

CHAKRA

M A N I F E S T A T I O N

H A N D B O O K

UNDERSTAND HOW CHAKRAS ARE STOPPING YOU FROM
MANIFESTING YOUR GOALS



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Introduction

Manifestation a.k.a. *The Law of Attraction* became a hot topic since the release of “The Secret” by Rhonda Byrne in 2006. While the idea of attracting what you want through your thoughts sounds too good to be true, it is a fact that manifestation works. Even celebrities like Oprah Winfrey, Ellen Degeneres, Jim Carrey, Steve Harvey and more have manifested their goals which they have publicly shared in interviews or their own TV shows.

The principle of “Like Attracts Like” sounds easy, but why do so many people fail in manifesting their goals? Most people attribute failed manifestation attempts to a lack of belief, low vibrations, wrong frequency etc., and the solutions to those are to practise meditation, create vision boards, repeat affirmations, or practise gratitude. While these actions play an important role, it is not the main reason why manifestation doesn't work. Based on my research and years of experimentation, I have found that the main reason lies *within us* - in our chakras.

In this book, I aim to uncover how each of our seven chakras are affecting our manifestation abilities, so that you can have a better understanding on why manifestation isn't working, and take actions that actually solve the problem.

Having said that, this is based on my own research and what I have personally experienced for myself and many others who follow me. The information shared in this guide is not to be treated as the gospel truth.

Chakras & Manifestation

Chakras are spinning vortexes of energy that line up along your spine. Each of them governs different aspects of your life and regulates your emotions. Everyone has a total of 7 main chakras in their body -

- 1) Root Chakra
- 2) Sacral Chakra
- 3) Solar Plexus Chakra
- 4) Heart Chakra
- 5) Throat Chakra
- 6) Third Eye Chakra
- 7) Crown Chakra

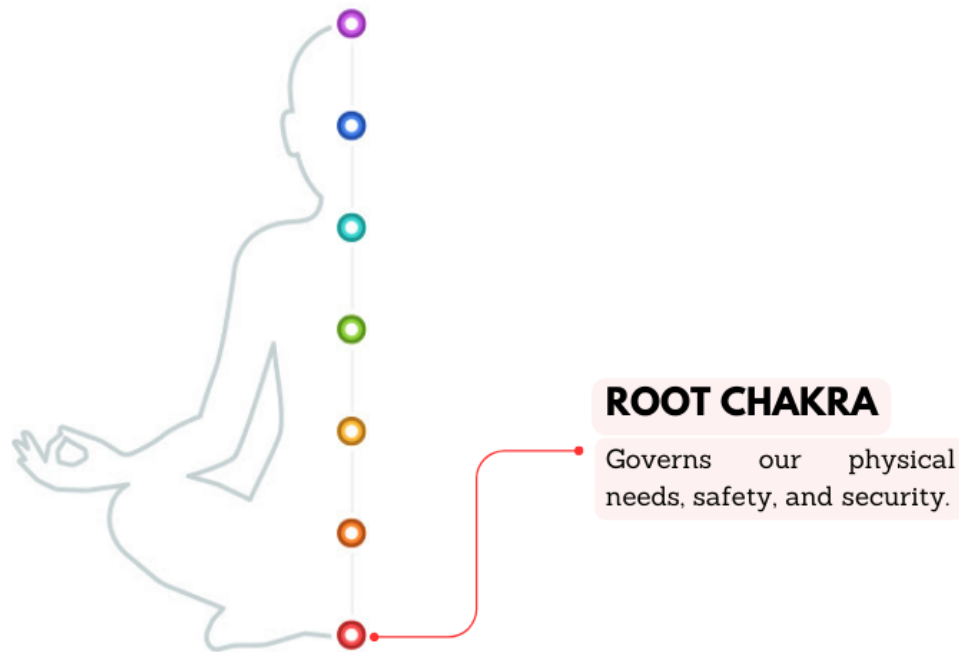
Chakras make up the spiritual alignment in your body and are directly connected to the universe. If any of your chakras are blocked, energy is unable to flow upwards freely from your 1st chakra (Root Chakra) to the 7th chakra (Crown Chakra), keeping you in a state of stagnation. This prevents your energy from extending outwards and connecting with the universe. As a result of this misalignment in frequencies, the universe will not be able to give you what you ask for.

