

FREE GUIDE

7 SIGNS YOUR CHAKRAS MAY BE OUT OF BALANCE

AND WHAT TO DO ABOUT THEM



A PRACTICAL BEGINNER'S GUIDE
TO CREATING MORE PEACE,
CONFIDENCE, AND POSITIVE ENERGY



UNDERSTAND
ENERGY
BLOCKS



RESTORE
BALANCE &
HARMONY



INCREASE
PEACE &
CLARITY



BOOST
CONFIDENCE
& ENERGY



LIVE A MORE
JOYFUL &
FULFILLING LIFE



Jaya V Maloo

CHAKRA TRANSFORMATION COACH

Balance. Heal. Elevate.

Awaken Your Energy.
Transform Your Life.

Welcome

to Your Journey

I'm so happy you're here.

This guide is a heartfelt gift from me to you. It's designed to help you understand the power of your chakras and take your first steps towards a more peaceful, confident, and fulfilling life.

Everything I share here comes from years of learning, practice, and the deep desire to help people just like you.

You are capable of more transformation than you imagine.

Let's begin.

With love & gratitude,

Jaya Maloo 



WHY I CREATED THIS GUIDE

- ✿ To simplify chakra wisdom for everyday life.
- ✿ To help you identify signs of imbalance.
- ✿ To give you practical tools for inner healing and energy alignment.
- ✿ To support you in creating lasting transformation from within.



WHAT YOU'LL DISCOVER

- ✿ 7 key signs your chakras may be out of balance.
- ✿ What those signs mean for your mind, emotions, and energy.
- ✿ Simple practices you can use right away.
- ✿ A 7-day action plan to start your transformation journey.



HOW TO USE THIS GUIDE

- ✿ Read each section slowly and mindfully.
- ✿ Try the exercises and practices shared.
- ✿ Reflect on the questions to deepen your insights.
- ✿ Revisit this guide whenever you need clarity or support.

Remember:
Transformation is a journey, not a race.
Small steps taken with awareness create powerful results.



You are here for a reason.
You are ready.
You are worthy.
You are enough.

SIGN #1

You Feel Constantly Stressed or Overwhelmed **Insight**

Do you often feel mentally exhausted, emotionally drained, or overwhelmed by everyday responsibilities? When life feels like a constant rush, it may be a sign that your energy is out of balance. Many people move through their days carrying stress without realizing how deeply it affects their wellbeing.

Why It Happens

Stress can build up when your mind is constantly focused on worries, pressure, uncertainty, or emotional burdens. Over time, this can leave you feeling disconnected from your inner peace and natural sense of balance.

Action Step

Take five minutes today to sit quietly and focus on your breathing. Slowly inhale through your nose and exhale through your mouth. As you breathe, simply observe your thoughts without judging them. Allow yourself to be fully present in the moment.

Reflection Question

What is the one thing causing the most stress in my life right now, and what small step can I take today to create more peace?

SIGN #2

You Struggle with Confidence and Self-Belief Insight

Confidence is not something you are born with. It is something you build through awareness, self-trust, and consistent action. If you often doubt yourself, hesitate to make decisions, or feel that others are more capable than you, you are not alone. Many people unknowingly focus on their weaknesses while overlooking their strengths. Over time, this habit can reduce self-belief and prevent them from expressing their true potential.

Quick Win Exercise

Take a few minutes and write down three things you have done well in the past year. They can be personal, professional, or even small daily victories. Read them aloud and acknowledge your progress. This simple practice helps shift your focus from self-doubt to self-awareness and reminds you of the strengths you already possess.

Reflection Question

What is one strength, quality, or achievement that I often overlook, and how can I use it more confidently in my daily life?

SIGN #3

You Feel Emotionally Drained Framework

Emotional exhaustion often develops when you spend more energy reacting to life than renewing yourself. A simple way to understand this is through the AWARE Framework:

A – Acknowledge your emotions

W – Watch your thoughts without judgment

A – Accept your current state

R – Reconnect with your inner self

E – Energize through positive daily practices

When you become aware of your emotions instead of resisting them, you create space for healing, clarity, and balance.

Practical Daily Practice

Set aside five minutes each day for an Emotional Check-In. Sit quietly and ask yourself, “How am I truly feeling right now?” Write down your emotions without trying to change them. Then take three slow, deep breaths and choose one positive intention for the rest of your day, such as peace, patience, gratitude, or confidence.

Reflection Question

What emotions have I been carrying recently, and what healthy practice can I adopt to support my emotional wellbeing and inner balance?

SIGN #4

You Feel Stuck in Life

Many people experience periods where they feel stuck, unmotivated, or unsure about what to do next. You may feel like you're working hard but not moving forward, repeating the same patterns, or lacking excitement about the future. Often, this feeling is not caused by a lack of ability but by a lack of clarity. When your mind is overwhelmed by doubts, fears, or uncertainty, it becomes difficult to see opportunities and take meaningful action.

