

# The 7-Chakra Healing Programme

*A Seven-Week Journey to Balance, Energy & Wholeness*

A complete seven-week programme dedicated to activating, balancing, and harmonising each energy centre — from the Root to the Crown.

The Holistic Care · [theholisticcare.com](http://theholisticcare.com)



# The 7-Chakra Healing Programme

*A Seven-Week Journey to Balance, Energy & Wholeness*

**The Holistic Care | [theholisticcare.com](http://theholisticcare.com)**

## Introduction

The chakras are seven primary energy centres described in the Vedic tradition and elaborated in Hatha Yoga, Tantra, and related systems of Indian philosophy. The word 'chakra' means 'wheel' or 'disc' in Sanskrit — each centre is traditionally depicted as a spinning vortex of subtle energy (prana), located along the central channel of the body from the base of the spine to the crown of the head. Each chakra governs specific dimensions of physical, emotional, psychological, and spiritual experience.

When the energy of a chakra flows freely, we feel its corresponding qualities: the vitality and groundedness of the Root Chakra; the creativity and emotional fluidity of the Sacral; the confidence and drive of the Solar Plexus; the love and compassion of the Heart; the authentic expression of the Throat; the clarity and intuition of the Third Eye; the spacious awareness of the Crown. When a chakra is blocked — through stress, trauma, habit, or belief — we feel the deficit in our mood, body, and behaviour.

This seven-week programme dedicates one full week to each chakra. Each week includes overview knowledge, daily meditation practices, creative exercises, and journaling prompts — all designed to shift the energy from intellectual understanding to lived experience. You are invited to approach this programme with an open and curious mind, regardless of whether you hold the chakra system as literal truth or as a useful map. What matters is not belief — it is attention, practice, and honest self-inquiry.

# Chakra 1: Muladhara — The Root Chakra



## Sanskrit Name

Muladhara

## Meaning

Root / Support

## Location

Base of spine, perineum

## Colour

Deep Red

## Element

Earth

## Mantra / Seed Sound

LAM

## Governs

Safety, security, survival, belonging, the physical body

## When Balanced

When the Root Chakra flows freely, you feel genuinely at home in your body and in the world. There is a quality of groundedness — a sense of being rooted, stable, and safe, even when circumstances are challenging. Physically, this often shows up as robust energy, a healthy immune system, and ease in the body. Emotionally, you feel a basic trust in life: that you belong here, that your needs will be met, that the ground beneath you is solid.

## When Blocked or Overactive

When the Root Chakra is blocked or dysregulated, the signature experience is fear — a free-floating anxiety about survival, safety, or security. This may manifest as chronic financial worry, difficulty relaxing, a sense of not belonging anywhere, hoarding behaviour, aggression, or a deep disconnection from the physical body. Physically, imbalance may show up as fatigue, lower back pain, immune issues, or difficulty with the lower limbs.

## **Week 1 Practices**

### **Practice 1: Root Grounding Meditation (10 minutes)**

Find a comfortable seated position. If possible, sit on the floor rather than a chair — feel the ground beneath you directly. Remove your shoes and place your feet flat on the earth.

Close your eyes and take three deep breaths, releasing any accumulated tension with each exhale.

Now bring your attention to the base of your spine — the perineum, the tailbone, the base of your body where you meet the earth. Visualise a deep red light beginning to glow here. Rich, warm, earthy red. With each breath, this light grows a little warmer, a little brighter.

Now imagine roots growing downward from the base of your spine — through the floor, through any surface beneath you, deep into the earth. See them growing deeper and deeper, spreading through the soil, anchoring you with each breath.

As you inhale, feel the earth's steady, nourishing energy rising up through these roots — up through the base of your spine, up through your legs, warming and grounding your whole body. As you exhale, breathe any excess tension or fear back down through the roots, into the earth, where it is composted and transformed.

With each exhale, silently repeat the mantra: LAM. Feel the vibration of this sound settling in the base of your body.

