

7 Days to Chakra–Psychology: A holistic toolkit for Therapists, Coaches & Healers: The future is Here.

Holistic practice is the future of therapy, coaching, and healing. Yet most practitioners are trained in siloed approaches — psychology, nutrition, movement, energy, or spirituality — rarely all together.

This 7-day framework bridges **ancient chakra wisdom with modern psychology**, giving you practical tools to support your clients in body, mind, energy, and spirit. Each daily practice is **short (15–20 minutes), actionable, and deeply transformative**, designed to help you and your clients experience balance, clarity, and empowerment.



Welcome to Your Transformational Journey

Ancient Wisdom

Traditional chakra system understanding rooted in thousands of years of spiritual practice

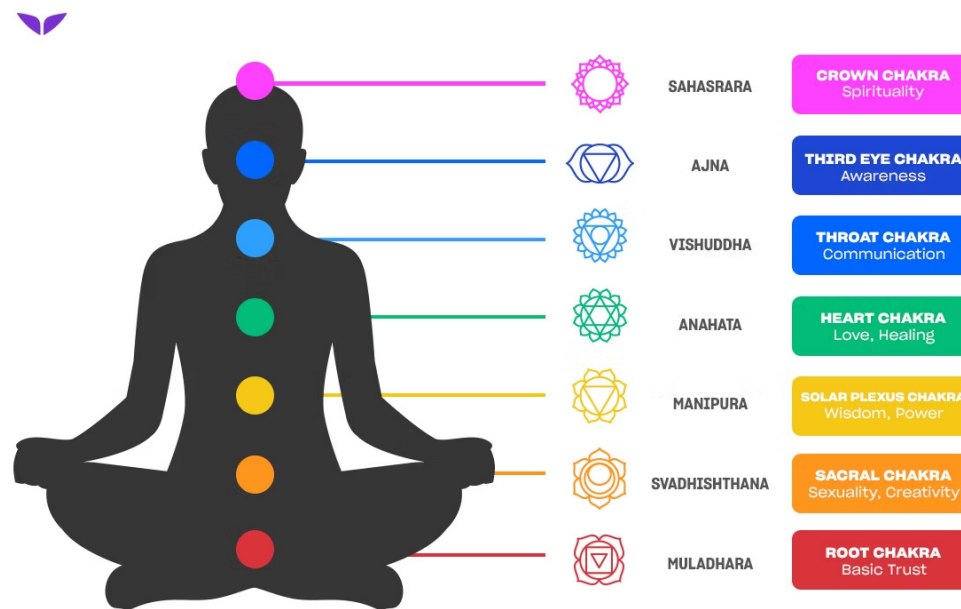
Modern Psychology

Evidence-based therapeutic approaches backed by contemporary neuroscience research

Integrated Practice

A unified framework bridging body, mind, energy, and spirit for holistic healing

By the end of this week, you'll have a powerful toolkit that seamlessly integrates chakra wisdom with psychological principles. Each day builds upon the last, creating a comprehensive understanding that transforms both your practice and personal growth.



Day 1: Muladhara Meets Maslow

Root Chakra & Safety Psychology

The Root Chakra is about survival, stability, and belonging. Maslow's hierarchy begins with the same foundation: safety and security. When clients feel unsafe — physically, financially, or emotionally — higher growth is blocked.

Practices like grounding, mindful movement, and breathwork create the psychological safety needed for healing and transformation. This foundational work establishes trust and creates space for deeper therapeutic breakthroughs.

1 Grounding Techniques

Connect with earth energy through mindful breathing and body awareness

2 Safety Assessment

Identify and strengthen areas where clients feel most secure

3 Stability Building

Create consistent routines that reinforce feelings of safety and belonging

Psychological Foundation: Maslow's hierarchy shows that physiological and safety needs must be met before self-actualisation can occur. The root chakra work directly addresses this foundational layer.

Safety is the foundation of all growth. Without a sense of security, higher states of healing and transformation cannot unfold.