Awareness Exercise

Take a sheet of paper and create two columns. In the first column, write down everything that feels stuck or challenging in your life. In the second column, write one possible action you could take to improve each situation. Focus on progress, not perfection.

Action Plan

Choose one small action from your list and commit to completing it within the next 24 hours. Small actions create momentum, and momentum creates transformation.

Reflection Question

What is one area of my life where I am ready to move forward, and what first step can I take today?

SIGN #5

You Experience Frequent Negative Thinking

Negative thoughts are a natural part of life, but when they become a constant habit, they can affect your confidence, energy, and overall wellbeing. Many people unknowingly focus more on problems than possibilities, causing their minds to become trapped in cycles of worry, self-doubt, and fear. The good news is that thoughts are not permanent. They can be observed, challenged, and redirected.

Mindset Shift

Instead of asking, "Why is this happening to me?" begin asking, "What can I learn from this situation?" This simple shift moves your focus from helplessness to growth and helps you see opportunities where you once saw obstacles.

Practical Technique

Whenever you notice a negative thought, pause and write it down. Then ask yourself, "Is this absolutely true?" Replace it with a more balanced and empowering perspective.

Quick Win

Start a daily gratitude list and write three things you appreciate today. This simple practice trains your mind to notice the positive more often.

SIGN #6

You Feel Disconnected from Yourself

In today's fast-paced world, it is easy to become so focused on responsibilities, expectations, and external demands that you lose touch with your inner self. You may find yourself constantly busy yet feeling unfulfilled, moving through each day on autopilot, or struggling to remember what truly brings you joy. When this happens, life can feel mechanical rather than meaningful. Reconnecting with yourself begins by creating small moments of awareness throughout your day.

Daily Alignment Practice

Set aside five minutes each morning before checking your phone or starting your daily routine. Sit quietly, close your eyes, and take a few slow, deep breaths. Ask yourself three simple questions:

How do I feel today?

What matters most today?

How do I want to show up today?

Write down your answers in a journal. This simple practice helps you reconnect with your thoughts, emotions, values, and intentions, creating greater alignment, clarity, and inner peace throughout the day.

SIGN #7

You Lack Clarity and Direction

When life feels uncertain, it can be difficult to make decisions, stay motivated, or move forward with confidence. Many people believe they need all the answers before taking action, but clarity rarely comes from thinking alone. It comes from awareness, reflection, and consistent action. The more connected you are to your values and priorities, the easier it becomes to choose a meaningful direction.

Simple Clarity Framework

Focus on three questions:

What is important to me?

What do I want more of in my life?

What is one step I can take next?

These questions help shift your attention from confusion to possibility.

Action Steps

Write your answers in a journal. Choose one goal that matters most right now and identify one small action you can complete today. Remember, clarity grows through action. Every small step forward helps reveal the next step on your journey.

THE CHAKRA TRANSFORMATION FRAMEWORK

Lasting transformation does not happen overnight. It is a journey that begins with awareness and grows through consistent action. The Chakra Transformation Framework provides a simple path to creating meaningful change in your life.

Awareness

Recognize your thoughts, emotions, habits, and energy patterns. Awareness is the first step toward positive change.

Understanding

Learn what may be contributing to imbalance and gain deeper insight into yourself and your experiences.

Practice

Apply simple daily techniques such as mindful breathing, reflection, meditation, and intentional living.

Consistency

Small actions repeated regularly create powerful results over time. Progress is built through daily commitment.

Transformation

As awareness, understanding, practice, and consistency come together, you begin to experience greater peace, confidence, clarity, balance, and personal growth.

Remember, transformation is not about becoming someone else. It is about reconnecting with the best version of yourself that has always been within you.

YOUR 7-DAY CHAKRA QUICK START ACTION PLAN

Transformation begins with small, intentional steps. Follow this simple 7-day plan to start creating greater awareness, balance, and positive energy in your daily life.

Day 1: Awareness

Notice your thoughts, emotions, and energy throughout the day without judgment.

Day 2: Observation

Pay attention to situations, people, and habits that affect your energy positively or negatively.

Day 3: Breathing Practice

Spend five minutes focusing on slow, deep breathing to calm your mind and increase presence.

Day 4: Reflection

Write down your key insights, challenges, and lessons from the first three days.

Day 5: Meditation

Practice a short guided meditation and allow yourself to experience stillness and relaxation.

Day 6: Alignment

Choose one action that aligns with your values, goals, and desired future.

Day 7: Integration

Review your progress, celebrate your growth, and commit to continuing your transformation journey.

SPECIAL OFFER

Special OFFER



Call To Action READY TO GO DEEPER?



Join Jaya V Maloo's
Chakra Transformation Community

Transform Your Energy. Transform Your Life.

GET ACCESS TO:

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- Guided Practices ✓
- Community Support ✓
- Transformation Resources ✓
- Future Trainings ✓



SPECIAL OFFER



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