By ensuring your chakras are balanced, you will be able to open yourself up to the flow of positive energy for the law of attraction to take effect fully.



How Each Chakra Affects Your Manifestation Abilities

1st: The Root Chakra

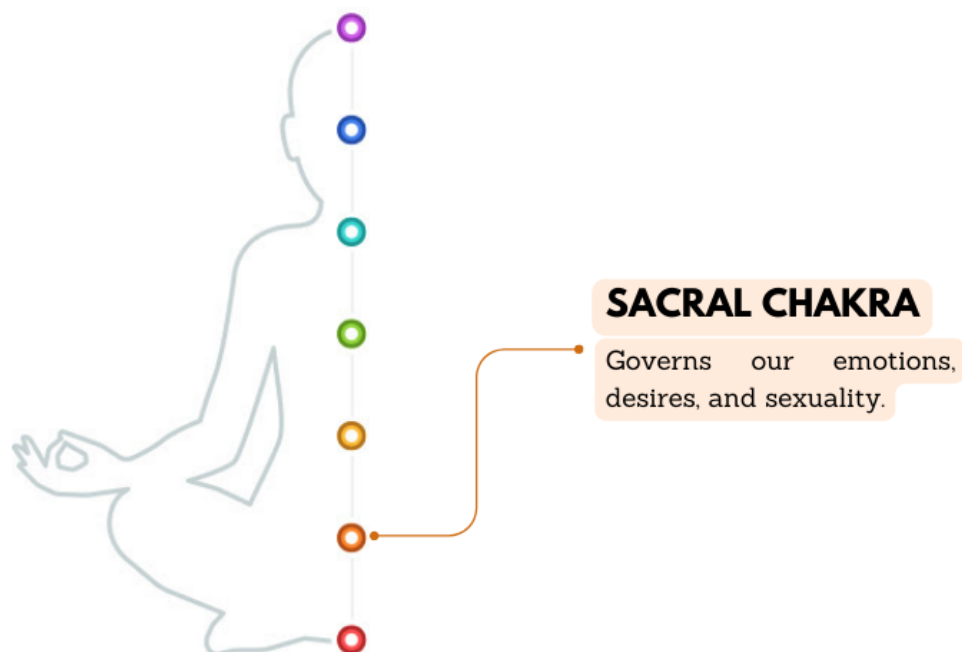


Located at the base of the spine, the root chakra governs our physical needs, safety, and security. When this chakra is balanced, all anxiety caused by money-related problems is gone. You are confident that your survival needs are secured.

If this chakra is blocked, you constantly feel anxious and life feels like a struggle. You worry about money problems that never seem to end. The energy generated from this chakra is unable to flow upwards to the 2nd chakra - the sacral chakra.

This affects your manifestation because one of the principles in the law of attraction is "Like Attracts Like". If you think positive thoughts, you receive positive results (your goals). But if you're constantly worrying about your finances, that 'worry' state negatively affects your thoughts. This means that you will only attract more negative results for yourself.

