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<http://psychicspiritinyou.com/balance-your-chakras-free-ebook/>

I have a simple question for you:

### **Do you have any of these symptoms?**

- Change of sleeping patterns, change in the eating habits
- Weight fluctuation, weight gain or loss
- Lots of activity in the head: headaches, pressure in the temples, forehead, lightheaded, any activity around head area
- Nausea, dizziness, vertigo, diarrhea and more
- Emotional rollercoaster: emotions are up and down feeling very happy, followed by being sad, depressed and so on...
- Heartaches, pulsation in the chest which is not the heart beat or any activity in the chest area that makes you feel uncomfortable
- Pulsation, pressure or twitching in any area of your body
- Extreme tiredness, fatigue

So if you have one or more of the above symptoms then block out 10 -15 minutes out of your precious time and keep reading.

You are NOT Alone!

As many Sensitive People out there, I have also been through rough times and emotional roller coasters that at times not only scared me but drove me insane. After much suffering and pain I realized that the secret to ease up the Symptoms of Spiritual Awakening is a powerful balanced Chakra System.

I am extremely pleased and happy that I could help many people who were going through similar tough times to get their emotional and spiritual health in balance. I am sure this will also help you.

BUT there is a BUT...

You have to do your inner WORK.

Perhaps you might want to post reminders on your refrigerator door, your vision board or anywhere in your house so you are inspired to do your daily Chakra Balancing Work.

I am Lilly Natures Blessings the founder of Nature's Blessings and Psychic Spirit In You.

I am vibrating with a high intention that you will absorb this information and use it to your own benefit.

### **This is a needed Disclaimer:**

Please use common sense, exercise discernment and be responsible. Don't ignore major physical, emotional problems or medical conditions. Check with your doctor or health practitioner as some of the symptoms mentioned above might or might not be related to Spiritual Awakening.

Awesome, so let's start!

The symptoms mentioned above are only a few of the multitude of Spiritual Awakening Symptoms and might as well be symptoms of Healing Crisis.

They are telling you that your chakras are changing, transforming and need to be balanced and aligned so you can feel good and at peace.

Before we move into relationship between Chakras and Spiritual Awakening let's see what Spiritual Awakening is.

**I believe everyone can feel it: the World is shifting rapidly and you are part of it.**

The shift is major and it's a shift in consciousness which requires a big amount of energy.

This is very IMPORTANT! Knowing this simple thing solves half of the issues we go through. So I am going to REPEAT this again so subconscious mind gets it!

The shift requires a big amount of ENERGY.

Did you have an Ahaaaa moment yet?

When I realized that, I immediately knew that I had to do something about it: not to fight the shift but allow it.

Our belief systems and mind set are challenged.

The entire planet is transforming, we are growing and evolving our souls and develop our higher minds.

We are changing at a molecular and cellular level and the first things being affected by the change are our chakras and aura (energy field).

This is also very important to note:

Whether or not you believe in past lives, our past lives are NOW being accumulated and activated ALL at once in this very present life. This present time is a POWERFUL time frame in the "dimension of time".

Ouch!

However this is good because...

We chose to be in this present moment to heal our karma and make a difference in the world, by releasing the cultural and emotional baggage.

Spiritual Awakening is about allowing, receiving and absorbing new energies while old stagnant, detrimental energies are being acknowledged and released.

Also I want you to understand that by releasing these energies you help others to cleanse their energies; hence you participate in the cleansing of our entire planet. And this is beautiful!

Now do you understand why at times energies can be heavy or very intense?

The more we awaken to a new Spiritual level the more sensitive to these energies we become.

Highly Sensitive, Empathic and Intuitive people feel the Awakening on a more profound level.

I posted more [Symptoms of Awakening and Healing Crises](#) on my website. Make sure you check them out.

## **Chakras and Spiritual Awakening**

Our chakras are challenged to grow and explore NEW Energies that are arriving to our Planet.

Because chakra system and aura are changing we feel most of the changes in our physical bodies.

Like many of us, I have been through periods of darkness while experiencing the above and let me tell you: it is not easy!

I am going to share with you how I managed to stay sane while dealing with some of these Awakening Symptoms.

## **Chakra System**

You probably know what the chakra system is, so I am reminding you briefly.

