

IF YOU'RE FEELING...

a chakra + colour therapy healing guide

This isn't your average checklist of 'things to do' when you're feeling off-kilter. It's soul-centred. And purposeful. And I've created it for you because I want you to feel utterly inspired by the prospect of making holistic choices in your life.

I know you weren't expecting to learn about colour therapy and soul-food when you signed up for The Party Girl's Guide to Peace (I fooled you good, didn't I?), but just in case you need it, read on...

IF YOU'RE FEELING...

- Unsure of your place in the world
 - Fearful for your existence
 - Unsafe (fears around money, resources, and basic needs)
 - Super flighty, scattered and disconnected from your body
- ... then **Chakra One** may be imbalanced.

THINK: Red / Brown

CONSUME:

- Drink rooibos tea
- Prepare an earthy meal (think: grains, mushrooms, root vegetables, miso, etc.)
- Raw chocolate
- Raspberry smoothie
- Tomato soup
- Add chilli, cayenne or paprika to your food

SAY ALOUD: "I am safe and limitless. I trust in the uncertainty of life."

CRYSTALS: Smokey Quartz, Red Jasper

DO THIS:

- Barefoot breathing
- Sit in stillness in nature
- Yoga
- Chakra Meditation.

IF YOU'RE FEELING...

- As though you're never satisfied.
- Uninspired. Lacking creativity.
- Like you're having a self-identification crisis
- Like you're struggling with an addiction
- Hormonal
- Disconnected from the world around you
- Sexually uncomfortable

... then **Chakra Two** may be imbalanced.

THINK: **Orange**

CONSUME:

- Carrot and ginger juice
- Pumpkin soup
- Quinoa with roasted pumpkin and dates
- Roasted sweet potato with organic butter and sea salt
- Ginger kombucha
- Sweet fruits; stone fruit and melons

SAY ALOUD: "I am willing to let go and become open."

CRYSTALS: Carnelian, Orange Calcite

DO THIS:

- Paint your nails orange
- Expressive dance (Nia, pole dancing, salsa)
- Yoga
- Dance naked in your bedroom
- Take to your journal like a crazy woman
- Wear high heels and lipstick.

IF YOU'RE FEELING...

- Frustrated
- Angry
- Insignificant or invisible
- Shy
- Small
- Nervous

... then **Chakra Three** may be imbalanced.

THINK: **Yellow**

CONSUME:

- Turmeric tea (1/2 tsp turmeric, tamarind paste, apple cider vinegar and honey)
- Chamomile tea
- Banana, peach and cinnamon smoothie
- Pineapple
- Add turmeric to your grains (brown rice, quinoa, etc)

SAY ALOUD: "I am willing to take responsibility for my life."

CRYSTALS: Citrine, Tigers Eye

DO THIS:

- Burn lemon essential oil
 - Sunbake. 10 minutes of Vitamin D
 - Wear bright yellow accessories
 - Move your body in a more vigorous way; running, bootcamp, Pilates.
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IF YOU'RE FEELING...

- Alone
- Ashamed
- Heartbroken
- Resentful

... then **Chakra Four** may be imbalanced.

THINK: Green + Pink

CONSUME:

- Green juices and smoothies
- Abundant and vibrant salads
- Fresh produce from the farmers markets

SAY ALOUD: "I deeply love and accept myself, and forgive all others."

CRYSTALS: Rose Quartz, Aventurine, Aquamarine

DO THIS:

- Sit on a park bench, with your feet on the grass
 - Swim in the ocean
 - Open yourself to receive via hands-on healing (massage and energy work)
 - Forgive those in your life, including yourself.
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IF YOU'RE FEELING...

- Misunderstood
- Caged in
- Restricted
- Silenced
- Creatively stunted
- An inability to express yourself

... then **Chakra Five** may be imbalanced.

THINK: Blue

CONSUME: The throat chakra governs free will and choice. So it's highly important, that for you to nutritionally support this chakra, you need to be making sustainable and high-quality food choices. Whether you're vegan, gluten free or a meat-eater, it doesn't matter. Support this energy centre with good quality, organic, high-energy foods.

Specifically good for the throat, are:

- Soups and broths
- Fruit
- Sea vegetables

SAY ALOUD: “I am a divine channel for authentic expression. It is safe for me to speak up.”

CRYSTALS: Blue-lace Agate, Chrysocholla, Turquoise

DO THIS:

- Sing in the shower
 - Walk beside the ocean
 - Press publish on a blog post
 - Embrace vulnerability
 - Lay on the ground and look at the clouds
 - Chew your food very, very slowly.
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IF YOU'RE FEELING...

- Stubborn
 - Self-doubt
 - Distrust
 - Pain - constant migraines
 - Highly sensitive - as though you're taking on other people's energy
 - Decreased imagination
 - As though you're over-intellectualising everything
- ... then **Chakra Six** - the Third Eye - may be imbalanced.

THINK: Purple

CONSUME:

- Dark berries: blueberries, raspberries, blackberries, etc.
- Cherries
- Beetroot
- Red Cabbage

SAY ALOUD: “I am wise, intuitive and connected with my inner guide.”

CRYSTALS: Amethyst, Lepidolite

DO THIS:

- Connect back in with your body in an attempt to press pause on the mind chatter
- Take a bath
- Release any and all comparison and competitiveness
- Have faith in the uncertainty of life
- Move gently
- Declare a 'Day of Healing'.

IF YOU'RE FEELING...

- Disconnected
 - Like you're lacking purpose
 - Confused
 - Physically exhausted
 - Superior to those around you
 - Addicted to spirituality
- ... then **Chakra Seven** may be imbalanced.

THINK: Lavender / White

CONSUME:

Not a whole lot!

- This is a good time for you to centre back into your body and try a gentle cleanse or fast, which will help you to clear the channel and strengthen your connection to spirit.
- Be gentle here, and responsible. You will know when you need to take a break from your routine and 'clean up'.

SAY ALOUD:

"I am complete and at one with Divine Energy."

CRYSTALS: Clear Crystal Quartz, Herkimer Diamond, Selenite

DO THIS:

- Prayer and meditation
- Chakra cleanse
- Surrender. Let go, Party Girl!
- Give yourself a head massage
- See a healer
- Look at mountain tops (either in real life, or at a photo).