2nd: The Sacral Chakra

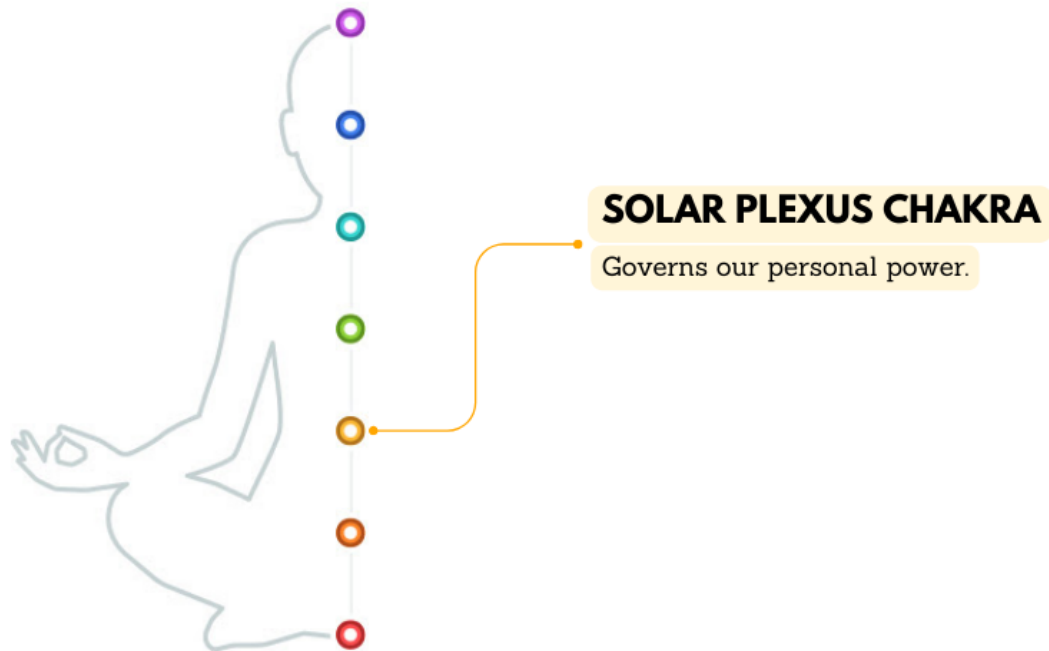


Located two inches above the navel, the sacral chakra governs our emotions, desires, and sexuality. When this chakra is balanced, your emotions are stable and you enjoy pleasure in many different ways in life.

If this chakra is blocked, your emotions become unstable. Any pleasure you experience feels shameful or unsatisfying. You are overly sensitive and feel guilty unnecessarily. Energy gets stuck here, and is unable to flow upwards to the 3rd chakra - the solar plexus chakra.

This affects your manifestation because one of the most important components of the law of attraction is the vibration of your emotions, or the frequency of your 'energy in motion'. If your emotions (or feelings) are unstable, are you really projecting the right frequency needed to manifest your goals out to the universe?

