



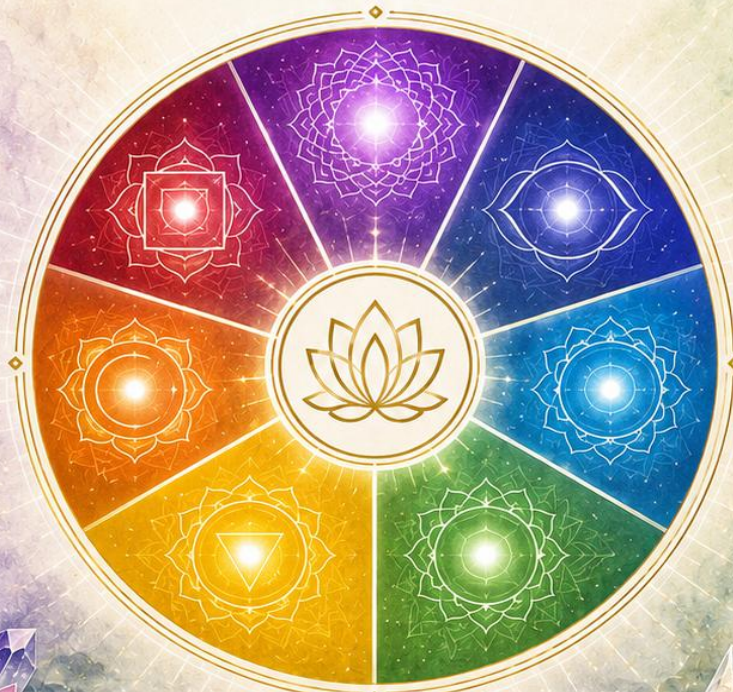
Reiki Verde Valley

7-CHAKRAS

Info-graphic Collection

BALANCE • HARMONIZE • HEAL • AWAKEN

A beautiful journey through the seven energy centers
of the body, mind, and spirit.



SEVEN CENTERS. ONE FLOW.
INFINITE POSSIBILITIES.



Welcome

Welcome to the Reiki Verde Valley 7-Chakras Infographic Collection

This collection was created as a **simple, beautiful, and practical** companion for Reiki students, practitioners, wellness participants, and anyone wishing to better understand the chakra system.

The chakras are energy centers that help us explore the connection between **body, mind, emotions, spirit, and soul**. Through Reiki, reflection, self-awareness, and daily practice, we can learn to notice where energy feels balanced, where it may feel blocked, and how to gently return to **inner harmony**.

Each page in this collection offers an easy-to-read overview of one chakra, including its **core themes, signs of balance, signs of imbalance, Reiki practices, affirmations**, and simple ways to **support healing and alignment**.

You are invited to use these pages **slowly and intuitively**. Let the colors, words, and reflections guide you. You may read them for learning, use them during self-Reiki, share them with clients or students, or return to them whenever you feel called to bring more awareness to your inner energy system.

*May this collection support your journey of
healing, balance, and sacred self-discovery.*

Julie Russell

Reiki Master Teacher & Founder,
Sacred Mirror Technique™



REIKI VERDE VALLEY
— COTTONWOOD, AZ —



SACRED MIRROR
TECHNIQUE™

THE 7 CHAKRAS

The Energy Wheel

An Overview of Our 7 Main Energy Centers

WHAT ARE CHAKRAS?

Chakras are spinning wheels of energy located along the spine. They receive, process, and express life force energy (prana) and influence our physical, emotional, mental, and spiritual well-being.

