



Boundless Healing Hands
EXPLORE YOUR POTENTIAL

BEGIN RE-PROGRAMMING YOUR MINDSET



"When you change the way you look at things, the things you look at change"
-Dr Wayne Dyer

- 01 Declare your power over your life
- 02 Be open to change and be curious to see what is possible
- 03 Do not take what others say personally
- 04 Surround yourself with positive reinforcement
- 05 Speak your success as a present fact
- 06 Create a vision space (Vision boards/ Daydreaming)
- 07 Identify your RESISTANCE, to unblock your creativity
- 08 Start a GRATITUDE journal
- 09 Begin asking for what you TRULY want



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- 10 Release your attachment to the "how"
- 11 Surround yourself with allies that are inspiring, supportive and creative
- 12 Mind your daily fuel intake,
- 13 Begin a daily physical movement practice that will help align your energy systems Begin daily meditative practice in the morning
- 14 Listen to music that brings you healing daily
- 15 Identify YOUR own value system and honor it
- 16 Let go of all judgments of yourself and others
- 17 Stay in the present moment, where your peace and power is always



CHAKRA/ COLOR

MANTRA / SOUND & Crystal Benefits

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE



**CROWN
VIOLET
OR
WHITE**

AAH
Clear Quartz:
connect with our
soul for
enlightenment

Moonstone:
Ultimate stone for
fertility and love

Amethyst: Boosts
self-esteem, heal
addictions

**Consciousness
Enlightenment
Self-Realization
Spirituality
Purpose**

**Meditation
Energy Work
Stillness**

**I am one with the
Divine
I am the power and
presence of the
Divine**

*feeling down
*lack of purpose
*depression or
mental exhaustion
*disconnection with
higher power
*disconnection with
your body
*closed-
mindedness
*disregard for
"reality"



**THIRD EYE
INDIGO**

AUM (OM)
Sodalite: clarity,
focus

Lapis Lazuli:
promotes intuition

Sapphire: resolve
issues, meet goal

**Intuition
Astral Projection
Imagination
Self-Awareness
Eyes / Ears / Spinal
Cord / Hair / Scalp
Head
Neurological/Person
ality
Psychic sight**

**Meditation
Visualization
Lucid Dreaming
Breathing**

**I am intuitive
I see all things clearly
I am insightful
I am focused
I see from all
perspectives**

*Lack of rational
decisions
*feeling stuck in a rut
*board of your daily
routine
migraines/
headaches,
nightmares
*neurological
disorders
*volatile personality



**THROAT
BLUE**

HAM
Turquoise: mental
relaxation,
leadership,

Celestite: inner
peace, strength

Blue Apatite:
promotes
creativity, clear
confusion

**Communication
Purification
Expression
Creativity
Neck / Throat
Thyroid / Glands
Jaw / Mouth /
Tongue**

**Speaking
Sound Healing
Listening
Journaling**

**I hear and speak the
truth
I am expressing
myself with clear
intent
Creativity flows in and
through me
I am an important
voice in the world and
my voice is heard
I speak my truth
clearly**

*telling lies
*shy or secretive
*sore throats
*sinus problems
*thyroid problems
*feeling a filter
when you speak
*people pleaser
*self-sabotaging
relationships



CHAKRA/ COLOR

MANTRA / SOUND & Crystal Benefits

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE



HEART
GREEN

YAM
Rose Quartz:
compassion/
calming

Amazonite:
divine guidance/
communi-cation of
thoughts

Kindness
Love
Compassion
Empathy
Open Heart
Lungs/Breath

Meditation
Energy work
Stillness
Breath

***I am LOVE**
***I follow my heart**
***I love myself
and others**
*** I am
compassionate
with myself and
others**

***lack of joy**
***issues with heart
and/or lungs**
***chest cold**
***grieving loss of
love**
***defensiveness,
jealousy, fear of
intimacy, holding
grudges**
***unforgiving**



**SOLAR
PLEXUS**
YELLOW

RAM
Citrine:
imagination

Tiger's Eye:
confidence

Yellow Jade:
self-control

Self-Esteem
Transformation
Strength
Power
Upper abdomen
Digestive system
Metabolism

Completing Goals
Sunlight
Physical Exercise
Fasting

**I am a powerful
creator**
I feel my own power
**I act with courage &
trust**
**I am potential
power and
unlimited**

***Lack of self-
esteem/self-
confidence**
***Issues with the
digestive system**
***lack of
energy/motivation**
***feelings of
helplessness/loss of
control**
***feelings of stress**



SACRAL
ORANGE

VAM
Amber : manifest
desires / relieve
physical pain

Carnelian : vitality
& motivatio

Sensuality
Pleasure
Emotions
Sexuality
**Reproductive
System**
Lymphatic system
Pelvic organs

Self-Care
Creative Play
Tantra
Creative Arts

**I embrace and love
my sexuality**
I honor my desires
**I deserve to enjoy
my life**
I trust my intuition

***Feeling out of
balance**
***Lower libido**
***co-dependency**
***over-emotional or
lack of
*over/under
sexualized**
***issues with
reproductive organs**



ROOT
DEEP RED

LAM
Red Jasper:
absorbs negative
energy

Garnet: passion,
serenity, balance

Hematite:
blood flow/
relationships/
grounding/Liver

Life Force
Survival / Safety
Grounding
Physical body
Bladder / Colon
Bones / Muscles
**Kidneys / Lower
Back / Feet**

Yoga
Mindfulness
Nature
Grounding
Gardening
**Walking barefoot
in nature**

**I love being in my
body**

I am safe

**I am grounded and
one with nature**

***Fear of moving
forward in life**
***Money issues**
***Adrenal fatigue**
***Constipation**
***Feeling lack of
emotional/financial
support**
***Greed**
***Excessive Negativity**
***Feelings of
Insecurity**

Breath and Visualization Meditation To Balance Chakras:

1
one

Close your eyes and fix your awareness at the first chakra, the root chakra

Breathe in deeply through the nose for 4 seconds, hold for 4 seconds, then exhaling through the nose for 7 seconds. While breathing visualize the root chakra expanding and turning with each inhalation and contracting with each exhalation. Complete at least 3 cycles of breathing/visualizing per chakra before moving to the next chakra.

2
two

3
three

A recommendation is to practice this for 5-7 minutes at each chakra and then repeat the process, employing this breathing technique at each of the chakras until you reach the crown chakra.



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