

7 STEPS TO SELF: UNLOCK YOUR LIGHT

A GUIDED JOURNEY THROUGH CHAKRA MEDITATION AND
INNER AWAKENING



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A Letter from Ravinder – Journey Within

Dear WellOne Family,

I shared how my wellness journey began with lifestyle changes, mindful habits, and millets. This month, I want to guide you into a more subtle and powerful space — your energy body.

As we age, we may feel fatigue, disconnection, mood swings, or lack of purpose. These are not just physical issues. Often, they are signs of blocked or imbalanced chakras — our body's seven energy centers. Each chakra affects physical health, emotional balance, and spiritual clarity. These powerful energy centers are the foundation of holistic well-being.

Just as we bathe and eat every day to care for our body, nurturing our chakras daily is essential for our inner well-being. When these centers are aligned, we feel deeply rooted, joyful, confident, compassionate, expressive, intuitive, and spiritually awakened.

In this issue, we'll explore each chakra in simple, relatable language — their meaning, signs of imbalance, and how you can heal them through yoga, breathwork, meditation, food, and lifestyle.

My goal is simple: help you unlock your inner energy, reduce stress, and rediscover balance. Let this month be your invitation to look within.

With heartfelt energy,

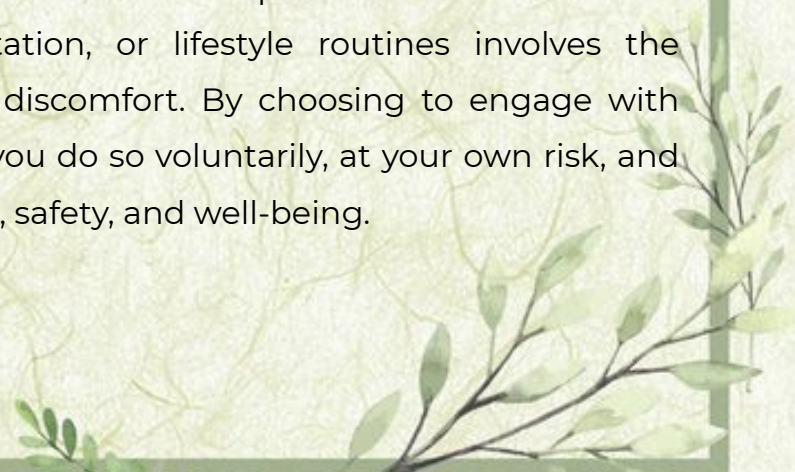
– Ravinder

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Disclaimer: WellOne recommends that you consult your physician before beginning any wellness, dietary, or exercise-related practices shared on this channel. Participation in yoga, meditation, or lifestyle routines involves the potential risk of physical or emotional discomfort. By choosing to engage with these practices, you acknowledge that you do so voluntarily, at your own risk, and assume full responsibility for your health, safety, and well-being.





What Are Chakras ? – Your Inner Energy Blueprint


The word “Chakra” means “wheel” in Sanskrit. These seven invisible wheels of energy spin along your spine — from the base to the crown — regulating the flow of life force (prana) throughout your body.


Each chakra corresponds to a bundle of nerves, major organs, and areas of emotional and spiritual well-being. When these wheels spin freely, you feel balanced and vibrant. When blocked, they cause discomfort — physically, emotionally, or energetically.

The 7 Chakras:

1. Root (Muladhara) – Security, stability
2. Sacral (Swadhisthana) – Emotions, pleasure, creativity
3. Solar Plexus (Manipura) – Confidence, digestion, self-esteem
4. Heart (Anahata) – Love, compassion, healing
5. Throat (Vishuddha) – Communication, expression
6. Third Eye (Ajna) – Intuition, clarity
7. Crown (Sahasrara) – Connection, bliss, spirituality

Understanding these centers helps you decode the hidden messages your body sends and empowers you to heal from the inside out.





Root Chakra – Ground Yourself in Safety

Name: Muladhara | Color: Red | Element: Earth

Mantra: “Lam” | Location: Base of spine

The Muladhara Chakra, also known as the Root Chakra, is the foundation of our entire energy system. Located at the base of the spine, it governs our sense of safety, security, and groundedness. The Sanskrit word "Muladhara" means “root support,” highlighting its importance in creating a stable foundation for life. Its element is Earth, and the chakra resonates with the color Red, symbolizing strength, vitality, and survival. The mantra "Lam" (pronounced lum) is used to activate and balance this chakra.