### **1<sup>st</sup> Chakra - Root chakra (red or black colors) center of courage and survival**

Energy: Grounding

Location: Base of Spine

Relates to physical strength, vitality, material possessions, business, sense of smell and taste.

### **2<sup>nd</sup> Chakra - Sacral Chakra (Orange color) – center of creativity**

Energy: Life Force Energy

Location: just below the navel

Controls sexual energy and reproduction.

### **3<sup>rd</sup> Chakra - Navel or Solar Plexus Chakra: (Yellow color) - center of personal power and manifestation**

Energy: Will Power

Location: above and around the navel,

Relates to willpower, destiny, determination, purpose, assertiveness.

### **4<sup>th</sup> Chakra - Heart Chakra (Green/Pink - colors) center of compassion**

Energy: Compassion, Love

Location at the sternum.

Ability to enter into a state of oneness with another person, group, or one's self. Relates to infinite love, humanitarian, the empathy

**5<sup>th</sup> chakra - Throat Chakra: (Blue color) - Psychic Powerhouse center**

Energy: Communication, Creation

Location: at the base of the throat

Relates to inner voice, information from Spirit, intuition, common sense

**6<sup>th</sup> Chakra - Third Eye Chakra (Indigo color) - center of vision, psychic powers and higher intuition**

Energy: Insight, Wisdom

Location: Brow/forehead

Relates to clairvoyance, receive guidance, channeling, tune into your higher self, see nonphysical planes, see past and future, see aura, chakras, astral travel, past lives

**7<sup>th</sup> Chakra Crown Chakra (Violet color) center of the Miracle Worker**

Energy: Transcendence, transcend the laws of nature,

Location: top of the head.

Access higher self, access the unconscious, subconscious, super conscious mind, visit Akashic Records, travel to and experience different planes, experience the vast power of the Universal Flow, mediumship, knowingness, higher intuition, precognition, knowing the future.

**All 7 main chakras are very important!**

However what I am about to say is MAJOR KEY in solving the Symptoms of Spiritual Awakening issues.

I want you to make a POWERFUL mental note and come back to this piece of information over and over again because it is crucial.

Here it is:

Feet chakras which are considered secondary chakras are extremely important in the process of Spiritual Awakening.

Feet chakras are located in the middle of your feet. They are exit points for releasing energy which is stagnant or detrimental to our psyche and body.

They are also points of entry of powerful Earth energies.

## **Chakras, Symptoms and HOW to Deal with Them**

When you are dealing with Spiritual Symptoms, your chakras want to release energy from the past that doesn't serve you well.

Your chakras scream:

“I want to be activated, I want to expand, I want to absorb new energies of light, I want to release and heal past relationships, events and circumstances that don't serve my higher level of magnificence!”

## **Crown Chakra Activating**

Symptoms: any activity in the head area in particular top of your head, lightheadedness, dizziness, headaches, vertigo, emotional rollercoaster.

Your Crown Chakra says: I am getting activated and I am expanding.

Allow for expansion and light to penetrate without resisting.

Also a lot of blocks and negative belief systems are going through some healing that's why we experience some or all the above symptoms.

At times we might pick up other peoples' negative emotions. That can happen if crown chakra is not balanced.

Imagine a filter above your crown chakra (top of head).

Set the intention that only good vibrations are allowed to enter your energy



field.

This way you allow your chakra to expand and make room for new energies of Spiritual Awakening without being overwhelmed with others energies.

Use the filter for also filtering your priorities as we are bombarded with so much unnecessary information.

There is a lot of light that is coming to earth and you need to adjust with the NEW energies.

Increase the capacity of new energies of light into your energy field by seeing/visualizing your crown chakra becoming bigger.

The bigger the container the more light capacity.

### **Remember the feet chakras we discussed before?**

Well they are the answer.

Focus on the feet chakras and allow the energies that are resisting the activation to move into the Earth through your feet chakras.

There is a great technique about Grounding which came straight from Spirit during a Moon Transmission I sent out.

[You can find it here:](#)

## **Third Eye Activation**

Headaches, brow pressure, lightheadedness, blurry vision, dizziness, pain in the temples. They are usually related to third eye chakra activation.

Headaches usually come from too much information and thinking.

We are extremely loaded with information and our nervous system can only take so much.

When this happens we need to shift awareness from mind to Root and Feet Chakras.

Grounding again is crucial here.

The Grounding Technique I shared above can also be used here.

