



THE MYSTIC LOTUS
ACADEMY

Maha Ashta-Lakshmi Reiki - Abundance Healing Guide Series



7-Day Chakra-Based Money Healing Guide

Curated by
**SANGHMITRA CHATTERJEE &
THE MYSTIC LOTUS AND DRAGONFLIES TEAM**





7-DAY CHAKRA-BASED MONEY HEALING GUIDE

Awaken, Align & Anchor Financial Flow

A step-by-step journey to clear money blocks, activate wealth consciousness, and realign your energy system using chakra healing, affirmations, rituals, and journal prompts.



Day 1: Root Chakra – Safety, Survival & Financial Stability

Focus:

Release fear around survival and build a foundation of financial trust.

Practice:

Grounding meditation: Visualise red light at the base of the spine anchoring into Earth.

Place your feet in water or soil for 5–10 minutes.

Light a red candle.

Affirmations:

“I am financially safe and supported by the Universe.”

“All my needs are met with ease.”

“I release fear and trust in my grounded prosperity.”

Journal Prompt:

What financial fears do I carry from childhood or lineage?



Day 2: Sacral Chakra – Flow, Receiving & Emotional Value

Focus:

Heal your emotional relationship with money and open to receiving.

Practice:

Visualise a glowing orange sphere in your lower abdomen.

Drink water with intention.

Engage in a creative act (writing, dancing, painting).

Affirmations:

"I am open and worthy to receive money with joy."

"Money flows to me through creative and pleasurable paths."

"I enjoy the relationship I have with abundance."

Journal Prompt:

What emotions do I associate with receiving money?



Day 3: Solar Plexus – Self-Worth, Confidence & Earning Power

Focus:

Empower your sense of worth and action toward wealth.

Practice:

Spend 10–15 minutes in sunlight.

Visualise a golden yellow sun at your navel.

List 10 ways you add value to the world.

Affirmations:

“I am worthy of wealth and success.”

“I confidently claim and create financial opportunities.”

“I allow my actions to be aligned with abundance.”

Journal Prompt:

What beliefs about success or earning need to be rewritten?



Day 4: Heart Chakra – Gratitude, Generosity & Financial Harmony

Focus:

Heal financial resentment and expand into gratitude-centred wealth.

Practice:

Visualise emerald green light expanding from your heart.

List 10 things you're financially grateful for.

Perform one act of generosity.

Affirmations:

"I give and receive money with an open heart."

"Gratitude multiplies my abundance."

"My wealth uplifts others as well as myself."

Journal Prompt:

What financial blessings am I taking for granted?



Day 5: Throat Chakra – Expression, Value & Asking

Focus:

Clear blocks around speaking about money, asking for value, or setting prices.

Practice:

Speak 5 affirmations aloud.

Sing or hum to activate your throat centre.

Visualise bright blue light radiating from your throat.

Affirmations:

“I confidently express my financial needs and desires.”

“I deserve to be paid fully for my gifts.”

“My voice creates value and draws wealth.”

Journal Prompt:

Where do I hold back from asking or communicating about money?



Day 6: Third Eye – Financial Intuition & Vision

Focus:

Activate insight and higher guidance around your financial path.

Practice:

Visualise deep indigo light between your eyebrows.

Meditate on your highest money vision.

Place your hand over your third eye and whisper, “I see abundance.”

Affirmations:

“I am guided by divine wisdom in my financial choices.”

“My intuition knows the path to prosperity.”

“I trust the universe to support my vision.”

Journal Prompt:

What intuitive nudges have I ignored around money?



Day 7: Crown Chakra – Spiritual Connection & Abundance Consciousness

Focus:

Integrate all chakras and anchor into divine abundance.

Practice:

Chant “Om Shreem Mahalakshmyai Namaha” 27 or 108 times.

Visualize golden violet light showering from your crown.

Place a flower or coin on your altar in gratitude.

Affirmations:

“I am one with the infinite abundance of the universe.”

“I allow divine grace to flow through my financial life.”

“Abundance is my spiritual truth.”

Journal Prompt:

What does financial wholeness feel like in my spirit?



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As you move through each day, trust that every small shift is opening the door to a more empowered, peaceful, and prosperous relationship with money – one chakra at a time.

This guide is part of the Maha Ashta-Lakshmi Reiki – Abundance Healing Series. Each step builds your alignment with the 8 forms of Lakshmi, helping you awaken lasting abundance, one divine layer at a time.

You're invited to follow your intuition – use each guide in the way and pace that feels most aligned to you.





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Get More!

Awaken 8 Forms of Abundance with Maha Ashta-Lakshmi Reiki

**Join Sanghmitra Chatterjee's 2 Masterclasses on
The Mystic Lotus Global AWESOME! Healers' Coaching
Summit 2025**

Mark your calendar!!

 **Dates: 8 & 10 July 2025**

 **Time: 6.30pm India / 9am ET**

 **Duration: Approx 2 hrs (each class)**

 **Venue: Online on Zoom**

 **Recordings will be shared!**

Zoom call link will be shared via email and WhatsApp group