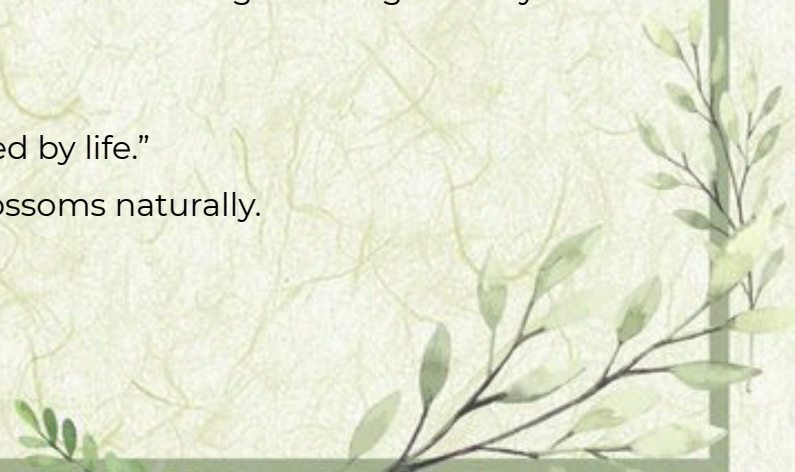
When your Muladhara chakra is balanced, you feel confident, secure, and physically healthy. You trust life and are at ease with the present moment. On the other hand, imbalances in this chakra can manifest as chronic fear, anxiety, financial stress, and disconnection from the body or environment. Physically, this may lead to lower back pain, fatigue, constipation, and immune deficiencies. Healing the Root Chakra requires reconnecting with the earth. Practicing grounding activities such as walking barefoot on grass, sitting in nature, or gardening can bring tremendous benefit. In yoga, postures like Mountain Pose (Tadasana) and Squat Pose (Malasana) strengthen your root and enhance body awareness.

A root-supportive diet plays a vital role. Include red-colored foods like beetroot and pomegranate, and root vegetables like carrots and sweet potatoes. Foxtail millet, an earthy grain, enhances gut health and offers grounding stability.

Repeat the affirmation daily:

“I am grounded. I am safe. I am supported by life.”

When your roots are strong, your life blossoms naturally.





Sacral Chakra – Flow with Emotions and Joy

Name: Swadhisthana | Color: Orange | Element: Water

Mantra: “Vam” | Location: Lower abdomen

The Swadhisthana Chakra, or Sacral Chakra, is the second energy center located just below the navel in the lower abdomen. Associated with the element Water and the color Orange, it governs emotions, sensuality, pleasure, and creative energy. When this chakra is balanced, you experience life with joy, fluidity, and passion. You feel comfortable expressing your emotions, enjoy meaningful relationships, and engage in creative pursuits freely.

An imbalanced Sacral Chakra may lead to emotional instability, guilt, or fear of intimacy. Physical signs can include lower back pain, reproductive health issues, and urinary problems. You may also feel creatively blocked or struggle to enjoy the simple pleasures of life.

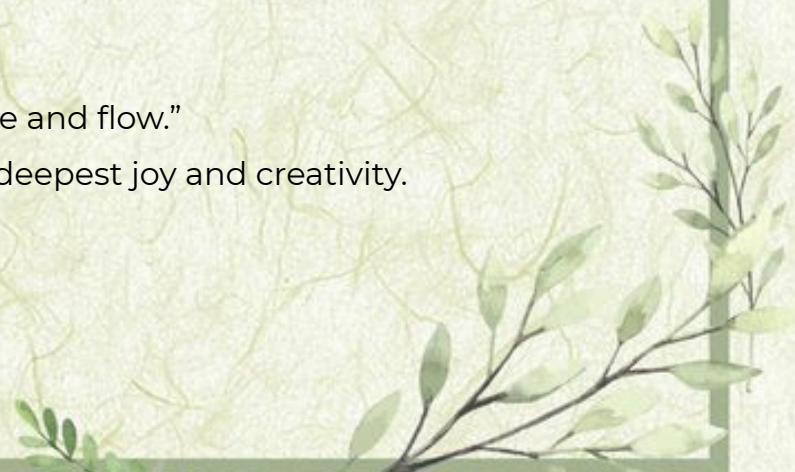
To heal and harmonize Swadhisthana, engage in hip-opening yoga poses like Butterfly (Baddha Konasana) and Cobra (Bhujangasana), which release stored tension in the pelvic area. Water-based therapies, swimming, or simply soaking in a warm bath can soothe and rebalance. Expressive movements like free-flow dancing reconnect you with joy and flow.


Include orange fruits (like oranges, papayas, and mangoes) in your diet, and consider Little millet, which supports reproductive health and gut balance.

Affirm daily:

“I honor my emotions. I embrace pleasure and flow.”

Flowing with life’s rhythm unlocks your deepest joy and creativity.





Solar Plexus – Ignite Your Personal Power

Name: Manipura | Color: Yellow | Element: Fire

Mantra: “Ram” | Location: Navel region

The Manipura Chakra, or Solar Plexus Chakra, is your center of personal power, confidence, and willpower. Located just above the navel, it is associated with the Fire element and radiates the vibrant color Yellow. This chakra fuels not only your digestion of food but also your emotional digestion — how you process experiences, criticism, and challenges in life. A balanced Manipura gives you a sense of self-worth, clarity, and determination to pursue your goals.