3rd: The Solar Plexus Chakra

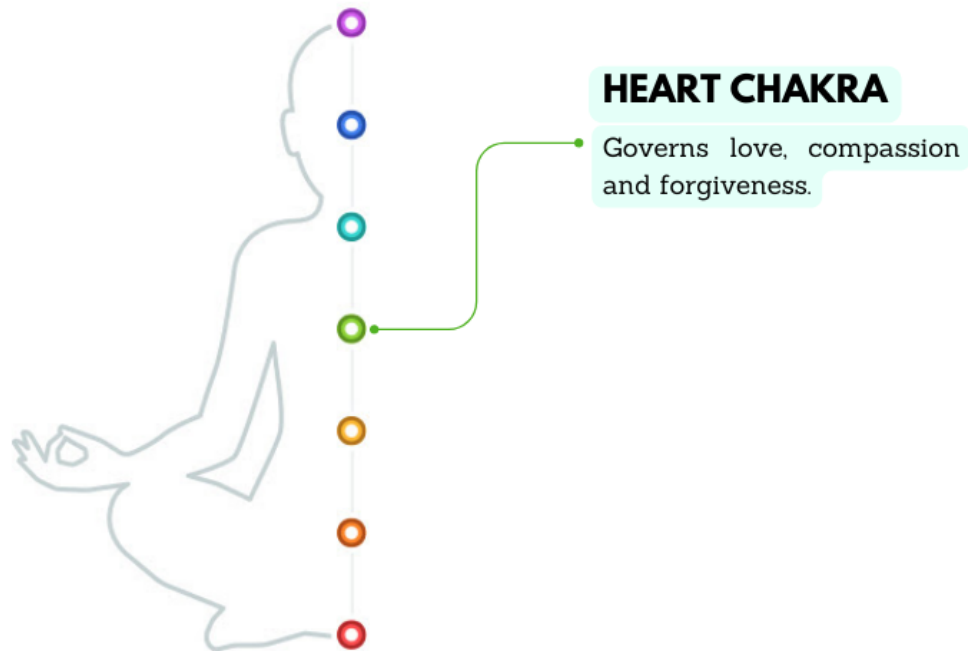


Located between the navel and base of sternum, the solar plexus chakra governs our personal power. When this chakra is balanced, you feel powerful, confident, "good enough", and empowered to take on challenges.

If this chakra is blocked, you worry about the opinions of others and feel insecure, like you're not "good enough". You are vulnerable to being taken advantage of. Energy gets stuck here, and is unable to flow upwards to the 4th chakra - the heart chakra.

This affects your manifestation because when you give your power away and feel that you're not "good enough", your thoughts become negative since they are coming from a place of "lack". You also emanate (negative) vibrations that are not aligned with your (positive) goals.

4rd: The Heart Chakra

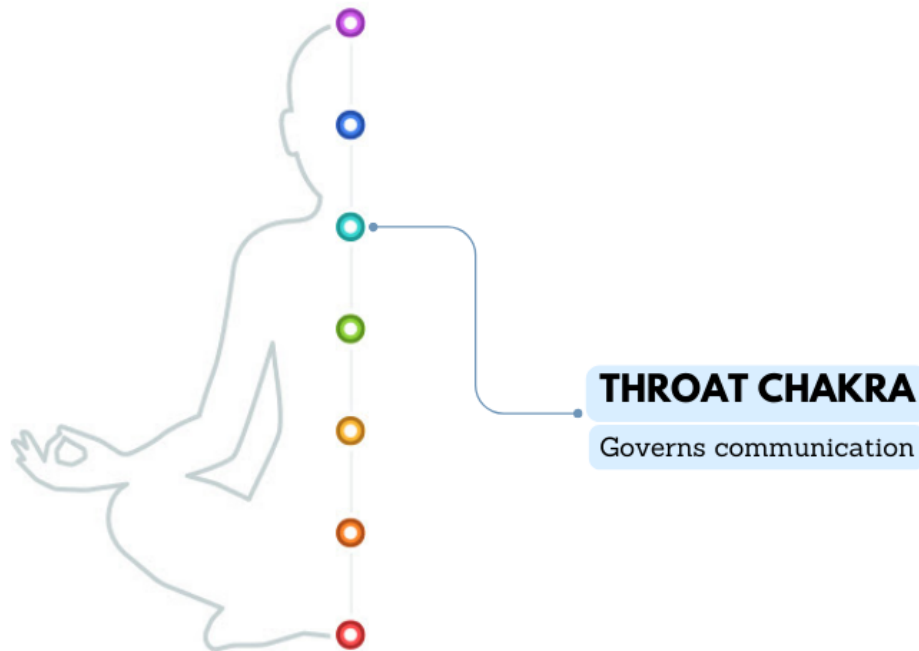


Located in the middle of the chest, the heart chakra governs love, compassion and forgiveness. When this chakra is balanced, you feel joy and gratitude, sometimes for no obvious reason. You attract love and support from others, and develop a sense of compassion for everything around you.

If this chakra is blocked, you guard your heart and find it difficult to appreciate the simplest things in life. You feel that you are not worthy to be loved. Energy gets stuck here, and is unable to flow upwards to the 5th chakra - the throat chakra.

This affects your manifestation because giving love and practicing gratitude are two of the most powerful methods of raising your personal vibrations. However, your ability to do so is hindered if your heart chakra is blocked.

