

A large, light green Om symbol is centered at the top, surrounded by a complex geometric pattern of intersecting lines and dots that radiates outwards, resembling a star or a network. The background is white with a light green gradient at the bottom.

# Conscious Ascension

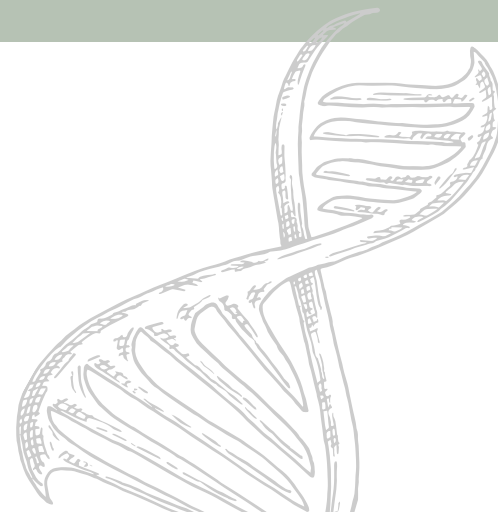
A decorative line starts from the left, goes up, then right, then down, and then right again, framing the text. A small leafy branch is drawn on the left side of the line.

CHAKRA BALANCING GUIDE TO  
COPE WITH ASCENSION  
SYMPTOMS

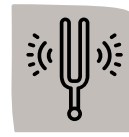
The logo for 'Better Humans' features a stylized globe with a grid pattern, two green leaves, and three curved lines above it, all enclosed in a circular shape.

BETTER HUMANS

[www.erikaramelli.com](http://www.erikaramelli.com)



# Powerful Tools



## The Shift

We are all experiencing a planetary recalibration, a profound energetic shift impacting all things, all beings, all elements at a vibrational level. As Mankind becomes consciously aware of the sacredness of all that exists, change in daily routines and interactions are necessary. It is normal to notice:

- Pains and aches randomly appearing,
- New sleep patterns and energetic cycles,
- Modifications in food preferences, new cravings and lack of appetite
- Misaligned relationships, poor communication skills and emotional sensitivities
- Questioning, inner search and either lack of direction or total clarity

## CHAKRAS

### ROOT

#### Learn to process: FEAR

To strengthen: Consume grounding roots; turmeric, ginger, beets, radishes and earthy leaves such as lettuce, kale & spinach. Beans are also very earthy.

To decongest: Eat or drink water-elements ( watermelon, cucumbers, fish, seaweed...)

ESSENTIAL OILS: Myrrh, Sandalwood, Spikenard, Vetiver, Pine Cedar

TOP Balancing Plants/Herbs: Ashwagandha, Reishi, Elderflower,

Practice: Earthing! Walk bare foot. Exercise. Make pottery

Chant Bija Mantra: LAM      Use frequency: 174Hz, 369Hz

### SACRAL

#### Learn to process: GUILT

To strengthen: Consume orange foods such as uchuvas, carrots, mangoes, oranges, papaya & water-elements watermelon, cucumbers, fish, seaweeds

To decongest: Eat or drink grounding foods or sprouts.

ESSENTIAL OILS: Sweet Orange, Patchouli, Frankincense, Calendula, Sandalwood, Carrot Seed

TOP Balancing Plants/Herbs: Cumin, Coconut, Turmeric, Calendula, Hibiscus, Pineapple, Damiana, Don Quai,

Practice: Intimacy, Dance & Hip movement, Self-Love, Pranayama, make art

Chant Bija Mantra VAM      Use frequency: 285Hz, 417Hz



# Powerful Tools



## CHAKRAS

### SOLAR PLEXUS

#### **Learn to process: SHAME**

To strengthen: Consume yellow, spicy, bitter foods. Aloe Vera is fabulous.

To decongest: Eat or drink water-elements ( watermelon, cucumbers, fish, algae...)