WHEN CHAKRAS ARE BALANCED

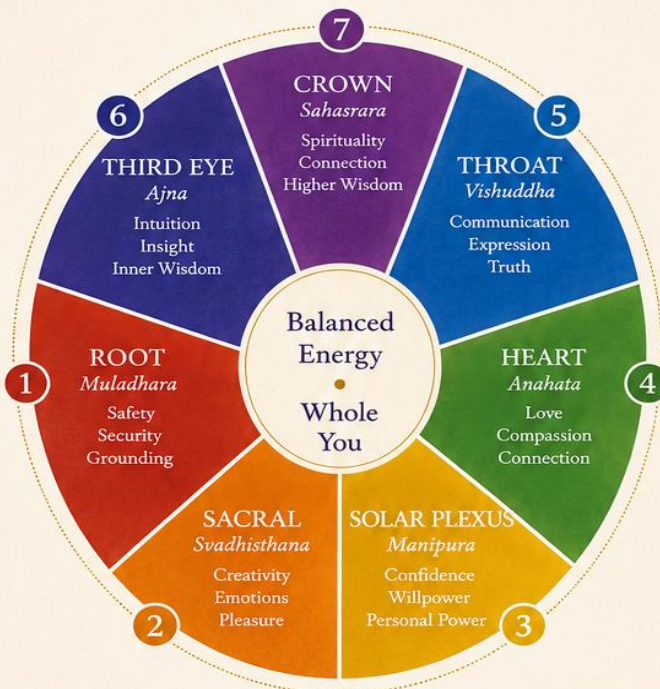


We feel more aligned, energized, peaceful, focused, and connected to ourselves and others.

WHEN CHAKRAS ARE IMBALANCED



We may feel tired, overwhelmed, stuck, emotionally reactive, disconnected, or physically out of sync.



THE FLOW OF ENERGY

Energy flows from the Root (Earth) up through each chakra to the Crown (Spirit), and then back down again.



Keep your energy flowing and your chakras aligned.

ALL CHAKRAS WORK TOGETHER

Each chakra contributes to your well-being. When one is out of balance, it can affect the others. By bringing awareness, using Reiki, and practicing self-care, you support your whole energy system.



Awareness
brings clarity.



Reiki
brings healing.



Self-care
brings balance.



Intention
brings alignment.

Balance your energy. Align your life. Live your truth.



REIKI VERDE VALLEY
COTTONWOOD, AZ

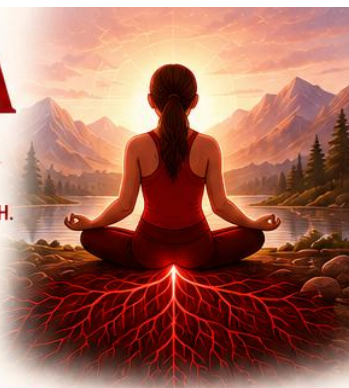


ROOT CHAKRA

— *Muladhara* —

OUR FOUNDATION. OUR SAFETY. OUR CONNECTION TO THE EARTH.

The Root Chakra is the energy center of survival, stability, and belonging. It anchors you to the Earth and supports your basic needs, security, and physical well-being.



👁️ AT A GLANCE

- **Color:** Red
- △ **Element:** Earth
- 📍 **Location:** Base of Spine
- ॐ **Mantra:** LAM

♥️ AFFIRMATIONS



I am safe.
I am grounded.
I am supported.



I belong here.
I am exactly where
I need to be.



I trust life and know
my needs will be met.

🛡️ CORE THEMES



Safety & Security



Grounding & Stability



Survival & Basic Needs



Belonging & Family



Trust in Life



Physical Health & Vitality



WHEN BALANCED



Feel safe
and secure



Grounded,
present & stable



Confident in your
ability to handle life



Strong sense of
belonging



Healthy body
and energy



SIGNS OF IMBALANCE

- Anxiety or fear
- Feeling unsafe
- Disconnected or ungrounded
- Low energy or motivation



REIKI PRACTICES

- ✓ Spend time in nature
- ✓ Grounding meditation and breathwork
- ✓ Gentle movement: yoga, qi gong, walking
- ✓ Root visualization: roots extending deep into the Earth
- ✓ Create stability in daily routines



REIKI & SOUND



Mantra: LAM



Instruments:
Drums • Bowls •
Grounding Tones



Focus:
Safety • Stability •
Grounding



5-MINUTE GROUNDING RITUAL

- 1 Sit comfortably and place your awareness at the base of your spine.
- 2 Take a slow breath in through your nose for 4 counts.
- 3 Hold for 2 counts and feel your connection to the Earth.
- 4 Exhale through your mouth for 6 counts, releasing tension and fear.
- 5 Visualize strong red roots extending from your base into the Earth. Repeat 5–10 cycles while silently chanting LAM.



