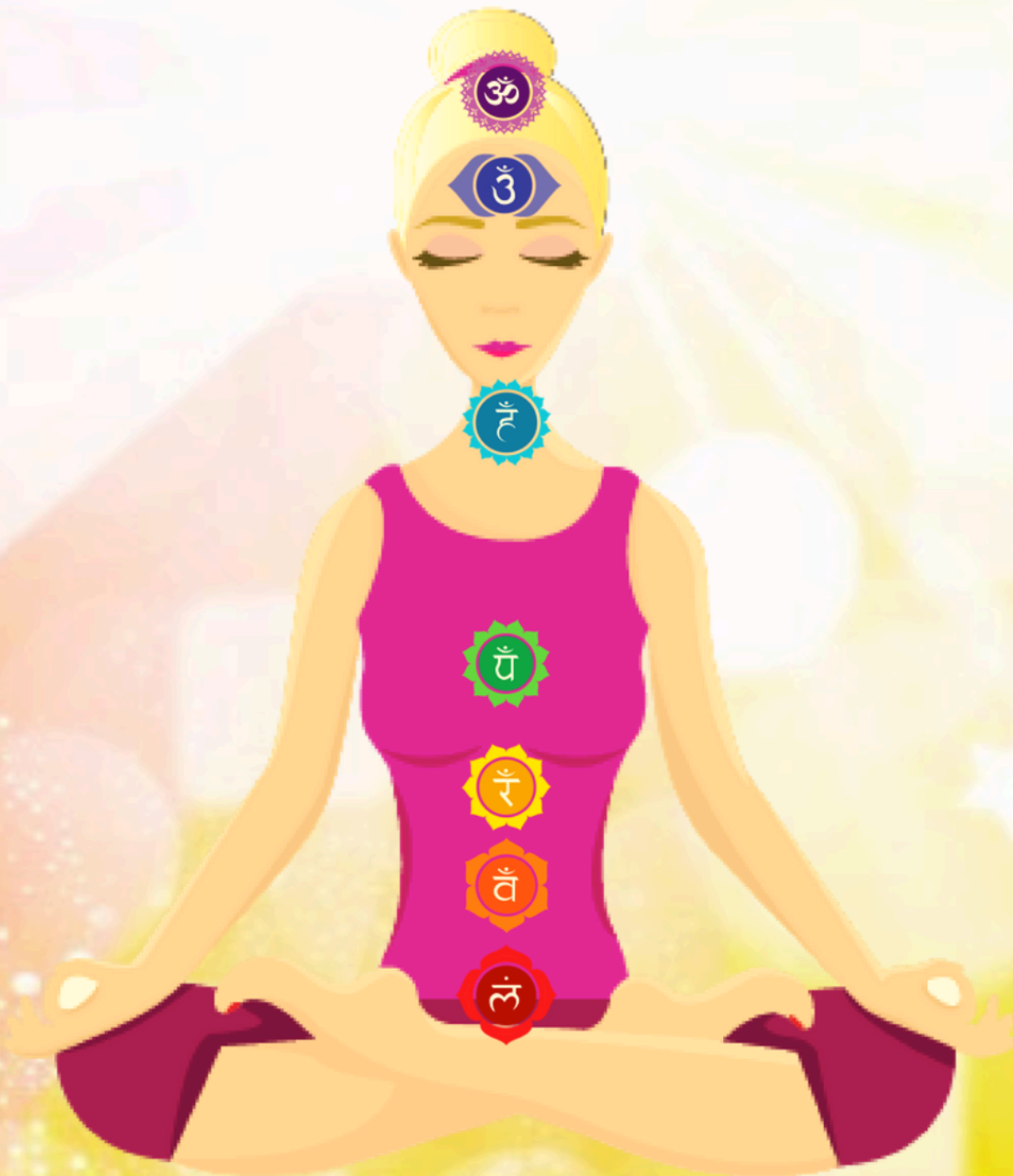


# CHAKRA BALANCING MADE SIMPLE



# THE BASICS

Hey, I'm Connie, and I wrote a book about chakras. I wanted to take away the mysticism and make them easy to understand, because .

Chakras are energy centers in your body, and understanding how they work is essential because they affect every aspect of your being—physically, emotionally, and spiritually.

There are seven main chakras located along the trunk of the body, and each one is connected to:

- Specific organs, glands, and body parts
- Emotions and mental attributes

When your chakras are open and flowing properly, your entire body, mind, and spirit function at their best!

- Chakras are constantly shifting and flowing, which means that balanced chakras don't hold—they adjust and realign as you experience life.
- If you want to keep your chakras balanced, you need to understand how to get and keep your energy flowing properly.