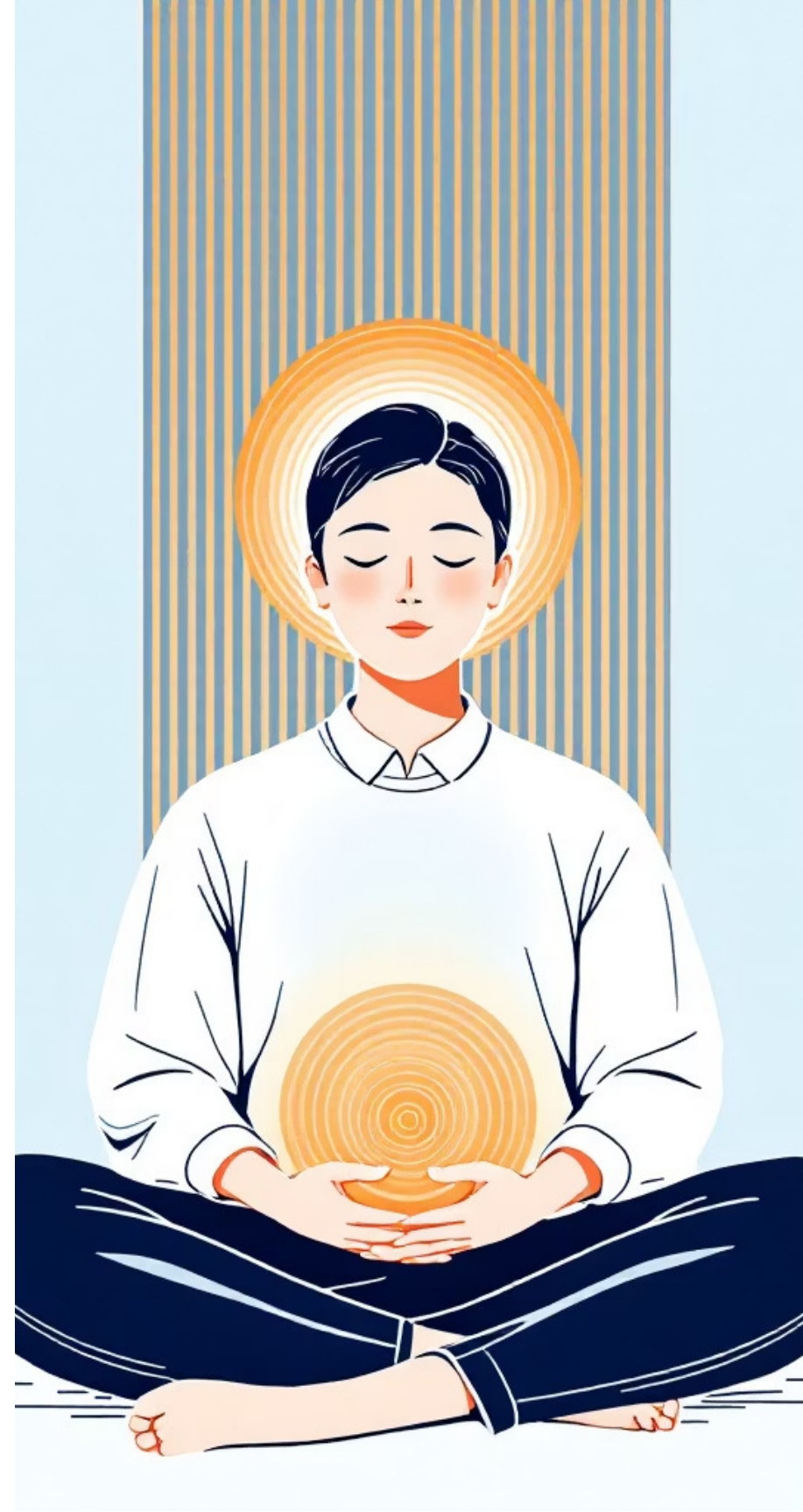
Simple practical exercise:

1. Sit with feet flat on the floor, feeling grounded.
2. Take 5 deep breaths while listing 3 things that make you feel safe.
3. Place both hands on your lower abdomen and visualize red grounding energy flowing upward.
4. Repeat: *"I am safe, I am supported, I belong here."*
5. Identify 1 small action today to increase your sense of safety (organizing, connecting, routine).