When out of balance, you may face indigestion, ulcers, or chronic fatigue.

Emotionally, this manifests as anger, lack of motivation, fear of rejection, or low self-esteem. You may feel stuck, powerless, or easily overwhelmed by external circumstances.

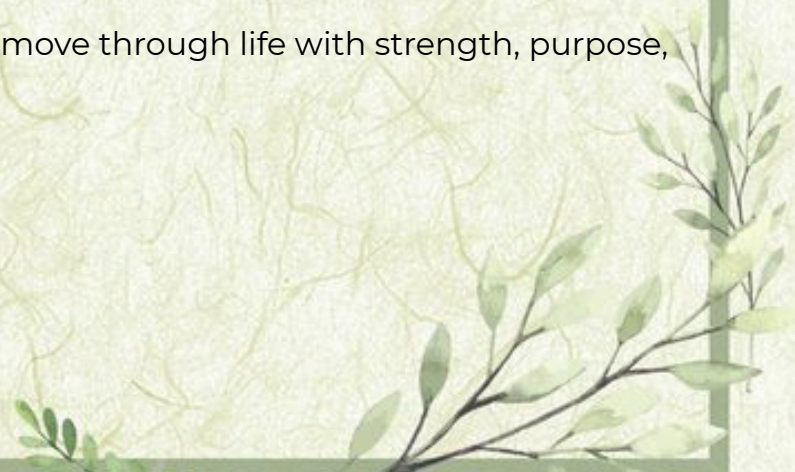
To awaken and strengthen this chakra, practice core-activating yoga poses like Boat Pose (Navasana). Include Kapalabhati Pranayama (Fire Breath) to ignite internal energy and burn away stagnation.

Support healing through yellow-colored foods such as turmeric, lemon, bananas, and especially Kodo millet, which aids digestion and boosts gut health.

Use this empowering affirmation:

“I am powerful. I am confident. I am in control.”

When your inner fire burns brightly, you move through life with strength, purpose, and resilience.





Heart Chakra – Live with Love and Compassion

Name: Anahata | Color: Green | Element: Air

Mantra: “Yam” | Location: Center of chest

Anahata Chakra – The Heart of Compassion and Connection

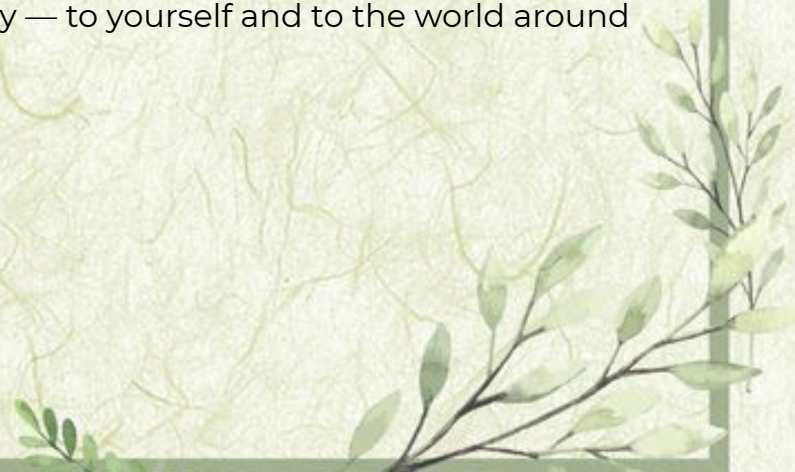
The Anahata Chakra, or Heart Chakra, is the center of love, compassion, forgiveness, and emotional healing. Located at the center of the chest, it is associated with the Air element and radiates the soothing color Green. When this chakra is balanced, you experience deep connections, feel empathy toward others, and cultivate self-love and acceptance. You forgive easily and trust the flow of life and relationships. An imbalanced Heart Chakra may lead to emotional numbness, fear of intimacy, and grief. You may struggle with trust, feel withdrawn, or carry resentment. Physically, it can manifest as asthma, upper back pain, or heart and lung issues. To heal this chakra, engage in heart-opening yoga postures like Camel Pose (Ustrasana) and Cobra Pose (Bhujangasana) to release tension and open the chest. Simple acts like hugging, practicing gratitude, or offering kindness can bring powerful healing.


Nourish the heart with leafy greens like spinach and mint, and include Barnyard millet, which supports heart health and overall vitality.

Affirm daily:

“I love and accept myself. I am open to giving and receiving love.”

When your heart is open, love flows freely — to yourself and to the world around you.