- ROOT
- SACRAL
- SOLAR PLEXUS
- HEART
- THROAT
- THIRD EYE
- CROWN



# CHAKRAS 101

The main secret to maintaining balanced chakras is learning to:

- Recognize and release negative or non-productive emotions as quickly as possible.
- Let go of what no longer serves you instead of holding onto negative emotions—because holding onto negativity is a chakra blocker!

Keeping your emotions flowing in a positive direction is simple when you know how. It is key to living a peaceful, joyous, chakra-balanced life.

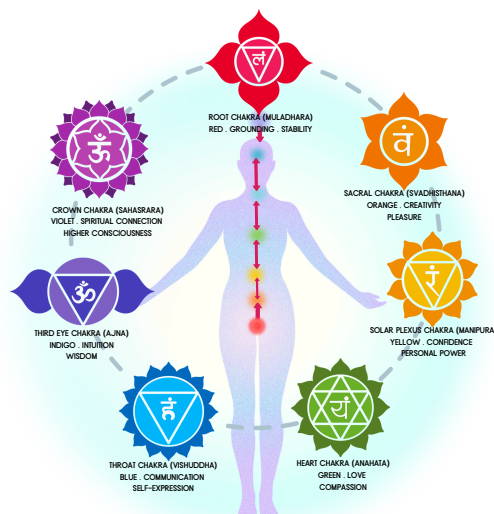
- To be “balanced” doesn’t mean you’ve got your ducks neatly lined up in a row—it means you can flow through the turbulence of life without getting churned up in the current.

By learning how to release and reset your energy, you will experience greater peace, alignment, and harmony in every area of life.

This chakra balancing guide will get you started, but it’s just the beginning.

If you’re ready to take your energy alignment to the next level, my Chakra Book and Chakra Balancing Course are packed with practical tips, tools, and techniques to help you keep your chakra energy balanced and flowing. You can find both resources on my website.

I invite you to implement the simple steps outlined here into daily life, because personal transformation happens when you learn how to maintain alignment daily.



# ROOT

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## CONNECT WITH NATURE



The root chakra is the most physical and earthy chakra, governing your sense of safety, security, and belonging. When balanced, it helps you feel grounded, stable, and valuable in the physical world.

How to Strengthen Your Root Chakra:

- Connect with nature – Spend time outdoors and allow the energy of the earth to calm and nourish you.
- Absorb the earth's energy – Walk barefoot on the ground or lay in the grass to deepen your connection.
- Breathe in the natural world – Focus on the beauty and harmony of nature, noticing how every element plays a role in the whole.
- Observe nature's balance – See how there is diversity but no superiority—every part of nature fulfills its purpose without comparison.

By regularly grounding yourself in nature, you will strengthen your root chakra, enhance your sense of stability, and deepen your connection to who you are and where you belong.

# SACRAL

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## DANCE YOURSELF HAPPY



The sacral chakra governs sexuality, passion, creativity, and enthusiasm for life. When this chakra is out of balance, it can lead to depression, lack of joy, and a feeling of disconnection from the things that once excited you.

How to Open & Activate Your Sacral Chakra:

- Dance it out – Turn on some upbeat music and let your body move to the rhythm.
- Let go of overthinking – Get out of your head and allow yourself to move freely.
- Feel the energy shift – Keep dancing until you feel energized, uplifted, and back in balance.

Dancing has dozens of benefits, from boosting happiness and confidence to increasing energy flow and creative expression. It's an easy, fun, and effective way to realign your sacral chakra and bring more joy and passion into your life!

# SOLAR PLEXUS



## LOVE YOURSELF UP

The solar plexus chakra governs self-love, confidence, and personal power. How you feel about yourself determines how you receive love and validation from others.

- Without self-love, compliments and affection won't stick—they will bounce right off because deep down, you don't believe them.
- No one else can build you up enough to make you feel good if you don't think highly of yourself first.
- Self-love is an inside job!

How to Strengthen Your Solar Plexus Chakra;

- Make a "Great Things About Me" List – Every time you notice something you like about yourself or receive a compliment, write it down.
- Celebrate Your Quirks – Appreciate your unique, zany, and wonderful qualities and add them to your list.
- Say "I Love You" to Yourself – Speak loving and approving words to yourself daily.
- Keep Practicing Self-Acceptance – The more you practice self-love, the more natural it will feel.

Keep your list growing, and continue to affirm your worth. When you love and approve of yourself, your confidence will radiate, and your solar plexus chakra will shine!

# HEART

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## WRITE A FORGIVENESS LETTER

The heart chakra is known as the heart center because it bridges the lower (physical) chakras with the upper (spiritual) chakras. It governs how you reach out, embrace, and uplift the world.

- Blocked heart chakra energy can result from deep heartaches, relationship hurts, betrayals, and emotional wounds.
- Holding onto resentment, refusing to forgive, and a lack of gratitude also create energy blockages in the heart chakra.