✨ *Affirmation:* "I am safe, I am supported, I belong here."

📝 *Journaling Prompt:* What makes me feel most safe in my daily life?

🌿 *Daily Action:* Do one thing today that strengthens your sense of security.



Day 2: Svadhisthana & Emotional Regulation

Sacral Chakra & Neuroplasticity

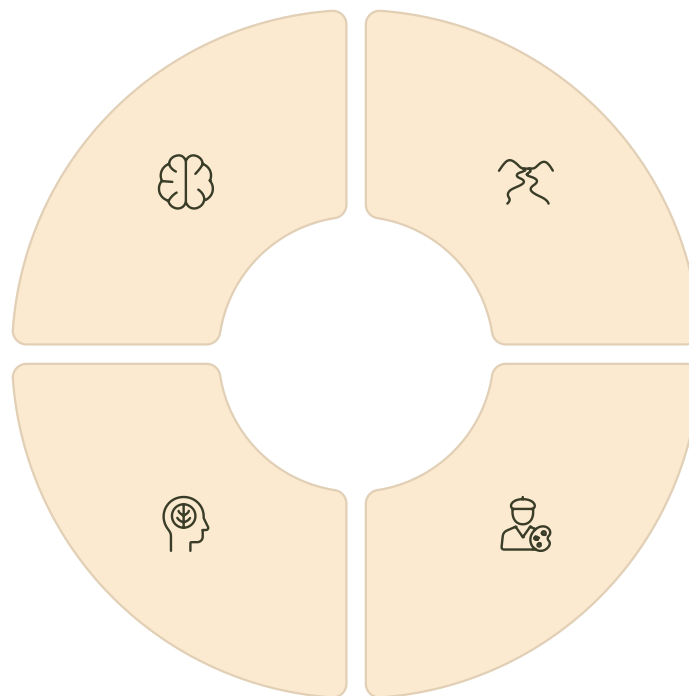
The Sacral Chakra governs emotions, creativity, and flow. Neuroplasticity research shows that the brain can rewire emotional responses with consistent practice. Therapists can help clients release suppressed feelings, explore creativity, and regulate moods through **somatic movement, mindfulness, and safe self-expression**.

Neural Rewiring

Consistent emotional practices create new neural pathways for healthier responses

Mindful Awareness

Present-moment attention helps clients observe emotions without being overwhelmed



Emotional Flow

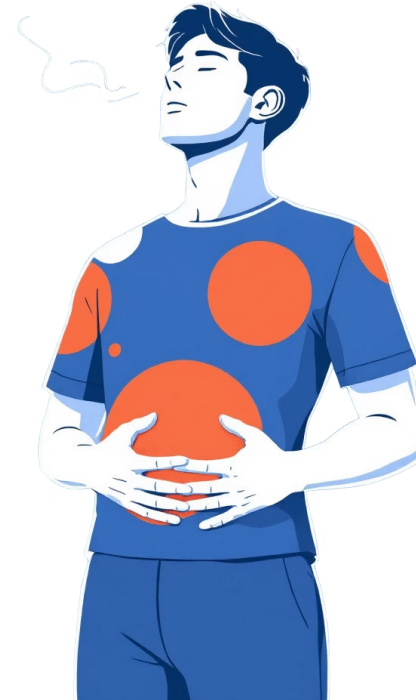
Movement and expression allow suppressed emotions to process naturally

Creative Expression

Artistic outlets provide safe channels for emotional exploration and healing

This integration strengthens new, healthier neural pathways while honouring the body's natural wisdom for emotional processing and creative expression.

Emotions must flow to be processed. Suppression creates stagnation; movement rewires the brain toward healthy regulation.



Simple practical exercise:

1. Place hands on lower belly, breathe into this area for 2 minutes.
2. Identify one emotion you've been avoiding.
3. Visualize it as flowing water, gently sway hips/torso in figure-eight motion.
4. Say: *"I allow my emotions to flow freely and safely through me."*
5. Make natural sounds (sighs, hums).
6. Journal for 5 minutes on what the emotion is telling you.
7. Commit to one creative outlet (art, dance, song).