Rest in this experience for the remainder of your practice. When you are ready, gently open your eyes. Feel the ground beneath you. You are here. You are home.

### **Practice 2: Body Gratitude Ritual (5 minutes)**

Sit or stand quietly. Place both hands on your lower belly, just below the navel.

Take a slow breath and feel the warmth of your hands against your body. This body has been with you every moment of your life. It has healed from illness, navigated difficulty, processed food, generated warmth, carried you through the world.

Slowly move your hands to different parts of your body, pausing at each one: your heart, your legs, your feet. With each placement, offer a simple, genuine thank you. 'Thank you, feet, for carrying me.' 'Thank you, heart, for beating without being asked.'

This body is your home on earth — not something to be overcome, transcended, or escaped. It is the vehicle of all your experience. Let this five minutes be an act of homecoming.

### **Practice 3: Security Inventory (Journalling — 10 minutes)**

Find a quiet space with your journal. Respond to each of these prompts:

- What in my life currently makes me feel safe and secure? (People, places, routines, resources — list them.)

- What feels unstable or threatening right now? (Be honest — don't minimise or catastrophise.)
- What is one concrete thing I could do this week to strengthen my sense of security?
- What is already working? What evidence do I have that I can navigate difficulty?

## **Affirmations**

- I am safe. I am held by life.
- My body is my home. I trust it completely.
- I have everything I need in this moment.
- I am grounded, stable, and secure.
- I belong here. I am welcome on this earth.

## Chakra 2: Svadhithana — The Sacral Chakra



### Sanskrit Name

Svadhithana

### Meaning

One's Own Abode

### Location

Lower abdomen, approximately 2 inches below the navel

### Colour

Orange

### Element

Water

### Mantra / Seed Sound

VAM

### Governs

Creativity, pleasure, sexuality, emotional flow, relationships

## When Balanced

A balanced Sacral Chakra brings fluid emotional expression — the ability to feel your feelings, move through them, and let them go, like water finding its natural course. Creativity flows easily: you have ideas, you act on them, you enjoy the process of making and creating. You have a healthy, guilt-free relationship with pleasure — with rest, beauty, sensation, and joy. Your relationships have warmth and flow.

## When Blocked or Overactive

Sacral imbalance often shows up as rigidity — emotional numbness, an inability to go with the flow, or conversely, emotional flooding that feels unmanageable. There may be guilt or shame around pleasure, creativity, or sexuality. Creative blocks are common: the ideas don't come, or they come but feel impossible to act on. In relationships, you may feel shut down, overly controlled, or caught in patterns of unhealthy attachment.

## Week 2 Practices

### Practice 1: Flow Meditation (10 minutes)

Sit comfortably. Close your eyes and take a few settling breaths.

Bring your attention to the lower abdomen, about two inches below your navel. Visualise a warm, luminous orange light here — the colour of a sunset, rich and vibrant. With each inhale, this light expands gently outward. With each exhale, it settles and deepens.

Now bring to mind the quality of water. Water does not resist — it flows around obstacles. It adapts. It finds its way. Invite this quality of fluidity into your body and emotional landscape.

If there are emotions present — even difficult ones — simply allow them to be here. You do not need to analyse them or make them stop. They are like weather moving across a lake. Watch them move.

With each exhale, silently sound the mantra: VAM. Feel it vibrate in your lower abdomen.

Rest here for the duration of the practice. You are safe to feel. You are safe to flow.

### **Practice 2: Creativity Activation (15 minutes)**

Choose any creative activity — drawing, painting, dancing freely in your kitchen, writing poetry you'll never share, arranging flowers, cooking something improvised, gardening, sculpting with clay.

The one rule: there is no goal. This is not about producing something good. This is about the process of creating for its own sake.

As you engage, notice any judgment that arises ('This is terrible', 'I can't do this', 'I'm wasting time'). Acknowledge the judgment, and gently return to the activity. The Sacral Chakra doesn't care about quality — it cares about aliveness.

