

21-Day Meditation & Chakra Healing Practice Plan

A short daily practice moving through all seven chakras — five minutes a day, twenty-one days, one page you can keep by your mat. Begin with Day 1 and move through in order.

Day	Chakra	Focus	5-Minute Practice	Affirmation
1	Root — Muladhara	Grounding & safety	Sit barefoot, feel your weight sink into the ground, take 5 slow belly breaths.	<i>I am safe. I am supported.</i>
2	Root — Muladhara	Grounding & safety	Visualise a warm red glow at the base of your spine; breathe into it for 5 minutes.	<i>I trust the ground beneath me.</i>
3	Root — Muladhara	Grounding & safety	Slow body scan from feet upward, naming one thing you're grateful for in your body.	<i>I am rooted and steady.</i>
4	Sacral — Svadhisthana	Creativity & emotion	Hands on lower belly, breathe into the hips, let your shoulders soften.	<i>I welcome my emotions without judgment.</i>
5	Sacral — Svadhisthana	Creativity & emotion	Visualise warm orange water flowing through your hips, releasing tension.	<i>Pleasure and creativity flow through me.</i>
6	Sacral — Svadhisthana	Creativity & emotion	Gentle hip circles or free movement for 3 minutes, then sit in stillness.	<i>I honour my feelings as they are.</i>
7	Solar Plexus — Manipura	Confidence & will	Hand on upper belly, breathe in strength, exhale doubt.	<i>I trust my own decisions.</i>
8	Solar Plexus — Manipura	Confidence & will	Visualise a bright yellow sun at your navel, warming your whole core.	<i>I am capable and confident.</i>
9	Solar Plexus — Manipura	Confidence & will	Sit tall and silently name one boundary you want to hold this week.	<i>My will is clear and kind.</i>
10	Heart — Anahata	Love & compassion	Hand on heart, breathe in love, exhale gratitude, for 5 minutes.	<i>I give and receive love freely.</i>
11	Heart — Anahata	Love & compassion	Bring someone you love to mind; send them a silent wish for wellbeing.	<i>My heart is open and safe.</i>
12	Heart — Anahata	Love & compassion	Both hands on chest; gently forgive one small thing about yourself today.	<i>I am worthy of love, including my own.</i>
13	Throat — Vishuddha	Expression & truth	Hum softly for 2 minutes, feeling the vibration in your throat.	<i>I speak my truth with ease.</i>
14	Throat — Vishuddha	Expression & truth	Write one sentence you've been afraid to say out loud.	<i>My voice matters.</i>
15	Throat — Vishuddha	Expression & truth	Slow neck rolls, then 5 breaths imagining a clear blue light at your throat.	<i>I listen, and I am heard.</i>
16	Third Eye — Ajna	Intuition & clarity	Close your eyes, soften your gaze inward, breathe into the space between your brows.	<i>I trust my inner knowing.</i>
17	Third Eye — Ajna	Intuition & clarity	Sit in silence for 5 minutes; notice the first thought that feels true.	<i>Clarity comes to me easily.</i>
18	Third Eye — Ajna	Intuition & clarity	Visualise an indigo light between your eyebrows, gently expanding.	<i>I see beyond the surface.</i>
19	Crown — Sahasrara	Connection & oneness	Sit quietly and imagine soft light entering from the top of your head.	<i>I am connected to something greater.</i>
20	Crown — Sahasrara	Connection & oneness	5-minute silent meditation with no agenda — simply witnessing.	<i>I am open to guidance.</i>
21	Crown — Sahasrara	Connection & oneness	Reflect on all 7 chakras; hand on crown, set an intention for the days ahead.	<i>I am whole. I am healed. I am home.</i>

Want personal guidance alongside this practice? Book a Mind Healing, Akashic Records or Soul Journey session with **Pooja Gulati** — message **+91-9818229828** on WhatsApp.