✨ *Affirmation:* "I allow my emotions to flow freely and safely."

📖 *Journaling Prompt:* What emotion have I been resisting, and what is it teaching me?

🌿 *Daily Action:* Engage in one creative act to process emotion.

🔥 Day 3: Manipura & Personal Power

Solar Plexus & Self-Efficacy Theory



"Self-efficacy is the belief in one's ability to execute behaviours necessary to produce specific performance attainments." - *Albert Bandura*

Manipura holds the energy of confidence, agency, and willpower. In psychology, **self-efficacy theory** explains that belief in one's ability is the key driver of action. Empowerment practices like Pranayama, goal-setting, and energy activation restore inner fire, helping clients move from self-doubt to self-leadership.

01

Assess Current Beliefs/Energy Blocks

Identify limiting beliefs about personal capability and power

02

Activate Inner Fire

Use breathwork and visualisation to strengthen confidence

03

Set Empowered Goals

Create achievable objectives that build momentum and self-trust

04

Celebrate Progress

Acknowledge achievements to reinforce self-efficacy beliefs

Belief in one's ability drives all action. Self-efficacy fuels confidence and empowerment.

Simple practical exercise:

1. Stand in a power pose, breathe deeply into solar plexus.
2. Practice 20 quick belly breaths + 10-sec hold.
3. Visualize a golden fire growing brighter.



4. Recall a proud accomplishment.
5. Set 1 specific weekly goal → break into 3 small actions.
6. Repeat: *"I have the power to create positive change."*

✨ **Affirmation:** "I have the power to create positive change."

📝 **Journaling Prompt:** When did I last feel empowered, and how can I recreate that?

🌿 **Daily Action:** Take one small action toward your weekly goal.

Day 4: Anahata & Attachment Science

Heart Chakra & Compassion Research



Heart Chakra Opening

The Heart Chakra represents love, connection, and compassion. When balanced, it allows for authentic relationships and emotional healing.



Attachment Patterns

Attachment science shows how early relational patterns affect emotional bonds throughout life, influencing our capacity for intimacy.



Compassion Practice

Modern compassion research proves that loving-kindness practices lower stress, improve resilience, and rewire attachment wounds.

By opening Anahata, clients learn to give and receive love with balance and authenticity. This work addresses both the energetic and psychological aspects of relationship patterns, creating lasting transformation in how we connect with others and ourselves.



Research Insight: Studies show that loving-kindness meditation increases positive emotions, social connectedness, and overall life satisfaction while reducing implicit bias and PTSD symptoms.

Healing happens through love and secure connection. Compassion re-patterns old wounds.

Simple practical exercise:

1. Place one hand on heart, one on solar plexus, breathe deeply.
2. Practice loving-kindness meditation: to self → loved one → neutral person → difficult person.
3. Visualize green healing light expanding from heart.
4. Repeat the words 'May I be filled with loving kindness and then when done with self, and sending it to others—may you be filled with loving kindness and held in loving kindness'
5. Imagine responding from secure attachment.
6. Commit to one small relational shift this week.

✨ *Affirmation:* "I am held in loving kindness and filled in loving kindness."

📝 *Journaling Prompt:* What small act of love or boundary would transform my relationships?

🌿 *Daily Action:* Practice one heart-centered shift in a relationship- a small act of kindness for another.



Day 5: Vishuddha & Communication Psychology

Throat Chakra & Authentic Expression

The Throat Chakra is about truth, voice, and authentic self-expression. Communication psychology emphasises that congruent, honest expression strengthens trust and connection. Helping clients find their voice, set boundaries, and express emotions clearly can dissolve energy blockages.



Find Your Voice

Discover authentic self-expression through mindful speaking practices



Set Clear Boundaries

Learn to communicate needs and limits with confidence and compassion



Express Emotions

Develop skills for sharing feelings in healthy, constructive ways



This creates more fulfilling relationships built on authenticity and mutual understanding. When the throat chakra is balanced, communication becomes a bridge to deeper connection rather than a source of conflict.

Authentic communication creates trust, boundaries, and freedom.