### **Practice 3: Emotion Mapping (Journaling — 10 minutes)**

Sit quietly for a moment before writing. Then respond:

- What emotion have I been avoiding or suppressing recently?
- Where in my body do I feel it when it arises? (Tightness in chest? Heaviness in belly? Tension in throat?)
- If this emotion could speak, what would it say? What does it need?
- What happens when I allow myself to feel it, even for a moment?

### **Affirmations**

- I am a creative being. My creativity flows freely and abundantly.
- I am worthy of pleasure, rest, and joy.
- I allow my emotions to move through me like water.
- I embrace my sensuality and the gift of my body.
- I am at home in the flow of life.

## Chakra 3: Manipura — The Solar Plexus Chakra



### Sanskrit Name

Manipura

### Meaning

City of Gems / Lustrous Jewel

### Location

Upper abdomen, at the solar plexus

### Colour

Yellow

### Element

Fire

### Mantra / Seed Sound

RAM

### Governs

Willpower, confidence, personal identity, self-esteem, digestion, action

### When Balanced

When the Solar Plexus Chakra flows, you have a clear, stable sense of who you are. You trust your own judgment. You can make decisions without excessive second-guessing. There is a natural confidence — not arrogance, but a quiet assurance in your own competence and worth. You have healthy boundaries: you can say no, hold your position, and act in alignment with your values without excessive guilt or anxiety.

### When Blocked or Overactive

Solar Plexus imbalance often manifests as low self-esteem, people-pleasing, and difficulty making decisions or taking action. You may habitually defer to others' opinions over your own inner knowing. Anger or aggression may emerge when the chakra is overactive — a compensatory assertion after long suppression. Physically, digestive issues (IBS, reflux, nausea) are often associated with this chakra, as the gut is our 'second brain' and is profoundly sensitive to stress and self-worth issues.

### Week 3 Practices

#### Practice 1: Solar Plexus Candle Gazing (10 minutes)

Light a candle and place it at eye level approximately 50cm in front of you. Sit in a comfortable, upright position.

Gaze softly at the flame — not staring hard, but resting your eyes on it gently. Allow your gaze to soften. Breathe slowly.

As you gaze, bring awareness to your solar plexus — the area just below your sternum. Visualise a bright yellow flame here, matching the candle in front of you. See it burning steadily: warm, clear, and strong.

This is the fire of your inner power — your will, your clarity, your capacity for purposeful action. It does not need to be earned. It is already yours.

With each exhale, silently repeat: RAM. Feel the warmth of your personal power.

### **Practice 2: Worthiness Journaling (10 minutes)**

Begin each of the following sentences and write for at least two minutes without stopping or editing:

- I am worthy of... (list as many things as you can, however small)
- One way I have shown courage recently, even if no one noticed, is...
- A belief I hold about myself that is not serving me is... and what I choose to believe instead is...

### **Practice 3: One Step Forward (Action Exercise)**

Identify one thing you have been avoiding due to fear of failure, judgment, or inadequacy. It could be a conversation, a creative project, an application, a new habit.

Do not attempt the whole thing today. Identify the smallest possible first step — something you could do in the next 24 hours that would move you even one percent toward it.

Do that one thing. Then notice how it feels. Solar Plexus energy is built through action, not through planning or preparation alone.

### **Affirmations**

- I am confident, capable, and worthy of respect.
- I trust my own judgment and inner knowing.
- I have the power to create the life I choose.
- I set clear, loving boundaries and honour them.
- My personal power grows with every act of courage.

## Chakra 4: Anahata — The Heart Chakra



### Sanskrit Name

Anahata

### Meaning

Unstruck / Unhurt

### Location

Centre of the chest, at the level of the heart

### Colour

Green

### Element

Air

### Mantra / Seed Sound

YAM

### Governs

Love, compassion, forgiveness, grief, connection, balance

## When Balanced

A balanced Heart Chakra is the source of genuinely loving relationships — with others and with yourself. Love here is not need or attachment, but a spacious warmth that can hold both joy and grief. There is the capacity for forgiveness — not excusing harm, but releasing the grip of resentment. Boundaries exist, but they come from love rather than fear. You can give generously without depleting yourself, and receive love without deflecting it.