Throat Chakra – Speak Your Authentic Truth

Name: Vishuddha | Color: Blue | Element: Ether

Mantra: “Ham” | Location: Throat

The Vishuddha Chakra, or Throat Chakra, is the energy center of communication, authenticity, and self-expression. Located at the throat, it governs your ability to speak your truth, listen with empathy, and express your inner voice with clarity. Its element is Ether (Space), and its color is Sky Blue, symbolizing openness and purity. When this chakra is balanced, you communicate clearly, honestly, and feel confident sharing your thoughts and feelings.

An imbalanced Vishuddha Chakra can manifest as sore throat, thyroid imbalances, neck stiffness, or frequent colds. Emotionally, it shows up as fear of public speaking, shyness, social anxiety, or feeling misunderstood and unheard.


To restore balance, engage in gentle neck stretches, humming, and Brahmari Pranayama (Bee Breath), which vibrates and energizes the throat area. Chanting and journaling are also great tools to unblock expression.


Support healing with warm herbal teas, warm water, and soft foods like Little millet porridge, which is soothing and nourishing for the throat and digestive tract.

Repeat the affirmation daily:

“My voice matters. I express with clarity and truth.”

When your Vishuddha Chakra is open, your words become powerful tools for connection, healing, and authenticity.





Ajna Chakra(Third Eye) – Awaken Your Inner Vision

Name: Ajna | Color: Indigo | Element: Light
Mantra: “Om” | Location: Between eyebrows

The Ajna Chakra, or Third Eye Chakra, is the center of intuition, clarity, and inner vision. Located between the eyebrows, it governs your ability to perceive beyond the physical, trust your instincts, and make decisions with wisdom. This chakra is associated with the element of Light and shines with the color Indigo—a symbol of deep perception and spiritual insight.

When balanced, the Ajna Chakra gives you mental clarity, strong intuition, and clear direction in life. You’re able to access inner guidance and maintain a calm, focused mind. However, when blocked or overactive, you may experience headaches, insomnia, poor memory, and brain fog. Emotionally, it leads to indecisiveness, overthinking, or disconnection from your intuition.


To activate and balance this chakra, practice Trataka (candle gazing) for focus and Anulom Vilom (alternate nostril breathing) to harmonize energy flow between the hemispheres of the brain. Meditate while visualizing a soft indigo light at the center of your forehead.

Fuel your clarity with Samalu millet-based sattvic meals, which nourish both body and mind.

Affirm confidently each day:

“I trust my intuition. I see clearly.”

With an awakened Ajna Chakra, life becomes a journey of wisdom, insight, and inner truth.





Crown Chakra – Connect to the Divine

Name: Sahasrara | Color: Violet or White | Element: Cosmic Energy

Mantra: “Aum” | Location: Top of head

The Sahasrara Chakra, or Crown Chakra, is the seventh and highest energy center, located at the top of the head. It represents spiritual awakening, divine wisdom, and universal consciousness. Its element is Cosmic Energy, and it glows with the radiant color Violet or White, symbolizing purity, enlightenment, and infinite connection. When this chakra is open, you feel deep inner peace, bliss, and a sense of being one with the universe.

When blocked or imbalanced, the Crown Chakra may lead to feelings of depression, confusion, isolation, or a loss of purpose. You may feel disconnected from life or question your spiritual beliefs, often experiencing a void that no material success can fill.


To balance this chakra, immerse yourself in silent meditation, prayer, and spiritual contemplation. Practices like journaling your thoughts, reading uplifting spiritual texts, or spending time in solitude can help nurture this sacred energy center.

Support healing through light fasting, sipping warm water, and including Browntop millet in your diet – known for its lightness and detoxifying properties.

Repeat this affirmation with intention:

“I am connected to divine wisdom. I am at peace.”

With an awakened Sahasrara, you experience life as a sacred, joyful journey beyond the ego.





Chakra Healing in Daily Life

☀️ Chakra Healing Routine – Just 10 Minutes a Day

Balancing your chakras doesn't need hours of effort. A simple, mindful routine — done morning and evening — can align your energy and restore inner balance.

🌅 Morning Practice (5 minutes, empty stomach):

Sit in a quiet place. Close your eyes. Gently chant the seven bija mantras (seed sounds) one after another:

Lam – Vam – Ram – Yam – Ham – Om – Aum


Focus your attention on the spine — from the base to the top of the head. Visualize each chakra glowing with its natural color. This awakens your energy for the day.

🌙 Evening Practice (5 minutes, on light or empty stomach):

Sit calmly with your spine straight. Take a few deep breaths. Mentally scan through your chakras — root to crown. Chant Aum or sit in silent reflection. Feel the energy settle and your mind relax.

🍴 Daily Support:

Follow a simple millet-based diet. Choose different millets that align with the chakras. Avoid heavy food at night.



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Let's walk together — toward better balance, inner peace, and holistic health.
Together, let's heal — body, mind, and spirit.