I am rooted. I am safe. I am supported. I belong. ♥



SACRAL CHAKRA

— Svadhisthana —

OUR CREATIVITY. OUR EMOTIONS. OUR FLOW.

The Sacral Chakra is the center of creativity, pleasure, and emotional well-being. It connects you to your desires, your relationships, and the flow of life.



👁️ AT A GLANCE

● **Color:** Orange

💧 **Element:** Water

📍 **Location:** Lower Abdomen

ॐ **Mantra:** VAM

💖 AFFIRMATIONS



I am creative.
I am joyful.
I allow myself to feel.



I embrace pleasure.
I honor my emotions.
I go with the flow.



I am open to abundance.
I trust life.
I embrace change.

🛡️ CORE THEMES



Creativity & Expression



Emotions & Feelings



Pleasure & Joy



Relationships & Intimacy



Flow & Adaptability



Abundance & Vitality



WHEN BALANCED



Emotionally
balanced



Creative and
inspired



Flows with
life



Healthy
relationships



Joyful and
vibrant

⚖️ SIGNS OF IMBALANCE

- Emotional overwhelm
- Creative blocks
- Guilt or shame
- Lack of joy or pleasure

🌿 REIKI PRACTICES

- ✓ Spend time near water
- ✓ Emotional release meditation
- ✓ Gentle movement or dance
- ✓ Creative expression
- ✓ Orange light visualization

🎵 REIKI & SOUND



Mantra: VAM



Instruments:
Drums • Bowls •
Water Sounds



Focus:
Creativity • Emotions •
Flow

🕒 5-MINUTE FLOW RITUAL

- 1 Place awareness in your lower abdomen.
- 2 Inhale slowly for 4 counts.
- 3 Hold for 2 counts and soften.
- 4 Exhale for 6 counts, releasing tension.
- 5 Visualize warm orange light flowing through your lower abdomen while silently chanting VAM.



I allow myself to feel. I embrace joy. I flow with life. ♥

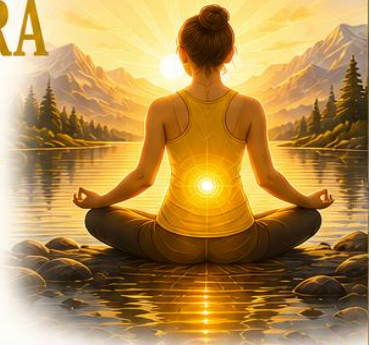


SOLAR PLEXUS CHAKRA

— • Manipura • —

OUR POWER. OUR CONFIDENCE. OUR PURPOSE.

The Solar Plexus Chakra is the center of personal power, self-esteem, and transformation. It fuels your confidence, supports healthy boundaries, and helps you take inspired action in life.



👁️ AT A GLANCE

● **Color:** Yellow

△ **Element:** Fire

📍 **Location:** Upper Abdomen

ॐ **Mantra:** RAM

💖 AFFIRMATIONS



I am strong.
I am confident.
I am in control of my life.



I trust myself.
I set healthy boundaries.
I take inspired action.



I am capable.
I create my reality.
I step into my power.