## When Blocked or Overactive

Heart Chakra imbalance often shows up after loss or betrayal — a closing off, a protective hardening. Fear of love, difficulty trusting, grief that has been held rather than processed, chronic loneliness or resentment — these are the signatures of a guarded heart. Over-giving (giving without boundaries, from a place of depletion) is also common: an over-active Heart Chakra that has not learned to receive.

## Week 4 Practices

### Practice 1: Loving-Kindness Meditation — Metta (15 minutes)

Sit comfortably. Close your eyes and bring your attention to the centre of your chest.

Begin by bringing to mind someone you love easily — a child, a pet, a dear friend. Feel the warmth of that love in your chest. Let it expand.

Now direct that warm, loving feeling toward yourself. Repeat silently: 'May I be happy. May I be healthy. May I be safe. May I live with ease.' If this feels difficult, that is important information. Stay with it.

Now expand the circle. Bring to mind a neutral person — someone you see regularly but have no strong feeling about. Extend the same wish: 'May you be happy. May you be healthy. May you be safe. May you live with ease.'

Now — and this is the challenging step — bring to mind someone with whom you have difficulty. You do not need to approve of their behaviour. Simply extend the wish, as an act of liberation for yourself: 'May you be happy. May you be healthy. May you be safe. May you live with ease.'

Finally, expand the circle to encompass all beings, in all directions, without exception. Rest in the feeling of boundless loving-kindness for the remainder of the practice.

### **Practice 2: The Forgiveness Letter (15 minutes — not to be sent)**

Choose someone — including yourself — toward whom you carry resentment, hurt, or unfinished emotional business.

Write them a letter. In this letter, you are not composing what you would say in real life — you are giving voice to what has never been said. Write honestly, without editing for politeness. Express the hurt, the anger, the grief, the disappointment.

Then, if and when it feels genuine, write toward forgiveness — not because what happened was acceptable, but because carrying this weight costs you something. Forgiveness is not reconciliation. It is releasing yourself from a prison.

When finished, do not send the letter. You may keep it, burn it, or tear it up. The act of writing it is the practice.

### **Practice 3: Connecting Touch (Daily — 5 minutes)**

Each day this week, place one or both hands on the centre of your chest — your heart centre.

Feel the warmth of your hands. Feel your heartbeat beneath them. Take five slow breaths here.

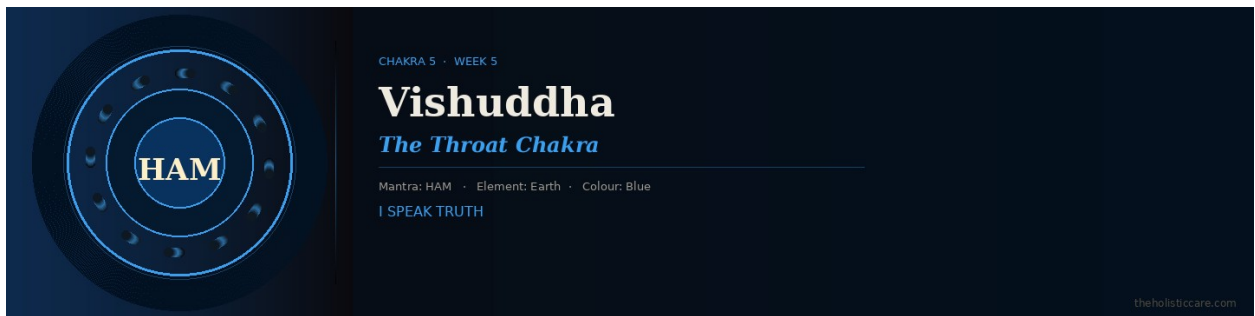
With each exhale, silently say: 'I am open. I am loved. I am love.'

