

Chakras

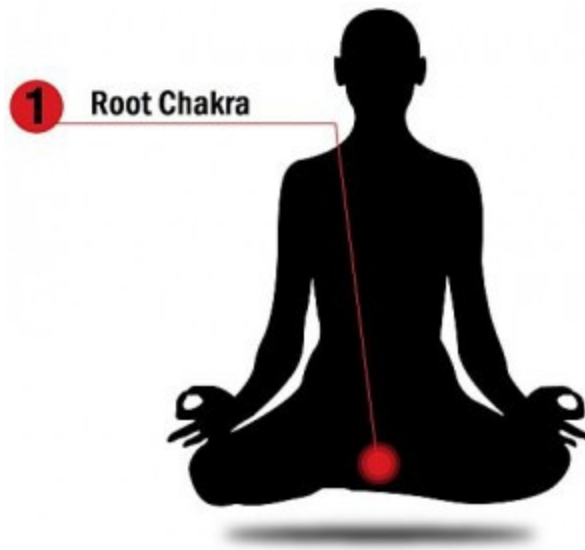
Guide to Balancing

By Brandy Joy



BrandyJoy.com

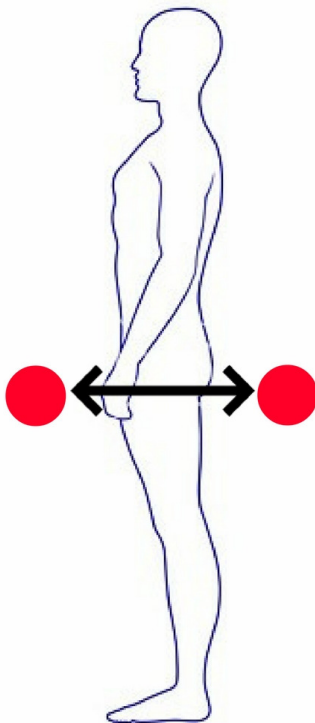
Root Chakra



Sound: "Uh"

Symptoms of Imbalance

Fear of surviving
Sciatica
Arthritis
Leg or knee pains
Constipation



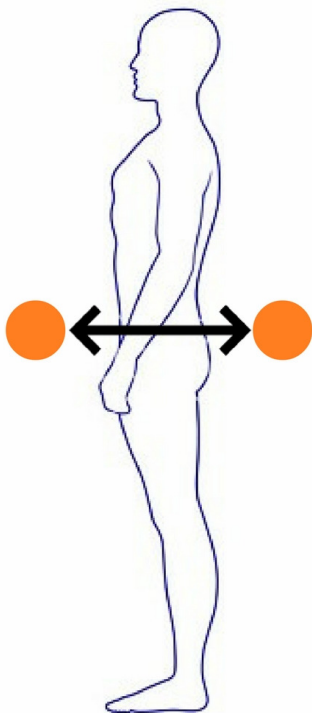
Affirmation

"I am a divine being and I am
safe, protected & supported"

Sacral Chakra



Sound: "Oo"



Symptoms of Imbalance

Lack of Desire
Lack of Ability to Experience Pleasure
Sexual Problems
Jealousy
Anger
Addiction
Desperate Need for Approval
Unhealthy Sexual Behaviors
Feelings of Shame & Guilt

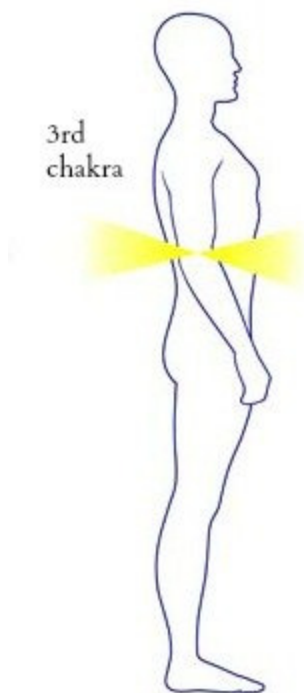
Affirmation

"I am creative, connected, & loved."

Solar Chakra



Sound: "Oh"



Symptoms of Imbalance

Problems with Digestion
Lack of Purpose in Life
A Need to Control Others
Allowing Others to Control You
Ulcers
Rage
Thoughtlessness

Affirmation

"I trust my own guidance & I am
excited to be on my path."