🛡️ CORE THEMES



Personal Power & Confidence



Self-Esteem & Self-Worth



Willpower & Motivation



Boundaries & Protection



Purpose & Direction



Inner Strength & Courage



WHEN BALANCED



Confident and self-assured



Motivated and disciplined



In control of your life



Healthy boundaries



Clear purpose and direction

⚖️ SIGNS OF IMBALANCE

- Low self-esteem or confidence
- Lack of motivation or direction
- Poor boundaries
- Control issues or perfectionism

🌿 REIKI PRACTICES

- ✓ Sunlight exposure and fresh air
- ✓ Empowerment meditation
- ✓ Core strengthening exercises
- ✓ Set and honor boundaries
- ✓ Yellow light visualization

🎵 REIKI & SOUND



Mantra: RAM



Instruments:
Drums • Bowls • Himalayan Bells



Focus:
Willpower • Confidence • Transformation

🕒 5-MINUTE EMPOWERMENT RITUAL

- 1 Sit comfortably and place your awareness on your upper abdomen.
- 2 Take a slow breath in through your nose for 4 counts.
- 3 Hold for 2 counts and feel your inner strength.
- 4 Exhale through your mouth for 6 counts, releasing doubt.
- 5 Visualize bright yellow light radiating from your solar plexus. Repeat 5–10 cycles while silently chanting RAM.



I am strong. I am confident. I create my life. ♥

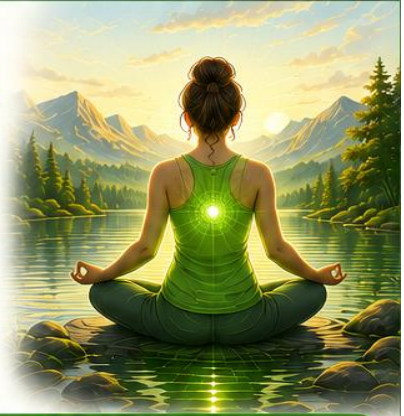


HEART CHAKRA

— • Anahata • —

OUR LOVE. OUR COMPASSION. OUR CONNECTION.

The Heart Chakra is the center of love, compassion, and connection. It opens your heart to give and receive love, and helps you live in harmony with yourself and others.



👁️ AT A GLANCE

● Color: Green

☙ Element: Air

📍 Location: Center of Chest

ॐ Mantra: YAM

♥ AFFIRMATIONS



I am love.
I am compassionate.
I am open to give and receive.



I forgive myself.
I forgive others.
I choose peace.



I am connected.
I am grateful.
I live in harmony.

🛡️ CORE THEMES



Love & Compassion



Connection & Relationships



Forgiveness & Healing



Balance & Harmony



Self-Love & Acceptance



Gratitude & Kindness



WHEN BALANCED



Loving and
compassionate



Connected and
supportive



Peaceful and
emotionally open



Self-accepting
and confident



Grateful and
joyful

⚖️ SIGNS OF IMBALANCE

- Feeling unlovable or unworthy
- Emotional isolation or loneliness
- Difficulty forgiving self or others
- Holding onto grief or resentment

🌿 REIKI PRACTICES

- ✓ Heart-centered breathing
- ✓ Loving-kindness meditation
- ✓ Self-love practices
- ✓ Visualization: green light in the heart
- ✓ Acts of kindness and gratitude

🎵 REIKI & SOUND



Mantra: YAM



Instruments:
Singing Bowls •
Harp • Chimes



Focus:
Love • Compassion •
Connection

🕒 5-MINUTE FLOW RITUAL

- 1 Place your hands over your heart.
- 2 Take a slow breath in for 4 counts.
- 3 Hold for 2 counts and feel gratitude.
- 4 Exhale for 6 counts, releasing tension and opening your heart.
- 5 Visualize green light expanding from your heart. Repeat 5–10 cycles while chanting YAM.



I am love. I give and receive with an open heart.





THROAT CHAKRA

— Vishuddha —

OUR TRUTH. OUR VOICE. OUR EXPRESSION.

The Throat Chakra is the center of communication, self-expression, and truth. It empowers you to speak your truth clearly and listen with an open heart.



AT A GLANCE

Color: Blue

Element: Ether

Location: Throat

Mantra: HAM

AFFIRMATIONS



I speak my truth.
I express myself clearly.
I am heard and understood.



I listen with openness.
I communicate with love.
I choose my words wisely.



I am authentic.
I trust my voice.
I speak from my heart.