This simple practice, done consistently, has been shown in research to reduce cortisol and increase oxytocin — the body's 'connection hormone'.

## **Affirmations**

- I am worthy of love — exactly as I am.
- I open my heart to give and receive love freely.
- I release what no longer serves me with compassion and grace.
- My heart is strong enough to hold both love and grief.
- I forgive myself and others, and I set myself free.

## Chakra 5: Vishuddha — The Throat Chakra



### Sanskrit Name

Vishuddha

### Meaning

Especially Pure / Purification

### Location

Throat, neck, jaw, and ears

### Colour

Blue

### Element

Ether / Sound

### Mantra / Seed Sound

HAM

### Governs

Expression, truth, communication, listening, creativity

### When Balanced

When the Throat Chakra is open and flowing, you speak with clarity, honesty, and kindness. You can say what is true for you — without aggression and without suppression. You are also a skilled listener: you can be fully present with another person, hearing not just words but meaning. Creative expression feels natural and satisfying. There is a quality of integrity — what you say aligns with what you think, feel, and do.

### When Blocked or Overactive

Throat Chakra imbalance often shows up as a persistent difficulty speaking up — swallowing your truth, agreeing when you disagree, telling people what they want to hear to avoid conflict. You may know exactly what you think and feel, but find yourself unable to voice it. Physical manifestations include chronic sore throats, tightness in the neck and jaw, thyroid issues, or a sense of 'something stuck'. An overactive Throat Chakra may show up as talking too much, interrupting, or an inability to truly listen.

## **Week 5 Practices**

### **Practice 1: Toning and Humming (10 minutes)**

Sit comfortably with a straight spine. Take a slow breath in through the nose.

On the exhale, begin to hum — any tone that feels natural. Feel the vibration in your throat, your chest, your skull. Let the sound resonate.

After a few minutes of simple humming, shift to toning the mantra HAM. Inhale, and on the exhale: 'Haaaaaaaamm' — letting the sound sustain for the entire exhale. Feel the H vibrate in the throat and the M resonate in the skull.

Continue for 5 to 10 minutes. This practice directly stimulates the vagus nerve through the throat and has a measurable calming effect on the nervous system.

### **Practice 2: The Unsent Letter (15 minutes)**

Write a letter to someone — or to a situation, a part of yourself, or the world — expressing what you have been unable to say in real life. This might be:

- Something you have needed to say but haven't found the courage.
- A truth you hold that feels unsafe to express.
- A boundary you have been unable to set.
- Words of care or gratitude you have withheld.

Write without self-censorship. This letter will not be sent. It is an act of giving your inner voice space to exist, on the page, without consequence. When finished, notice how you feel in your body — particularly in the throat and chest area.

### **Practice 3: Conscious Listening (Daily Practice — One Conversation)**

Each day this week, choose one conversation to practise full, conscious listening.

In this conversation: put away your phone, don't plan your response while the other person speaks, don't interrupt, and don't offer solutions unless asked. Simply listen — with your full presence. Notice what the other person is actually saying, and what they might be feeling beneath the words.

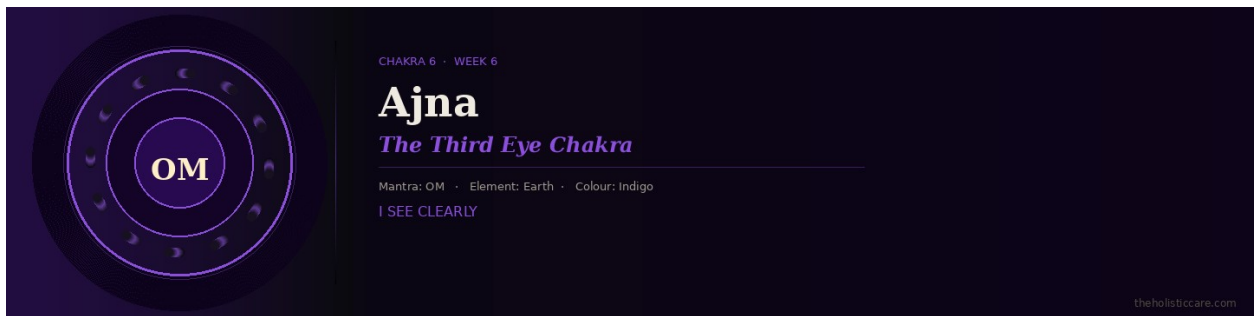
Authentic communication is as much about listening as speaking. The Throat Chakra governs both.