5th: The Throat Chakra

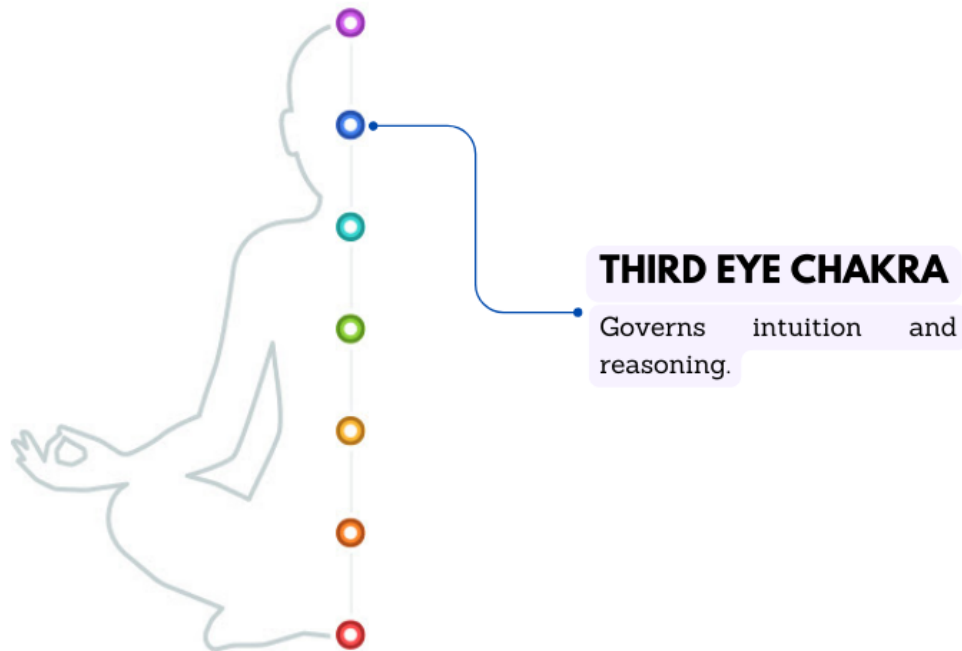


Located in the middle of the throat, the throat chakra governs communication. When this chakra is balanced, you feel confident and clear in your communication with others, and possess the courage to speak the truth no matter the circumstances.

If this chakra is blocked, you experience difficulty in expressing your thoughts and emotions. You lack clarity in communication and may give conflicting instructions. Physically, you may get frequent sore throats. Energy gets stuck here, and is unable to flow upwards to the 6th chakra - the third eye chakra.

This affects your manifestation because a blocked throat chakra causes you to not be able to speak up and assert yourself. This results in negative emotions such as insecurity, fear, and self-doubt. When this happens, you emit a low, negative vibration out to the universe and she responds accordingly by giving you low, negative results.