Simple practical exercise:

1. Place hand on throat, hum for 2 minutes. Breathe in and while exhaling create the sound 'mmmmm' or 'Ommm' from the mouth, either open or closed.
2. Identify something unsaid.
3. Visualize blue light filling the throat.
4. Practice saying truth aloud (whisper → louder).
5. Repeat: *“I speak my truth with love and confidence.”*
6. Commit to one avoided conversation this week.

✨ *Affirmation:* “I speak my truth with love and confidence.”

📝 *Journaling Prompt:* What truth am I holding back, and why?

🌿 *Daily Action:* Express one honest truth kindly and clearly.



Day 6: Ajna & Cognitive Neuroscience

Third Eye & Intuitive Intelligence

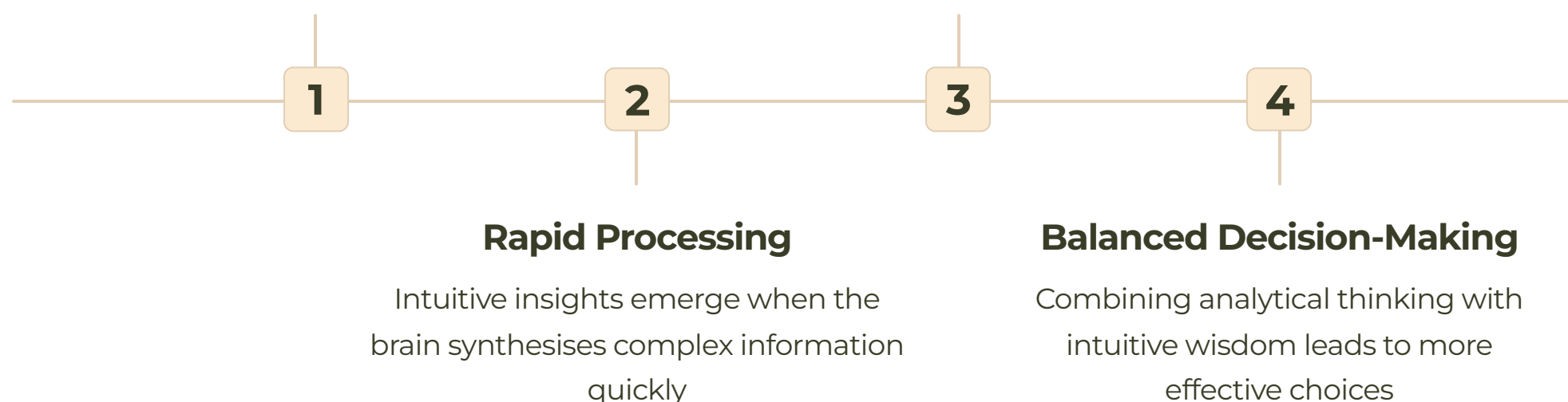
The Third Eye is linked to clarity, insight, and intuition. Cognitive neuroscience shows that intuition is not "mystical," but the brain's ability to process patterns rapidly. By training attention, meditation, and visualisation, therapists can help clients strengthen intuitive intelligence — balancing logic with inner knowing.

Pattern Recognition

The unconscious mind processes vast amounts of information, identifying patterns below conscious awareness

Integration Practice

Meditation and visualisation strengthen the connection between conscious and unconscious processing



Analytical Mind	Intuitive Mind
Sequential processing	Holistic processing
Logical reasoning	Pattern recognition
Explicit knowledge	Implicit knowledge
Step-by-step analysis	Sudden insights

True clarity comes when logic and intuition work together.

Simple practical exercise:

1. Focus lightly on the third eye point while breathing for 5 minutes (keep the exhales longer)



2. Bring up a decision you're facing.
3. First: analyze logically.
4. Then: ask the body and intuition, "What does my inner wisdom or what does my Higher Coach know?"
5. Place hands on heart and solar plexus, notice sensations.
6. Write down logical vs. intuitive insights- this is also called Holographic Thinking.

✨ *Affirmation:* "I trust the wisdom within me."