Drink plenty of water, negative thinking can lead to dehydration, hence the headaches.

Use technology fasting: that means stay away from technology (including cell phones) for a day or two.

Go in the nature to release stagnant energy of the third eye and get ready to welcome new empowering energies.

## **Throat Chakra Activation:**

Sleeping patterns change, feeling frustrated, high emotions, yelling, being angry and annoyed by some people or events that are not aligned with your beliefs, hearing strange noise that you haven't heard before, ringing in the ear, buzzing.

You are releasing and healing suppressed emotions from the past, including past lives.

Start singing, start chanting.

Meditate on the throat chakra and do gentle neck rolls.

Sometimes letting out noise like yelling works to release emotions but remember to ground your heart and come back to loving thoughts after the release.

Having a good cry also help heal emotional issues.

Tilt your head back and imagine you have a big mouth in your throat that is

ready to open and embrace your truth of who you really are.

Breathe in truth and positive words and breathe out what doesn't serve you well.

Wear blue colors during the day and throat chakra necklaces (blue gemstones like kyanite, blue lace agate, blue topaz).

To soothe the throat, eat raw organic honey.

## **Heart Chakra Activation:**

Feeling sad or cry for no apparent reason, deep longing to go home (this is not suicidal thought whatsoever- read the article I posted on [deep longing to go home](#)), feeling a strange beat that is not your heart beat but something else, pulsation or any kind of activity in the chest area.

Use common sense here: if you suffer from heart problems, please check with your doctor.

When we deal with emotional stuff having a good cry helps us heal. However after crying is over come back to being you – that means joy.

Heart energetic field is expanding and emotions have to keep up with the level of expansion in your heart field.

When my heart chakra opened to a new level to embrace the new me, I was going through major activation issues.

What helped me to calm myself was to ask Angelic guidance.

This is the message from Angels:

“Keep calm in the midst of the storm”.

Keep breathing deeply and use cayenne pepper (sprinkle in your food or use in the form of tincture/elixir).

Your heart needs space to open.

When we stop being afraid, our heart space starts to open and new energies of light have room to work on activating the heart chakra.

Grounding your Heart with the Earth's Heart is a fast way to come back to your heart center after going through emotional roller coasters.

For more in depth understanding of the heart chakra grounding listen to this audio podcast:

[Heart Technique to declutter chaotic energy of the heart](#)

## **Solar Plexus Chakra**

Feeling bloated, diarrhea, nausea, eating habits changing, strange cravings, fluctuation in weight, weird activity in the stomach area: pulsating, tingling or moving energy

Your solar plexus chakra is working on releasing emotional stuff that is old and detrimental. It is releasing past emotions and negative imprints such as not being good enough, not being treated fair in the past, not stepping into your power.

Your solar plexus chakra wants to make room for new energies to welcome confidence, being good enough, being strong and powerful.

### **What do you say to this?**

Say Yes, as this will empower you and also help others do the same.

Weight gain is the etheric body telling you that it needs more protection as it is overwhelmed. Physical body picks that up and translates energy of protection into overeating.

Old stagnant energies that sabotage your Awakening are being released, welcoming new empowering energies.

Losing weight is when physical body is detoxing, saying “I had enough of this crap”. “I need to get rid of drama in my life”.

In both cases: losing weight or gaining weight, physical body wants to move. It craves movement, so it can restore and balance energy. This way you fuel your solar plexus chakra with energy.

When we deal with Food allergies or any food intolerance, solar plexus chakra tells us the body wants to get rid of toxins.

## **Sacral Chakra Awakening:**

Emotions related to being a victim, feelings of guilt, surfacing old sexual issues, financial insecurities, bloating of the belly, some women feel pregnant, weird activity in the Sacral Area such as: pulsation, moving energy, sometimes stabbing sensation in the lower abdomen area.

Best thing to do is to make peace with this chakra, acknowledging the old issues that need to be surfacing and allowing going through emotions and releasing them in order to balance this chakra.

Dancing, moving your hips is such a good therapy for this chakra. Explore sensual, creative dancing.

Wear color orange and gemstones such as carnelian or moon stone.

[More on Sexual Chakra and the Color Orange here](#)

## Root Chakra Awakening

Feeling a lot of activity in the root chakra, the base of spine, pain in the lower back, constipation, diarrhea, feeling ungrounded, uncentered, fatigued, low energy sometimes alternating with very high energy, weight fluctuation, insecurity thoughts.