CORE THEMES



Communication & Expression



Listening & Understanding



Truth & Authenticity



Integrity & Honesty



Creativity & Inspiration



Surrender & Flow



WHEN BALANCED



Clear and confident communication



Expressive and authentic



Speaks truth with ease



Listens with compassion



Creative and inspired



SIGNS OF IMBALANCE

- Difficulty expressing yourself
- Fear of speaking up
- Feeling unheard
- Sore throat or neck tension



REIKI PRACTICES

- ✓ Chant or sound meditation
- ✓ Journal your thoughts and feelings
- ✓ Speak your truth with kindness
- ✓ Neck and shoulder release
- ✓ Blue light visualization



REIKI & SOUND



Mantra: HAM



Instruments:
Singing Bowls •
Tibetan Bells •
Chimes



Focus:
Communication •
Expression • Truth



5-MINUTE FLOW RITUAL

- 1 Sit comfortably and place your awareness on your throat.
- 2 Take a slow breath in for 4 counts.
- 3 Hold for 2 counts and feel your voice center.
- 4 Exhale for 6 counts, releasing tension in your throat and neck.
- 5 Visualize bright blue light spinning at your throat. Repeat 5–10 cycles while chanting HAM.



I speak my truth. I express with love. I am heard. ♥



THIRD EYE CHAKRA

Ajna

OUR INTUITION. OUR WISDOM. OUR INSIGHT.

The Third Eye Chakra is the center of intuition, wisdom, and inner knowing. It helps you see clearly beyond illusions and trust your inner guidance.



👁️ AT A GLANCE

- Color: Indigo
- ☯️ Element: Light
- 📍 Location: Between Eyebrows
- ॐ Mantra: OM

♥️ AFFIRMATIONS



I trust my intuition.
I see clearly.
I am open to wisdom.



I listen to my inner voice.
I follow my inner guidance.
I believe in myself.



I am aware.
I am intuitive.
I know my path.

🛡️ CORE THEMES



Intuition & Inner Wisdom



Clarity & Insight



Imagination & Visualization



Spiritual Awareness



Trust & Inner Guidance



Higher Perspective



WHEN BALANCED



Clear and
insightful



Intuitive and
wise



Calm and
centered mind



Sees the big
picture



Connected to
inner wisdom



SIGNS OF IMBALANCE

- Lack of clarity or direction
- Overthinking or confusion
- Disconnection from intuition
- Headaches or eye strain



REIKI PRACTICES

- ✓ Meditate in darkness or low light
- ✓ Journaling and dream work
- ✓ Visualization and intuition practices
- ✓ Forehead (ajna) self-Reiki
- ✓ Indigo light visualization



REIKI & SOUND



Mantra: OM



Instruments:
Singing Bowls •
Tibetan Bells •
Chimes



Focus:
Intuition • Insight •
Clarity



5-MINUTE FLOW RITUAL

- 1 Sit comfortably and close your eyes.
- 2 Take a slow breath in for 4 counts.
- 3 Hold for 2 counts and bring awareness to your third eye.
- 4 Exhale for 6 counts, releasing tension in your mind.
- 5 Visualize indigo light glowing at your third eye. Repeat 5–10 cycles while chanting OM.



I trust my intuition. I see clearly. I am guided within.



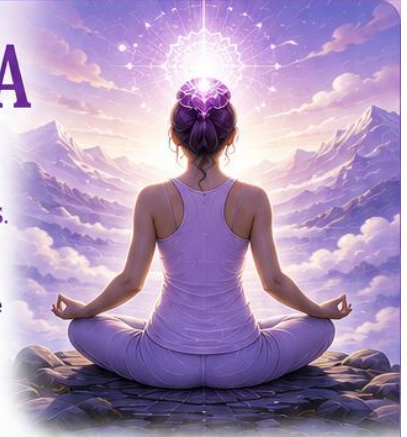


CROWN CHAKRA

— • *Sahasrara* • —

OUR SPIRIT. OUR CONNECTION. OUR ONENESS.