6th: The Third Eye Chakra

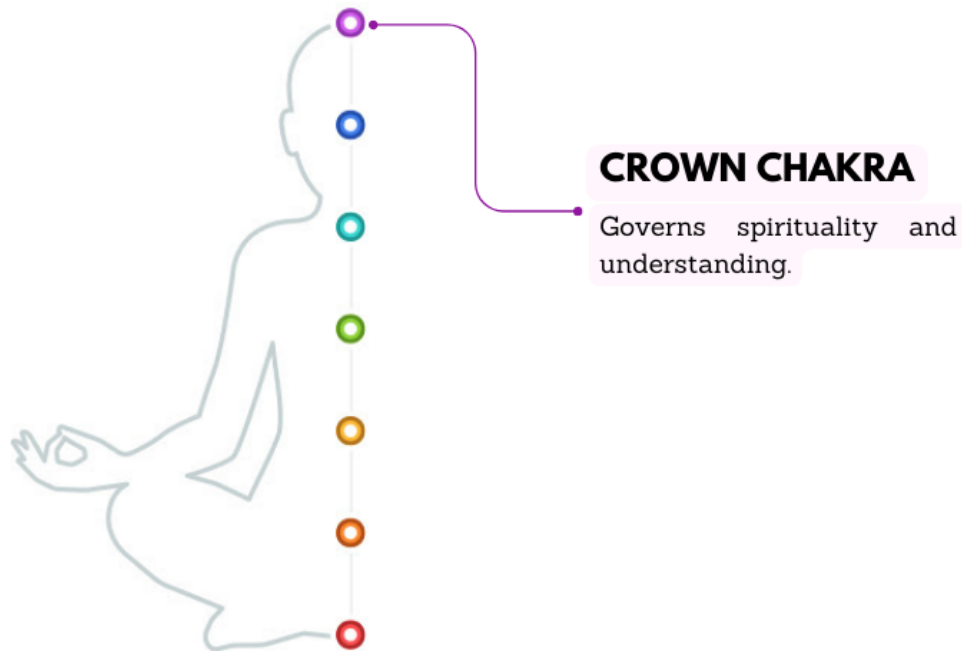


Located in between the eyebrows, the third eye chakra governs intuition and reasoning. When this chakra is balanced, your intuition is your guide. You are able to access higher levels of consciousness and connect with your higher self. You are attuned to your desires.

If this chakra is blocked, you doubt your inner voice. You can feel lost in life or experience foggy, frustrated thinking. Your ability to imagine is affected. Energy gets stuck here, and is unable to flow upwards to the 7th chakra - the crown chakra.

This affects your manifestation because the third eye chakra is associated with the power of visualization and imagination, which are important tools in the practice of the law of attraction. The inability to visualize your goals clearly and communicate them to the universe impedes your manifestation success.

7th: The Crown Chakra



Located at the top of the head, the crown chakra governs spirituality and understanding. When this chakra is balanced, you feel connected to the most divine energy in the universe. You are able to manifest anything you want.

If this chakra is blocked, you feel a lack of connection or guidance from a higher power. You may feel angry and lonely due to spiritual abandonment. Energy gets stuck here, and is unable to extend outwards to connect with the universe.

This affects your manifestation because the crown chakra is the gateway to the universe. Once it opens, you are able to command the universe at your will! However, this chakra can only be balanced after your previous six chakras have been balanced and are in alignment. A blocked crown chakra puts you on a different universal frequency which prevents you from manifesting your goals.

Balancing Chakras With Yoga

Yoga is an ancient practice that has been used for thousands of years to balance the mind, body, and spirit. One of its key components is the practice of chakra balancing, which involves using specific postures, breathing techniques, and meditation to bring harmony to the chakras.

Below are several yoga poses for each specific chakra that you can do in the comfort of your own home!