## **Affirmations**

- I speak my truth clearly, kindly, and with confidence.
- My voice matters. What I have to say is worth saying.
- I listen with full presence and genuine curiosity.
- I express myself authentically and with integrity.
- It is safe for me to be honest about what I think and feel.



## Chakra 6: Ajna — The Third Eye Chakra



### Sanskrit Name

Ajna

### Meaning

To Perceive / Command

### Location

Centre of the forehead, between and just above the eyebrows

### Colour

Indigo

### Element

Light

### Mantra / Seed Sound

OM

### Governs

Intuition, inner wisdom, clarity, perception, imagination, insight

### When Balanced

When the Third Eye Chakra is open, there is a quality of clear seeing — not just of the outer world, but of inner patterns, motivations, and dynamics. Intuition is strong and trusted: you have a reliable sense of inner knowing that you act on. Dreams are often vivid and felt to be meaningful. You can see the bigger picture, recognise patterns across time, and hold complexity without being overwhelmed.

### When Blocked or Overactive

Third Eye imbalance often manifests as confusion, difficulty making decisions, and an over-reliance on others' opinions rather than your own inner knowing. The mind may feel foggy or scattered. You might dismiss your intuitive sense repeatedly, then regret it. Recurring headaches or eye strain are sometimes associated with this chakra. In over-activity, there may be excessive introspection, overthinking, or a tendency to live 'in the head' while disconnected from the body.

### Week 6 Practices

#### Practice 1: Trataka — Candle Gazing for Clarity (10 minutes)

Place a lit candle at eye level approximately 50cm in front of you. The room should be dim.

Sit in an upright, comfortable position. Gaze softly at the flame — not straining, not blinking excessively. Simply rest your attention on the flame.

When the eyes water or you need to blink, close them and visualise the after-image of the flame at the centre of your forehead — at the Third Eye point. Hold this internal image as long as possible. Then open the eyes and return to gazing.

Trataka trains single-pointed attention and is traditionally said to strengthen the Ajna chakra. Practise for 5 to 10 minutes.

### **Practice 2: Dream Journaling (Daily — On Waking)**

Keep a journal and pen beside your bed. Upon waking — before checking your phone, before speaking to anyone — write down whatever you remember of your dreams.

Don't analyse yet. Simply record: images, feelings, characters, settings, colours. Then notice: what themes or symbols recur across the week? The dreaming mind speaks in metaphor and image — language of the Third Eye.

### **Practice 3: Intuition Practice (Daily Decision)**

Once each day this week, when facing a decision — however small — consult your gut before your head.