The Crown Chakra is the center of spiritual connection, higher consciousness, and divine wisdom. It connects you to universal energy and your highest self.



👁️ AT A GLANCE

- **Color:** Violet / White
- 🌀 **Element:** Thought (Consciousness)
- 📍 **Location:** Top of Head
- ॐ **Mantra:** OM

♥️ AFFIRMATIONS



I am connected.
I am divine.
I trust the universe.



I surrender and let go.
I am one with all.
I am guided and protected.



I am at peace.
I am whole.
I am infinite.

🛡️ CORE THEMES



Spiritual Connection & Oneness



Higher Consciousness



Divine Wisdom



Surrender & Letting Go



Unity & Universal Love



Purpose & Enlightenment



WHEN BALANCED



Deeply connected
and at peace



Spiritually aware
and aligned



In harmony with
all that is



Trusts the divine
and surrenders



Lives with purpose
and enlightenment

⚖️ SIGNS OF IMBALANCE

- Feeling disconnected or ungrounded
- Cynicism or spiritual doubt
- Mental confusion or scattered thoughts
- Lack of purpose or direction

🌿 REIKI PRACTICES

- ✓ Meditation and silence
- ✓ Connect with nature
- ✓ Gratitude journaling
- ✓ Surrender and let go practices
- ✓ Violet / white light visualization

🎵 REIKI & SOUND



Mantra: OM



Instruments:
Singing Bowls •
Tibetan Bells •
Chimes



Focus:
Spiritual Connection •
Oneness • Divine Wisdom

🕒 5-MINUTE FLOW RITUAL

- 1 Sit comfortably and close your eyes.
- 2 Take a slow breath in for 4 counts.
- 3 Hold for 2 counts and bring awareness to the top of your head.
- 4 Exhale for 6 counts, releasing tension and letting go.
- 5 Visualize violet or white light radiating from your crown. Repeat 5–10 cycles while chanting OM.

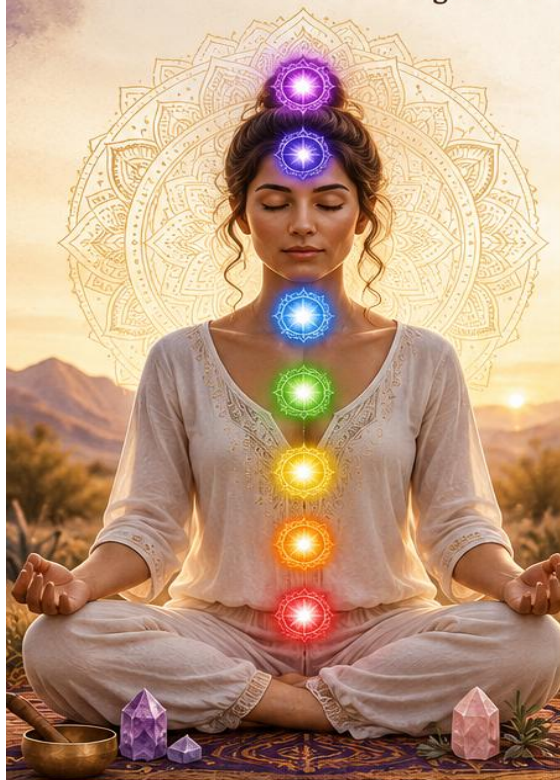


I am connected. I am divine. I am one with all.



The Seven Chakras & Toning Sounds

Use your voice to gently activate and balance each chakra.
Take a slow breath and tone the sound on the exhale,
allowing the vibration to resonate in the body.