						
<p>ROOT <i>Muladhara</i> Survival, Safety, Security, Grounding, Life Force</p>	<p>SACRAL <i>Svadhishthana</i> Sexuality, Relationships, Joy, Pleasure, Emotions, Creativity</p>	<p>SOLAR PLEXUS <i>Manipura</i> Self-Esteem, Power, Ego, Strength, Transformation</p>	<p>HEART <i>Anahata</i> Love, Empathy, Kindness, Compassion, Gratitude, Faith</p>	<p>THROAT <i>Vishuddha</i> Communication, Expression, Authenticity, Purification</p>	<p>THIRD EYE <i>Ajna</i> Intuition, Imagination, Lucidity, Astral Projection</p>	<p>CROWN <i>Sahasrara</i> Consciousness, Unity, Spirituality, Oneness</p>
<p>Chair Pose <i>Uttirasana</i></p> <p>Thunderbolt Pose <i>Vajrasana</i></p> <p>Garland Pose <i>Malāsana</i></p> <p>Mountain Pose <i>Tadasana</i></p> <p>Staff Pose <i>Dandāsana</i></p> <p>Bridge Pose <i>Setu Bandha Sarvangāsana</i></p> <p>Warrior II Pose <i>Virabhadrasana II</i></p>	<p>Goddess Pose <i>Uttara Śrīngāsana</i></p> <p>Bound Angle Pose <i>Baddha Kōnāsana</i></p> <p>Forward Bend <i>Urdhva Dhanurasana</i></p> <p>Triangle Pose <i>Utthita Trikonāsana</i></p> <p>Crescent Pose <i>Ajñāyāsana</i></p> <p>Wide-Angle Seated Forward Bend <i>Apravahita Kōnāsana</i></p> <p>Reclined Thunderbolt Pose <i>Supta Vajrasana</i></p>	<p>Plank Pose <i>Phalakāsana</i></p> <p>Downward-Facing Dog <i>Adho Mukha Śvānāsana</i></p> <p>Boat Pose <i>Paripurna Navāsana</i></p> <p>Knees-to-Chest <i>Anjanāsana</i></p> <p>Crescent Pose <i>Ajñāyāsana</i></p> <p>Bow Pose <i>Dhanurasana</i></p> <p>Triangle Pose <i>Trikonāsana</i></p>	<p>Half Lord of The Fishes <i>Ardha Matsyendrasana</i></p> <p>Standing Backbend <i>Pranasthana</i></p> <p>Lord of The Dance <i>Urdhva Dhanurasana</i></p> <p>Camel Pose <i>Ustrasana</i></p> <p>Wheel Pose <i>Urdhva Dhanurasana</i></p> <p>Cobra Pose <i>Bhujangāsana</i></p> <p>Bow Pose <i>Dhanurasana</i></p>	<p>Lion Pose <i>Simhasana</i></p> <p>Shoulder Stand <i>Śarṅgāsana</i></p> <p>Plow Pose <i>Halasana</i></p> <p>Cat Pose <i>Majjāsana</i></p> <p>Cow Pose <i>Balāsana</i></p> <p>Fish Pose <i>Matsyāsana</i></p> <p>Bridge Pose <i>Setu Bandha Sarvangāsana</i></p>	<p>Thunderbolt Pose <i>Vajrasana</i></p> <p>Forward Bend <i>Uttirasana</i></p> <p>Downward-Facing Dog <i>Adho Mukha Śvānāsana</i></p> <p>Head-to-Knee Pose <i>Jana Śrīngāsana</i></p> <p>Lotus Pose <i>Padmāsana</i></p> <p>Cow Face Pose <i>Gomūdrāsana</i></p> <p>Extended Child's Pose <i>Uttita Balāsana</i></p>	<p>Headstand <i>Sirsāsana</i></p> <p>Tree Pose <i>Vrikāsana</i></p> <p>Forearm Stand <i>Pincha Mayurasana</i></p> <p>Backbend <i>Anavittāsana</i></p> <p>Lotus Pose <i>Padmāsana</i></p> <p>Rabbit Pose <i>Śarṅgāsana</i></p> <p>Corpse Pose <i>Savasana</i></p>

Analyze Your Chakras Now!

By now, you should have a better understanding of your seven chakras and how each of them might be stopping you from manifesting your goals. Our end goal here is to achieve alignment both internally (our chakra system) and externally (to the universe). When that happens, manifestation becomes a breeze and you will harness the power to manifest your goals with predictability and certainty!

But here comes the next question... how do you know which of your seven chakras are blocked?

I've created a FREE 12-question quiz that accurately analyzes each of your chakra, to determine whether they are "Balanced" or "Blocked". Click on the link [here](#) to get started! Below is an example of the Chakra Results that you will be getting.

Your Root Chakra is **Balanced**

Your Sacral Chakra is **Blocked**

Your Solar Plexus Chakra is **Balanced**

Your Heart Chakra is **Blocked**

Your Throat Chakra is **Balanced**

Your Third Eye Chakra is **Blocked**

Your Crown Chakra is **Balanced**