How to Clear Blocked Heart Chakra Energy:

One of the most powerful ways to release negative energy and open the heart chakra is through writing forgiveness letters.

- Write a letter to anyone who has hurt or offended you—including yourself.
- If needed, write to people who are no longer in your life, or even those who have passed away.
- The most important part of this exercise is to truly feel the energetic release when you write the words "I forgive you."
- You can keep the letter, give it to the person, or throw it away—the act of writing and releasing is what matters.
- Write as many forgiveness letters as you need until your heart feels light and free.

When you release emotional weight through forgiveness, your heart chakra can open fully, allowing love, peace, and emotional healing to flow freely in your life.

# THROAT



## DECLARE YOUR TRUTH!



The throat chakra governs truthful expression and your ability to communicate openly and honestly. Holding in words that need to be spoken blocks this chakra, creating frustration, hesitation, and even physical tension in the throat.

- The main reason people suppress their words is fear—fear of sounding dumb, being criticized, or facing rejection.
- Lying, gossiping, and speaking unkindly also weaken the throat chakra and diminish personal integrity.

How to Open & Strengthen the Throat Chakra:

One of the best ways to activate and strengthen this chakra is to speak with kindness, sincerity, and confidence.

- Give genuine compliments. Look for opportunities to lift people up with kind words.
- Smile and connect. When shopping, make eye contact with clerks, smile, and say something thoughtful.
- Practice speaking the truth boldly. Stand firm in your words, knowing that your voice matters.
- Make it a game. See how many people you can speak pleasantly to in a day and how many sincere compliments you can give.
- Avoid habits that shut down the throat chakra. Replace gossip, negativity, and dishonesty with uplifting, empowering speech.

The Power of Your Words & Declarations:

Every time you speak, you are declaring something into existence. These declarations act as energetic seeds, shaping your future reality.

- What you speak, you plant.
- What you plant, you will reap.

The good news is that you can change what comes out of your mouth at any time.

- Upgrade your thoughts and be intentional with your words.
- Declare what you want to create in your life, using the present tense as if it's already happening.
- Be conscious of your words. Speak positive and empowering statements over your life.

One of the most powerful things you can do for your throat chakra is to choose your words wisely and speak as if you are calling your future into existence—because you are. "By their words" and "as a man speaketh"... so it shall be. These are not just empty sayings. Your words create your reality.



# THIRD EYE

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## PRACTICE SEEING THE UNSEEN



The third eye chakra governs soul wisdom, intuition, and the ability to "see" beyond the surface. It allows you to perceive truth, insight, and the deeper meaning of life's events.

- Being too busy to slow down and reflect shuts this chakra down.
- Constantly plugging into noise, distractions, and external commotion blocks your ability to tune in to inner guidance.

How to Open & Strengthen the Third Eye Chakra:

One of the best ways to activate and balance this chakra is to unplug from the external world and tune into what's happening within and around you.

- Silence is key. Take time to step away from noise and distractions.
- Meditation is one of the most powerful tools for awakening and strengthening the third eye chakra.
- Observe, don't chase thoughts. The hardest part of meditation is learning to quiet the mental chatter—it takes practice.
- Bring concentrated energy to your third eye and focus on a thought, question, or object.
- Notice what impressions come to you—insight and inspiration often flow when the mind is still.
  
- When your third eye chakra is open, you begin to see life more clearly—beyond distractions and illusions.
- Answers, inspiration, and wisdom will come more easily when you are in a silent, receptive state.

By making time for stillness, inner reflection, and meditation, you will develop a stronger connection to your intuition and the wisdom of your higher self.

# CROWN

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## PRAY FROM YOUR HEART



The crown chakra is your gateway to inspiration, higher wisdom, and connection to Source energy. It is through this chakra that you tap into divine guidance and align with your highest self.

- I personally refer to this Source energy as God, but if that word doesn't resonate with you, don't let it stop you.
- Call it Source, Higher Power, Creator, or Divine Energy—what matters most is that you open yourself up to connection.

How to Strengthen the Crown Chakra:

The most powerful way to open and align this chakra is through prayer and intentional connection.