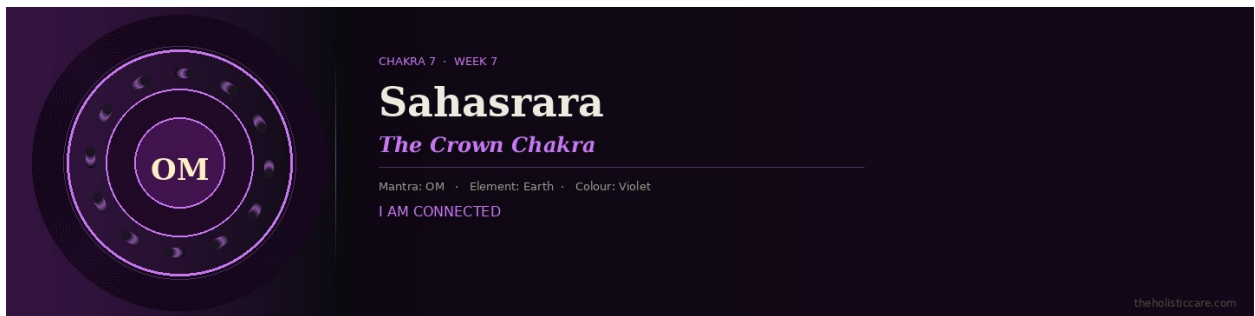
Before thinking it through logically, pause. Place your hand on your belly. Take one breath. Notice: is there a pull toward or away from each option? A tightening or an opening? A quiet 'yes' or a quiet 'no'?

Note down your gut response. Then make your decision (you can include logical factors too). At the end of the week, review: how often was your gut right?

## **Affirmations**

- I trust my intuition. It is a reliable guide.
- I see clearly — both what is outside and what is within.
- I am open to inner wisdom and insight.
- My inner knowing grows stronger with every breath.
- I see the bigger picture with clarity and equanimity.

## Chakra 7: Sahasrara — The Crown Chakra



### Sanskrit Name

Sahasrara

### Meaning

Thousand-Petalled / Infinite

### Location

Crown of the head and slightly above

### Colour

Violet / White / Gold

### Element

Pure Consciousness

### Mantra / Seed Sound

Silence / OM

### Governs

Universal connection, presence, transcendence, spiritual awareness, wonder

## When Balanced

A balanced Crown Chakra does not necessarily mean spiritual attainment or enlightenment — it means a lived sense of connection to something larger than the personal self. This might be nature, silence, art, community, the cosmos, or the simple wonder of existence. There is a quality of inner peace that does not depend on outer circumstances. The mind can become quiet. A sense of meaning and purpose pervades ordinary life. There is wonder.

## When Blocked or Overactive

Crown Chakra imbalance can manifest as a deep sense of disconnection — from life, from meaning, from other people. Existence may feel purposeless or mechanical. Rigid beliefs (about religion, science, or identity) that close off the possibility of mystery are a form of Crown imbalance. Spiritual bypassing — using spiritual practice to avoid feeling or facing reality — is also associated with this chakra. At its most acute, this imbalance shows up as existential depression or a sense of profound meaninglessness.

## **Week 7 Practices**

### **Practice 1: Silent Meditation — Just Being (10 minutes)**

Sit comfortably. Close your eyes.

For these ten minutes, there is no technique. No mantra to repeat. No breath to follow. No visualisation to maintain. No goal to achieve.

Simply sit. Simply be. Allow whatever arises — thoughts, sounds, sensations, stillness — to come and go without interference.

This is the practice of the Crown Chakra: not doing, but being. Not achieving, but resting in what you already are.

If the mind becomes very active, you may very gently return attention to the sense of awareness itself — the fact that you are present, right now, knowing this moment.

### **Practice 2: Self-Inquiry — 'Who is Aware?' (10 minutes)**

Sit quietly and gently ask yourself: 'Who is aware right now?'

Notice that there are sounds — and something here that hears them. There are thoughts — and something here that notices them. There are sensations — and something here that is aware of them.

What is this awareness? Can you find it? Can you locate it in space? Can you describe it? Or is it more like a clear, open space in which everything arises?

Rest in the question. Do not seek a conceptual answer. Allow the inquiry itself to reveal something beyond the thinking mind.

### **Practice 3: Gratitude for Existence (Journalling — 10 minutes)**

Not gratitude for what you have — for what you are.

Write about: the fact of your own existence. The miracle of consciousness — that there is experience at all. The universe that gave rise to stars, to earth, to life, to you.

- What is one aspect of existence itself that fills you with wonder?
- What would it be like to encounter your life as a gift, rather than a problem to be solved?
- What does it feel like, right now, to simply be alive?