ESSENTIAL OILS: Myrrh, Cedarwood, Lemon, Lemongrass, Rosewood, Grapefruit, Birch, Cypress, Cucumber Seed

TOP Balancing Plants/Herbs: Anise, Cinnamon, Fennel, Mint, Dandelion, Nettle, Hibiscus, Black Pepper, Milk Thistle, Saffron

Practice: Qi Gong, doing things out of your comfort zone.

Chant Bija Mantra: RA / (RAM)      Use frequency: 528Hz

### HEART

#### **Learn to process: GRIEF & RESENTMENT**

To strengthen: Consume green foods, choose vegetarian and/or raw options

To decongest: Eat or drink earthy and grounding foods.

ESSENTIAL OILS: Rose, Ylang Ylang, Jasmine, Pine, Fir, Spruce, Eucalyptus, Neroli

TOP Balancing Plants/Herbs: Basil, Tulsi, Sage, Chlorella, Gynostemma, Red Clover, Lemon Balm, Eucalyptus, Hawthorn, Camelia sinensis

Practice: Ho'oponopono, place bouquets of fresh flowers, garden, forgive & accept, smudge.

Chant Bija Mantra: YAM (YUM)      Use frequency: 528Hz, 639Hz



# Powerful Tools



## CHAKRAS

### THROAT

#### **Learn to avoid: LIES**

To strengthen: Consume honey & iodine rich seaweeds, figs,

To decongest: Eat or drink sour foods ( tamarind, cranberries, passion fruit...)

ESSENTIAL OILS: Hyssop, Lavender,

TOP Balancing Plants/Herbs: Blue/blackberries, Ginseng, Echinacea, Blue Cohosh

Practice: Chanting, Pranayama, kissing

Chant Bija Mantra: HAM (HUM)      Use frequency: 741Hz

### AJNA

#### **Learn to avoid: ILLUSIONS**

To strengthen: Consume nuts, mushrooms, rainbow chard, grapes & all purple foods, sprouts, psilocybin

To decongest: Eat or drink seaweed, fish, fresh juices, smoothies, rice

ESSENTIAL OILS: Lavender, Rosemary, Juniper, Frankincense, Sandalwood, Vanilla

TOP Balancing Plants/Herbs: Lion's Mane, St John's Wort, Angelica, Primrose

Practice: Sun/ Moon gazing, Remove fluoride from your lifestyle. Write, Meditate with your eyes open.

Chant Bija Mantra: AUMM.      Use frequency: 852Hz

### CROWN

#### **Learn to remove: ATTACHMENTS**

To strengthen: Eat berries. Fast

To decongest: See ajna

ESSENTIAL OILS: Lavender, Lotus Root, Violet

TOP Balancing Plants/Herbs: Passion Flower, Red asparagus, Blue vervain

Practice: Meditate, Take epsom & sea salt baths, use a Herkimer diamond.

Chant Bija Mantra: OM      Use frequency: 963Hz





# OUR MANTRA

A profound declaration  
to activate realization  
By @erikaramelli

” I AM

A VEHICLE OF ABSOLUTE ABUNDANCE,  
OF INDESTRUCTIBLE HEALTH,  
OF INVINCIBLE PROTECTION,  
& OF ETERNAL DIVINE LOVE.

I DISINTEGRATE ALL ENERGIES NOT IN  
ALIGNMENT WITH MY HIGHER SELF.

I AM FEARLESS!

I COMMAND MY CELLS TO REPAIR!

MY THOUGHTS, MY WORDS AND MY ACTIONS ARE  
ALIGNED TO MY EMPOWERED INNER TRUTH.

I EASILY ATTRACT THE PEOPLE, PLACES AND  
OPPORTUNITIES THAT BRING FORTH MY DIVINE  
PURPOSE!

I AM INTUITIVE. I AM ADAPTABLE.  
I SEE ONENESS MANIFESTED IN ALL.

IN KINDNESS;  
SO BE IT, SO BE IT, SO IT IS!! ”