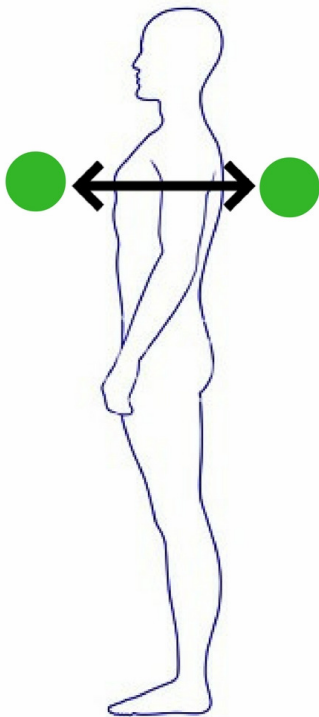
Heart Chakra

4 Heart Chakra



Symptoms of Imbalance

Sound: "Ah"



Lack of Intuitive Insight
Blocks in Channeling Spirit

Feeling Lonely

Feeling Paranoid

Heart Problems

Breathing Problems

Anxiety & Trust Issues

Co-Dependency

Fear

Lack of Compassion

Affirmation

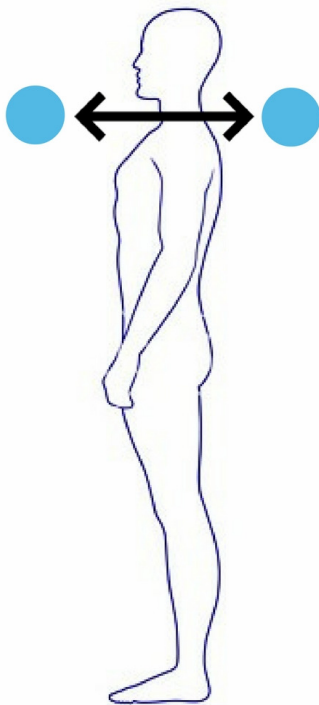
"I am Love. Love is Everywhere"

Throat Chakra

5 Throat Chakra



Sound: "Ee"



Symptoms of Imbalance

Ear, Nose, Throat Issues
Respiratory Issues
Speech Problems
Neck Pain
Excessive Talking
Anger & Frustration
Lack of Feeling Understood
Communication Problems
Blocks in Expressing the Self

Affirmation

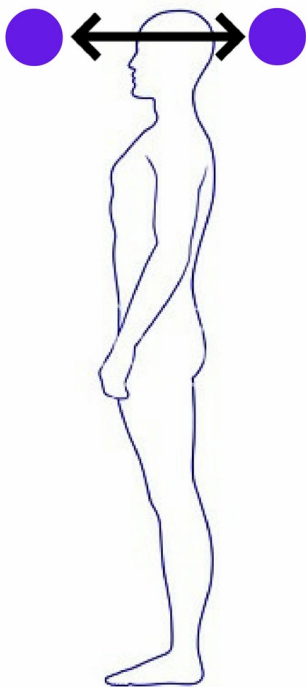
"I communicate easily with
clarity & love."

3rd Eye Chakra

6 Third Eye Chakra



Sound: "Mmm"



Symptoms of Imbalance

Weak Concentration
Inability to Focus
Inability to Still the Mind
Non-Stop Thinking
Insomnia
Attention Deficit Disorders

Affirmation

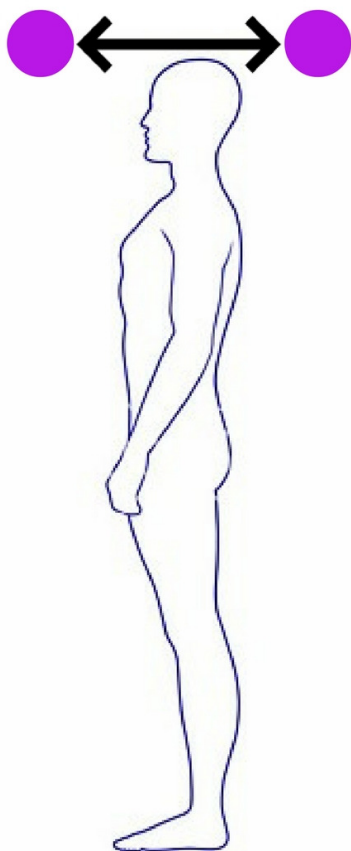
"I am open to visions of the
imagination & unconscious realm
to flow freely in a positive
vibrant light."

Crown Chakra

7 Crown Chakra



Sound: "Ay"



Symptoms of Imbalance

Epilepsy
Frustration
Feelings of Separation
Atheism
Destructive Behaviors
Psychosis
High Blood Pressure
Fear of the Unknown

Affirmation

"I connect easily with my higher self."

About Brandy



Thank you for using my chakra balancing guide!

I do meditative exercises & channeling daily. It's my life. This work changes your brain chemistry & your life.

I have free webinars monthly, free mini-courses and guides, weekly spiritual videos, and private one-on-one sessions at BrandyJoy.com.