



Chakras and Healing

Guided meditation and journal to help you
release stuck energy & improve your
relationship with food and your body.

www.hollytoscanini.com



Welcome!

I'M SO GLAD YOU'RE HERE.

HERE'S WHAT YOU SHOULD KNOW.

Most of my clients have had traumatic or adverse childhood experiences that are impacting their current body image and their relationship with food. Trauma can be defined as any event that overwhelms our capacity to cope, leaving us feeling helpless and powerless.

Traumatic events can range from accidents and natural disasters to abuse and neglect. Our bodies respond to trauma in different ways, and sometimes, these responses can manifest physically as stuck energy.

Many of our past traumas become stored in the body and continue to affect thought patterns and behaviors. Each chakra is associated with different aspects of our physical, emotional, and spiritual well-being.

When we experience trauma, the energy in our chakras can become blocked or imbalanced, which can lead to physical symptoms or emotional distress.

The good news is that we can learn how to recognize, heal and release this energy.

xx Holly Toscanini

A decorative vertical bar on the left side of the page. It features a series of seven glowing, concentric circles representing chakras, colored from top to bottom: purple, pink, light blue, green, yellow, orange, and red. Below these are larger, swirling patterns in shades of blue and purple. The background of the bar is a mix of these colors with a wavy, ethereal texture.

Contents

what's inside

- 1 **Root Chakra** (Muladhara)... Page 4
- 2 **Sacral Chakra** (Svadhistan)... Page 7
- 3 **Solar Plexus Chakra** (Manipura)... Page 9
- 4 **3 Tips For Success**... Page 13
- 5 **Journal**... Page 14
- 6 **Resources**... Page 20

Trauma can impact our first three chakras in various ways, leading to imbalances and blockages that can manifest in physical, emotional, and psychological symptoms.

The first three chakras are most likely involved in any patterns of disordered eating and body image or self-esteem.

I'm going to tell you a little bit about each of the first three chakras and some ways in which trauma can affect each of them.

Root Chakra (Muladhara)

This chakra is located at the base of the spine and is associated with our sense of safety, security, and grounding. The color associated with this chakra is red and the element is Earth.

The key words associated with this chakra are security, trust, and protection. The key emotions/feelings are survival, acceptance, and rejection and the body parts are the adrenal glands.

Trauma can impact this chakra by creating a sense of instability, fear, or insecurity in our lives. This can lead to a disconnection from our bodies and a lack of trust in ourselves and the world around us. As a result, we may struggle with body image issues and a sense of disconnection from our physical selves. We may also turn to food as a way to soothe our anxieties and emotions.

The First or ROOT CHAKRA corresponds to the earth element and to the roots we've planted, how strong they are, how deep they are, and how supportive they are. It consists of whatever grounds you to stability in your life. That includes basic needs like food, water, shelter, and safety as well as emotional needs like letting go of fear and anxiety.

Your Root Chakra- is the place to begin if you're ready to look at fear around eating and release feelings of being unsafe and not being able to trust, In fact, multiple layers of eating issues stem from the need to protect yourself. The root chakra also helps you feel grounded, in your body, so that you can be mindful and in the present moment.

Issues of the root chakra holding on to grief or a traumatic event
Grief and trauma can create clouds of darker, gray or low energy. This energy is slow-moving, dense, heavy, and not easily released.

Sacral Chakra (Svadhithana):

This chakra is located in the lower abdomen and is associated with our emotions, creativity, and sexuality. It corresponds with Color orange and the Element of water. The core issues associated with it are unexpressed emotions, instinct and creativity, and guilt.

Trauma can impact this chakra by creating a sense of shame, guilt, or repression around our emotions and sexuality. This can lead to a disconnection from our bodies, a lack of pleasure and enjoyment, and difficulties in forming intimate relationships. We may also turn to food as a way to cope with our emotions and fill the void created by a lack of connection and pleasure.

The key words associated with this chakra are emotions and feeling a sense of flow, movement, or creativity. It represents how you experience sexuality, creative expression, and emotions.

The sacral chakra is associated with our relationships as well as with pleasure, sexuality, and joy. It supports emotional and physical health aspects and governs many of the body's fluids, from the sex organs, the bladder, and the kidneys, ovaries, testes, and reproductive organs. Restoring balance in the sacral chakra will, in turn, restore balance in relationships.

Sacral Chakra promotes emotional well-being. It plays an active role in our sexuality and the expression of our emotional needs and desires. Restoring balance to the Sacral Chakra creates an empowered and confident individual and releases a person from controlling behavior and fear of abandonment. It's also a great way to move through difficult emotions.

This chakra can be thought of as our own inner temple and is the center of femininity, sensuality, feeling, and creativity.

Symptoms of balance include experiencing a smooth, creative flow, healthy sexual desire, and a positive outlook on life in general.

When you see intimacy in a positive light. You are always able to attract the right partners—compatible people who nourish you, fill you with joy and make you a better person.

Some positive aspects of desire can include sexual energy, pleasure & procreation, sexuality, general health of the lower body

Symptoms of imbalance sexual problems or dysfunction, fear of sexual or emotional intimacy, infidelity, neediness or being withdrawn.