Your Root chakra is craving awakening. It wants to let you know to work with it and let go of all the negative traits without dwelling too much into that energy of releasing and focusing on positive good thoughts to make room for new energies to awaken your root chakra.

Use Grounding Techniques.

## What else can you do?

Remember this is an **ongoing continuous process** and we heal in layers.

Have **patience** and do whatever it takes to raise your vibrations daily.

This way your Spiritual Awakening is less painful and more pleasant.

Drink water.

Everybody says “drink more water”. Right?

But Make it Conscious! Set some good intention and pray over water.

Summer time: use little ice in your water to cool you down if there is a lot of activity in the head area. It calms the activity in the head, allowing the upper chakras to balance.

Although I am in favor of exercising, when the energies of Spiritual Awakening are present more intense **try not to exercise heavily**.

Instead use gentle light exercise: do gentle neck rolls, gentle yoga, stretching, chi gong, gentle dancing, walks in the Nature.

**Don't go out in large crowds without energetic protection.**

Use necklaces, amulets, crystals and gemstones for protection as well as grounding. A good gemstone would be black tourmaline or tiger eye. I personally wear my Orgone Pendants when I have to deal with crowds.

**Spend time in the nature** and allow yourself to be exposed to Sunrays early in the morning and late afternoon.

**Eat grounding foods.**

I noticed when I start to feel intense energy in my head I eat a grounding meal and also do conscious grounding.

This way energies that are entering my new body of light become more accustomed with my physical body.

For meat eaters meat of course is more grounding. If you don't eat any meat but eat fish, then fish is more grounding.

Vegetarians and vegans can eat more rooted vegetables, foods that grow in the ground instead of growing above the ground.

**Listen to your body always:** if you feel you need to relax, do it, don't deny the way you feel, respect your body, it has intelligence.

**Conscious Breathing:**

Breathe in and allow New energies and breathe out through your feet, deep into the earth, grounding the new energies.

**Set a conscious intention** to allow the NEW energies to awaken and balance your chakras.

## **Color Chakra Activation Technique (3 Sacred Lights)**

This technique was given by Spirit after I have asked for a gentle Awakening.

It is simple, everyone can do it and very effective.

We are using three colors/lights to clean chakras, remove energetic residue, and empower and activate our chakras.

The colors/lights are Violet, White and Gold.

Sit or stand in a comfortable position.

The spine has to be straight for this technique.

Do a few minutes of deep breathing.

Imagine the Color Violet coming from above your head moving gently through all your chakras: from crown to your root chakra, then into your feet chakras.

This color has the energy of calming the body, purifies the mind and helps heighten your awareness.

Next visualize the color Gold in your feet chakras, moving up through all chakras until they reach the crown chakra.

Gold color empowers and fuels your chakra with high energies.



Next visualize pure white light coming from above your crown and from your feet chakras at the same time, meeting at the heart chakra.

White light purifies, illuminates and gives clarity to all chakras.

The entire chakra system and aura are in balance and harmony.

Visualize all your chakras radiating pure white Light energy.

Take few more deep breaths and come back to this present moment.

You should feel balanced, centered and way better than before.

Use this technique any time you feel there is an imbalance in your chakras or when you feel Symptoms of Spiritual Awakening are getting more intense.

## **In closing Lets Recap:**

This is what I shared with you:

- \* Symptoms of Spiritual Awakening/The Shift
- \* How Spiritual Awakening is closely related to Chakra Balancing
- \* Balance and work on Individual Chakras to alleviate symptoms of Spiritual Awakening
- \* How to use colors and lights on your chakras to awaken and balance the entire chakra System

It is totally UP TO YOU to implement and take action on this information.  
It is meaningless if you are not doing the work.

I would like to invite you to CELEBRATE your Awakening and allow your chakras to expand, grow and allow to be bathed in highest energy.

This is what I would like you to do.

- Come and Say Hi on Facebook and share your experiences. It helps others who are going through a similar process of Spiritual Awakening.
- Send me an email at [services@natures-blessings.org](mailto:services@natures-blessings.org) saying that you took action and it worked! YAY!
- Congratulate yourself for spending time to work on You by reading and absorbing this valuable information.

Happy Chakra Balancing,

Lilly Natures Blessing

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