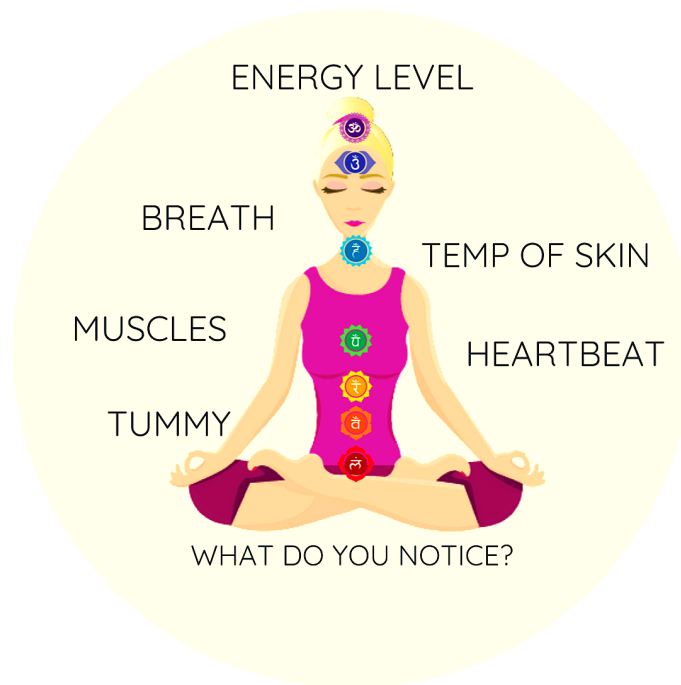
- Talk to God, soul to soul, as if He is in the room with you.
- Share openly—tell Him about your day, your worries, your joys, and your gratitude.
- Ask for what you want and need, and thank Him in advance for it.
- Seek divine direction—ask Him, "What would You have me do?"

Once you've spoken from your heart, take time to listen.

- Quiet your mind and allow space for heavenly communication and inspiration to come through.
- Feel His peace as you align with the higher wisdom and love that is always available to you.

By making this connection a daily practice, you will strengthen your intuition, clarity, and spiritual alignment, allowing divine guidance to flow effortlessly into your life.

# CHAKRA CARE 101



## PRACTICE MAKES BETTER



Keeping your chakras open and balanced isn't something you do once and forget about—it's a daily practice. Just like strengthening a muscle, maintaining energetic alignment requires consistent effort, intention, and awareness.

Chakra balance is not about perfection—it's about commitment to growth. The more you practice the habits that support your energy, the stronger, clearer, and more balanced your chakras will become.

This is where "practice makes better" comes in. True alignment comes from:

- Choosing daily habits that promote well-being.
- Paying attention to how you think, speak, and act.
- Making intentional shifts to keep your energy flowing.

By consistently doing the small things that nourish your body, mind, and spirit, you create a lasting state of balance—one that allows you to thrive, feel good, and stay connected to your highest self.

# CHAKRA CARE 101

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## CHAKRAS LOVE OILS!

Essential oils are high-frequency natural lipids distilled from plants. They work on an energetic level to restore harmony to the entire system, making them powerful aids for keeping chakra energy flowing optimally.

doTERRA essential oils are safe, easy to use, and incredibly powerful. Simply removing the lid and inhaling the aroma can quickly recharge your body and lift your spirits.

As long as you are using pure, high-quality essential oils (this is important!), it doesn't matter which specific oils you choose—they will support your energy in the way your body needs.

- Apply essential oils directly to your chakras and focus on the associated attributes.
- Choose to FEEL empowered, balanced, and open.
- Both essential oils and positive intentions will help open your chakras and get them moving!

Simple Oil Protocol for Chakra Balance:

- Root Chakra – Cedarwood or Patchouli (apply to the bottoms of the feet for grounding and stability)
- Sacral Chakra – Wild Orange or Ylang Ylang (apply to the lower abdomen for passion and creativity)
- Solar Plexus Chakra – Lemon or Ginger (apply to the stomach for confidence and personal power)
- Heart Chakra – Rose or Geranium (apply to the chest for love and emotional balance)
- Throat Chakra – Peppermint or Basil (apply to the throat for clear communication)
- Third Eye Chakra – Sandalwood or Clary Sage (apply between the eyebrows for intuition and insight)
- Crown Chakra – Frankincense or Lavender (apply to the top of the head for spiritual clarity)

Breathe deeply, set an intention, and allow the pure plant energy to help restore balance and harmony to your chakras.

# LEARN MORE

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I hope you've enjoyed this guide! By now, you should have a basic understanding of chakras and feel better equipped to keep your energetic self tuned up and optimally flowing.

If you're ready to go deeper, my chakra book and Whole Body Attunement chakra balancing course offer in-depth insights, tools, and techniques to help you maintain chakra balance effortlessly. You can find both on my website.

Go to the Lifestyle page on my website to download essential oil guide and learn how I use essential oils to support energy alignment and keep my chakras in check.

Life is meant to be good, and I truly believe that knowing how to keep your energy balanced—especially in stressful times—is invaluable. When you understand how to care for your chakras, life becomes smoother, more joyful, and more fulfilling.

I'm here to help you succeed, and I can't wait to see how your journey unfolds! Follow me @

Instagram - Connie Boucher Books  
Facebook - Super Simple Wellness

Wishing you all the best,

Connie

Want more?

[Get my chakra book](#)

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