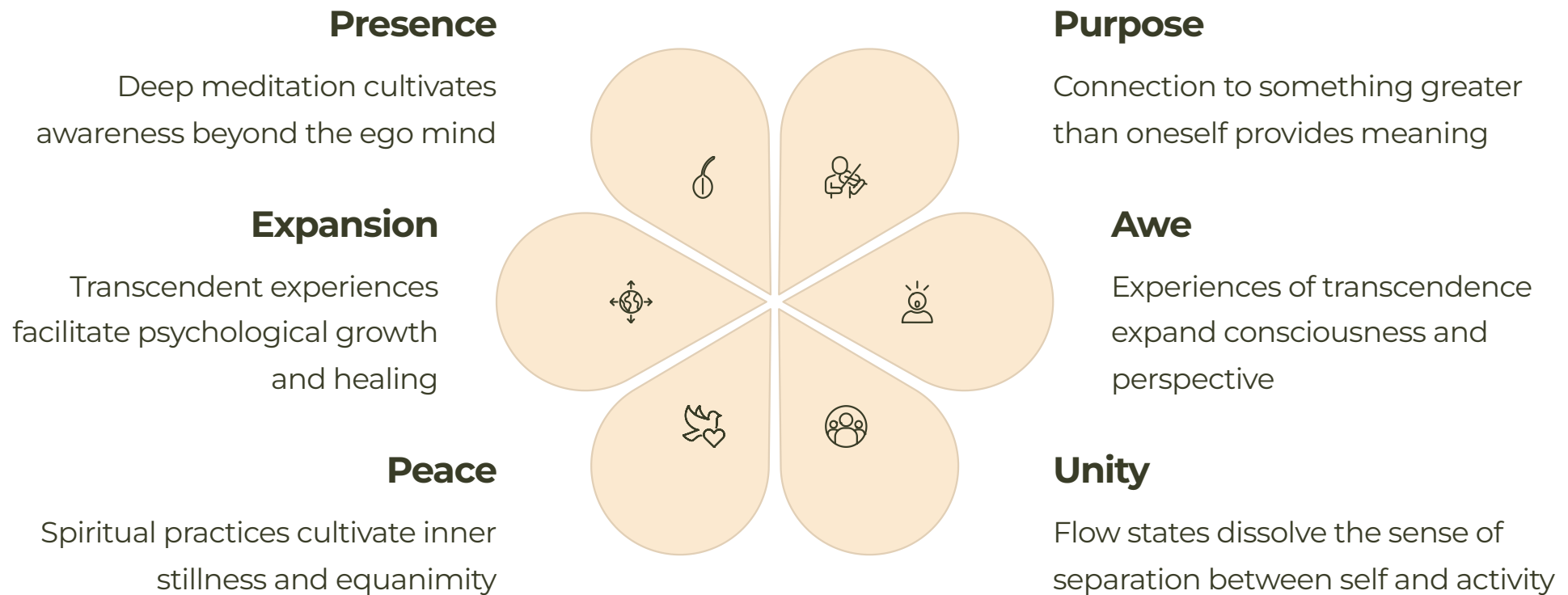
📖 *Journaling Prompt:* What does my intuition know that my mind resists?

🌿 *Daily Action:* Make one decision today guided by both logic and intuition.



Day 7: Sahasrara & Transcendent Psychology

Crown Chakra & Flow States



The Crown Chakra symbolises connection to the divine and higher consciousness. Transcendent psychology and flow research reveal how humans thrive when immersed in presence, purpose, and awe. Practices like meditation, chanting, or deep prayer awaken Sahasrara — creating moments of unity, peace, and spiritual expansion.

"Flow is the state in which people are so involved in an activity that nothing else seems to matter; the experience itself is so enjoyable that people will do it even at great cost, for the sheer sake of doing it." - Mihaly Csikszentmihalyi, best-selling author and Psychologist

Connection to something greater creates resilience, purpose, and meaning.

Step-by-Step:

1. Sit in meditation, focus on the crown of the head.



2. Practice 10 min breath awareness (exhales longer than inhales).
3. Visualize violet/white light entering crown.
4. Recall a moment of deep connection or awe.
5. Ask: "How can I be of service from my highest self?"
6. Commit to one daily transcendent practice (meditation, prayer, nature, creativity).