CHAKRA	COLOR	LOCATION	TONING NOTE
 Crown Chakra	 Violet/White	Top of Head	AH or Silent OM
 Third Eye Chakra	 Indigo	Brow Center	OM (ohm)
 Throat Chakra	 Blue	Throat	HAM (hahm)
 Heart Chakra	 Green	Center of Chest	YAM (yahm)
 Solar Plexus Chakra	 Yellow	Upper Abdomen	RAM (rahm)
 Sacral Chakra	 Orange	Lower Abdomen	VAM (vahm)
 Root Chakra	 Red	Base of Spine	LAM (lahm)

✧ SIMPLE CHAKRA TONING PRACTICE ✧

- 1 Place your hands in Reiki position.
- 2 Begin at the Root Chakra.
- 3 Take a slow breath in.
- 4 Tone the chakra sound 3 times.
- 5 Move upward through all seven chakras.
- 6 Finish by toning OM three times for whole-body integration.



✧ CLOSING REFLECTION ✧

—♡—
*“My voice is a sacred instrument.
 Through sound, breath, and Reiki,
 I invite harmony, balance, and
 alignment throughout my entire
 energy system.”*
 —♡—


REIKI VERDE VALLEY
 Energy • Balance • Harmony • Love



REIKI VERDE VALLEY
COTTONWOOD, AZ

LIVING IN *Balance*

The chakra system is not something to master.
It is something to listen to.



Some days
you may feed
grounded.



Some days
you may need
more courage.



Some days
you may be
called to step
into your
power.



Some days
you may be
called to open
your heart.



Some days
you may be
called to speak
your truth.



Some days
you may be
called to trust
your intuition.



Some days
you may be
called to
surrender and
just be.

Return to these pages whenever you need
guidance, reflection, or support.

May Reiki help you remember the
wisdom that *already lives within you.*

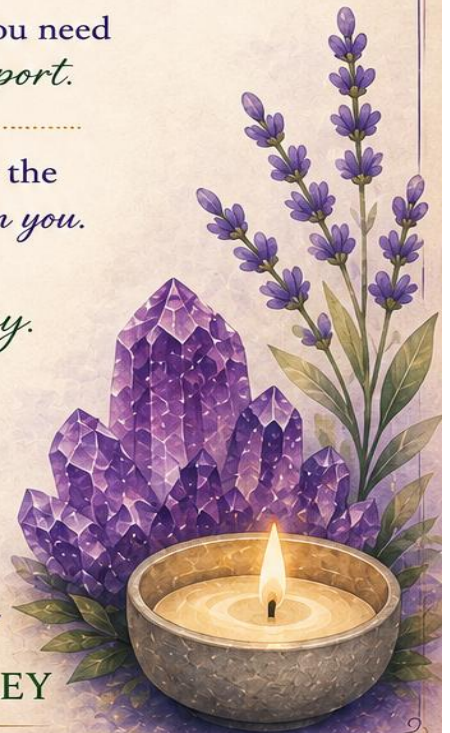
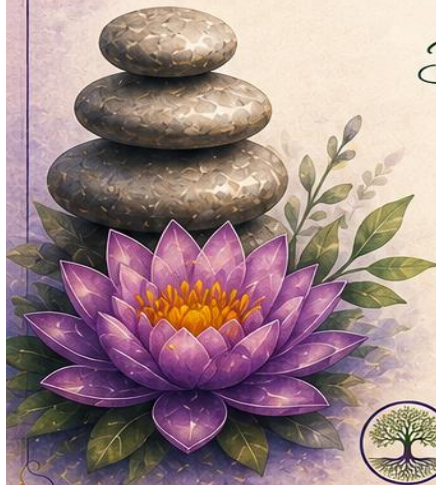
*Balance your energy.
Align your life.
Live your truth.*

Julie Russell

Reiki Master Teacher & Founder



REIKI VERDE VALLEY
COTTONWOOD, AZ



Continue Your Journey



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Thank you for spending time with this collection.

My hope is that these teachings inspire you to bring Reiki into everyday life and encourage you to continue exploring your own path of growth, healing, and self-discovery.



May these reflections serve as gentle companions on your journey and remind you that wisdom is found not only in what we learn, but in what we live.



Julie Russell

Reiki Master Teacher & Founder
Sacred Mirror Technique™
Reiki Verde Valley
Cottonwood, Arizona
ReikiVerdeValley.com



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