Negative aspects include self-limiting thoughts, and fear of pleasure.

When the thought of intimacy conjures images of guilt and pain in your mind you struggle to see yourself as magnetic and sometimes wonder how anyone could desire you. Your partners are often wrong and incompatible with you, and you find yourself wondering if you'll ever find "the one".

Solar Plexus Chakra (Manipura):

This chakra is located in the upper abdomen and is associated with our self-esteem, personal power, and willpower.

The color associated with this chakra is yellow and the element of fire.

The key words associated with it are Empowerment, and Transformation. The feeling associated with it is one of balanced energy

Trauma can impact this chakra by creating a sense of powerlessness, low self-esteem, and a lack of confidence. This can lead to a disconnection from our bodies and a lack of assertiveness in our lives. We may also turn to food as a way to cope with our emotions and feel a sense of control over our lives.

The third chakra, the solar plexus governs digestive organs, the pancreas, and endocrine glands related to digestion, appetite, and weight gain. Spiritually, it handles our self-esteem and feelings of self-worth.

This is an important chakra because of its involvement in food processing and self-esteem. The pancreas regulates metabolism and factors that regulate weight gain/loss (insulin, for one) - and remember, if there's an issue with the functioning of a structure at the physical level, there's often a link to an issue in the spiritual body.

This forms your deepest connections with personal power, self-discipline, and self-esteem. The solar plexus chakra embodies your unlimited potential to transform thought or inertia into action. The solar plexus chakra is the source of your personal power and confidence. This enables you to discover who you truly are and let your authenticity flourish.

Symptoms of balance include feeling comfortable in own skin, feeling a sense of inner peace, confidence without arrogance. Also having a calm demeanor, patient, and being flexible in life.

If your solar plexus is balanced you are admired for your confidence and healthy self-esteem, both in your career and personal life. You're never afraid to speak your mind, and you empower those around you to do the same. Your family, colleagues, and community see you as a charismatic individual, determined to use your charisma and power for making the world a better place.

This chakra influences your self-esteem including your will, sense of purpose, self control, self-determination, self-empowerment, and your metabolism.

Symptoms of imbalance of your solar plexus can include low self-esteem or being arrogant, or egotistical.

You may also feel abandoned or rejected or feel like the world should revolve around you.

You may feel nervousness, have difficulty understanding or controlling your emotions, feel rebellious or be a people pleaser or perfectionist. Additionally, you may always feel stressed out, exhibit addictive behaviors, or disordered eating.

You may struggle with self-esteem issues, and feelings of unworthiness. You may tend to question yourself when faced with important decisions like whether to move to another city, change your career, get married to your partner, or have children. You may feel like a victim in the world and often feel powerless against circumstances and other people's desires. You may also suffer from frequent stomach pains and stomach anxiety.

So, how can someone begin to heal their chakras after experiencing trauma?

There are many different energy healing modalities that can help someone heal their chakras, including Reiki, acupuncture, and sound healing. One of the most effective methods I've found is chakra balancing meditation, which involves visualizing each chakra and focusing on releasing any blockages or imbalances.

Chakra balancing is the process of restoring the harmonious and balanced flow of prana or energy throughout the body. Your chakras are in constant fluctuation. Practicing chakra balancing and aligning is a regular and sometimes daily activity to explore. There are many different ways to restore balance to your chakras. What works for you might not work for another. Make sure you find a way that works for you. Listen to your body and find the way that makes you comfortable.

Be prepared to take notes after this meditation.

[Guided Meditation: Heal Your First 3 Chakras](#)

xx Holly Toscanini



3 TIPS FOR SUCCESS

HOW TO MAKE

THE MOST OF THIS

EXPERIENCE.

1

Always practice this meditation in a space that feels safe for you

2

Allow yourself to feel whatever emotions come up, realize that they will pass as you sit with them.

3

Keep your journal next to you and write whatever comes up for you without judging or censoring yourself.

Journal Questions

How did this guided meditation feel in your body?

What images or memories came up for you?

Journal Questions

Write down any thoughts that came up for each chakra.

Root:

Sacral:

Solar Plexus

Journal Questions

What specific events or circumstances from your past can you remember that may have caused you to question your value, worth, or deservedness?

Journal Questions

What were some of the emotions that came up for you?

What physical sensations did you experience?

Journal Questions

If you've experienced these thoughts and feelings in the past, how have you responded or behaved when they came up for you? What actions did you take?

What were the results of these actions?

Journal Questions

Are these the results you would like to have again in the future? Explain why or why not.

What new thoughts will help you create different results?

Resources

1



NEXT STEPS

[Click here to download your meditation.](#)

LISTEN TO THE PODCAST

Podcast: Say, "When!"

2




HOLLY
TOSCANINI
Non Diet Approach to Health & Happiness

3



LEARN MORE

[Check out More Resources](#)
[Instagram @hollytoscanini](#)
[Facebook hollytoscanini](#)
[email: hollytoscanini.com](mailto:hollytoscanini.com)