✨ *Affirmation:* "I am connected to all that is."

📖 *Journaling Prompt:* What is my deeper purpose in this season of life?

🌿 *Daily Action:* Do one practice that connects you to your higher self.

Integration & Moving Forward

7

Days of Practice

Complete chakra-psychology integration framework

7

Energy Centres

Balanced approach to holistic healing

20

Minutes Daily

Sustainable practice for lasting transformation

You now have a powerful toolkit that bridges ancient wisdom with modern psychology. Each chakra corresponds to specific psychological principles, creating a comprehensive framework for holistic healing. This integration honours both the spiritual and scientific aspects of human experience.



Daily Foundation

Continue with 15-20 minute daily practices focusing on the chakra that needs most attention



Client Integration

Adapt these techniques for your therapeutic practice, always within your scope of training



Ongoing Development

Deepen your understanding through continued study of both systems

✓ **Remember:** This integration approach creates more comprehensive healing by addressing multiple dimensions of human experience. Trust the process and allow both ancient wisdom and modern science to inform your practice.

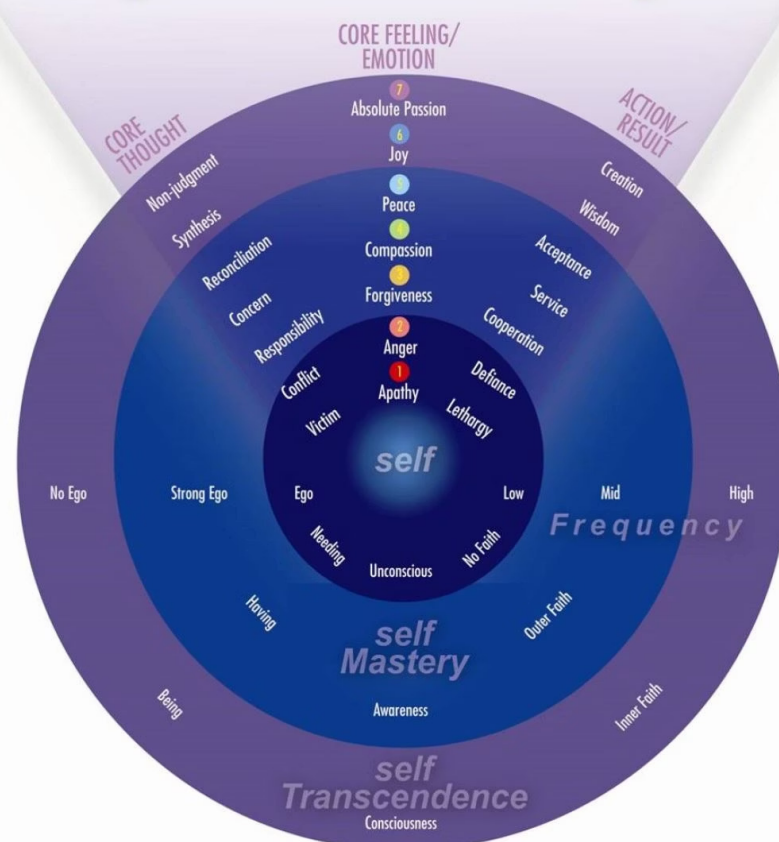
Elevate your impact, income and karma multifold!

If this tool made you pause and think, I have something even more powerful to share. It's a favorite of the Forbes Coaching Council and trusted by leading corporates worldwide — the proven coaching framework of **Energy Leadership®**. When you combine tools like this with the timeless wisdom of the East, you unlock a toolkit that is both **evidence-based and deeply transformative**. If you're ready to elevate both your impact and income as a healer, coach, or therapist — join my free Masterclass and stay connected. Your clients, your community, and your future self will thank you.



Life & Leadership Potentials Training

Energetic Self Perception



© Bruce D Schneider 1999, 2006, 2018



ELEVATE your Income

Holistic Tools multiply client retention and growth

Join Free Webinar Today!

Click on this link:
www.theholisticshala.com

ELEVATE your Impact

1 Stop hub for holistic tools!