## **Affirmations**

- I am connected to all of life. I am never truly alone.
- I am open to the mystery and wonder of existence.
- I rest in the peace that is always already here.
- I am more than my thoughts, my story, my history.
- All is well. I am held in something vast and loving.



## The Complete 7-Week Overview

Week	Chakra	Focus	Daily Time
1	Root — Muladhara	Safety and grounding	15 min
2	Sacral — Svadhisthana	Creativity and emotional flow	15 min
3	Solar Plexus — Manipura	Personal power and confidence	15 min
4	Heart — Anahata	Love and forgiveness	20 min
5	Throat — Vishuddha	Expression and truth	15 min
6	Third Eye — Ajna	Intuition and clarity	15 min
7	Crown — Sahasrara	Connection and presence	20 min

## Self-Assessment: Before You Begin

Before you begin the programme, rate your sense of balance in each chakra on a scale of 1 (very blocked) to 10 (very flowing). Repeat the assessment at the end of Week 7 to track your progress. Be honest — this is for your eyes only.

Chakra	Before (1-10)	After (1-10)	Notes
1 - Root: Safety and Grounding			
2 - Sacral: Creativity and Flow			
3 - Solar Plexus: Power and Confidence			
4 - Heart: Love and Compassion			

5 - Throat: Expression and Truth			
6 - Third Eye: Intuition and Clarity			
7 - Crown: Connection and Presence			

## Daily Practice Log

Use this log to track your daily practice across all seven weeks. Consistency — even for 15 minutes a day — is more powerful than occasional longer sessions.

Day	Chakra	Practice Done	Emotion Noticed	Affirmation Used	Notes
W1D1	Root				
W1D2	Root				
W1D3	Root				
W1D4	Root				
W1D5	Root				
W1D6	Root				
W1D7	Root				
W2D1	Sacral				
W2D2	Sacral				
W2D3	Sacral				

W2D4	Sacral				
W2D5	Sacral				
W2D6	Sacral				
W2D7	Sacral				
W3D1	Solar Plexus				
W3D2	Solar Plexus				
W3D3	Solar Plexus				
W3D4	Solar Plexus				
W3D5	Solar Plexus				
W3D6	Solar Plexus				
W3D7	Solar Plexus				
W4D1	Heart				
W4D2	Heart				
W4D3	Heart				
W4D4	Heart				
W4D5	Heart				
W4D6	Heart				

W4D7	Heart				
W5D1	Throat				
W5D2	Throat				
W5D3	Throat				
W5D4	Throat				
W5D5	Throat				
W5D6	Throat				
W5D7	Throat				
W6D1	Third Eye				
W6D2	Third Eye				
W6D3	Third Eye				
W6D4	Third Eye				
W6D5	Third Eye				
W6D6	Third Eye				
W6D7	Third Eye				
W7D1	Crown				
W7D2	Crown				

W7D3	Crown				
W7D4	Crown				
W7D5	Crown				
W7D6	Crown				
W7D7	Crown				

## About The Holistic Care

The Holistic Care is an online education platform dedicated to mindfulness, yoga, and nonduality, founded by Mohan Chute. Through a rich library of courses, ebooks, guided meditations, and practical programmes, The Holistic Care supports adults, children, families, and educators in developing genuine inner wellbeing — not as a concept, but as a living reality. The 7-Chakra Healing Programme you hold in your hands is one expression of that mission: practical, grounded, and deeply respectful of both ancient wisdom and modern understanding.

If this programme has opened something in you, we invite you to explore The Holistic Care's I AM Programme — a transformative journey into nondual mindfulness for adults, designed to take your practice beyond technique and into the spacious awareness that underlies all experience. We also offer courses for children and young people, yoga nidra practices, mindfulness games, and a growing body of resources for schools and organisations. Visit [theholisticcare.com](http://theholisticcare.com) to explore everything available to you — many resources are free.

[theholisticcare.com](http://theholisticcare.com)