Maintaining perfect balance is not the goal... but rather learning how to return ~ to realign, again and again, as life unfolds. Like the wind moving across the water... like waves reshaping the shoreline... like sand shifting beneath our feet... there is so much that influences our inner landscape.

Our stack of cairns will not remain still. And it was never meant to. There will be moments of steadiness... and moments where something shifts, softens, or falls. Not as a failure ~ but as a reflection of being part of a living, moving world.

Healing is found in the returning. In the gentle awareness... in the quiet noticing... in the choice to restack, realign, and reconnect ~ one stone at a time.

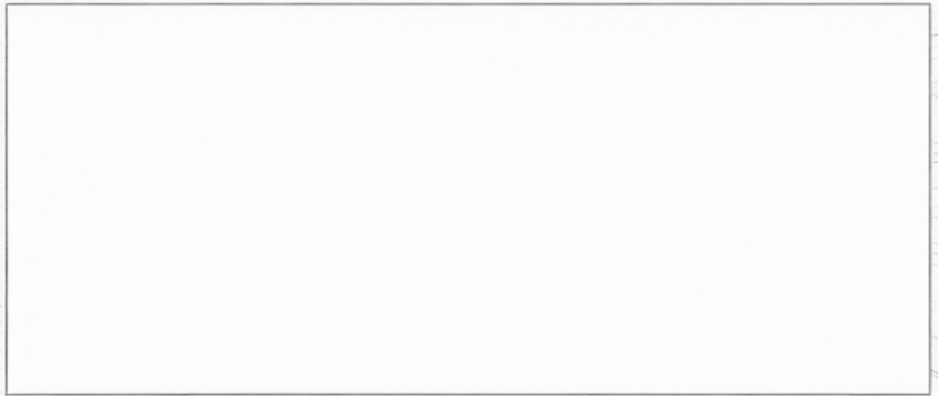




Cairn Reflection

— A gentle moment of awareness —

Draw or color your cairn:



Which stone feels steady?

Which stone feels like it may need support?

What does your foundation feel like today?

One small shift... is enough.





Chapter Ten ~ Continue Healing

This is only a beginning.

A simple introduction to the chakras... a doorway into a much deeper understanding that continues to unfold.

These teachings have been carried forward through centuries ~ rooted in ancient wisdom, and now slowly being echoed and supported through modern science and medicine.

And still... there is more to learn. More to explore. More to remember. We are honored to walk this path alongside you ~ learning, growing, and healing together.

If you feel called to continue exploring, we invite you to visit our space: www.EarthWhisperingHealing.com/Chakras where additional reflections, practices, and gentle guidance will continue to be shared.

Take what resonates... leave what does not... and trust the rhythm of your own unfolding.

Namaste ~ Love & Light to You.

Lori

