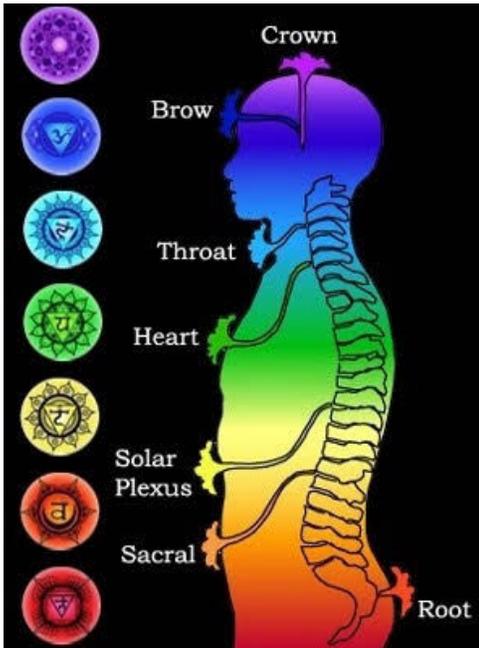


Chakra Temple Masterclass



Another amazing tool to use for insight, healing and personal development is the chakra system.

Where did this school of thought come from?

The chakra system originated in India more than 4000 years ago and was part of ancient Tantric yoga traditions.

What are the chakras?

The chakras are centres in the body that receive, process and express energy (i.e. energy centers).

There are 7 main chakras, each that are connected to specific physical regions, different mental/emotional aspects and different developmental phases of consciousness (i.e. they develop at different times in our lives, in sequential order, when our consciousness is at different stages).

The chakra system maps out how energy is moving through the body and the state of prana (life force energy). Each chakra works with both physical and psychological energy and it's been known as one of the best systems that connects mind and body, showing how one influences the other.

The chakras are formed in 7 different places in the body, where two currents of energy (masculine and feminine) overlap and are located near the 7 main nerve ganglia.

Each chakra is connected to specific endocrine glands, affecting the body in different ways and also connects the nervous system, the psyche and our spiritual realm.

Chakra patterns are programmed deep in the core of the mind-body and have a strong relationship with our physical functioning. The activities in various chakras can influence our glandular processes, body shape, chronic physical ailments, thoughts and behaviour.

Healthy, balanced chakras exist when they are open, allowing energy to move freely in and out. This allows spaciousness and high frequency states of the body and mind.

Chakras can become imbalanced and blocked when we experience traumas and low frequency emotions. If these experiences wound us or we're unable to process emotions in a healthy way, lower frequency thoughts

and emotions become memorized and get trapped in the body, creating density and preventing energy from flowing in and out with ease. The imbalance then affects how other chakras are bringing in and processing energy.

Some things that can cause imbalance and blockage in the chakras include childhood traumas, cultural conditioning, limited belief systems, restrictive or exhausting habits, physical and emotional injuries, or even lack of attention.

When these traumas occur, we develop coping strategies related to each chakra. When difficulties persist, these strategies become chronic patterns, affecting our body and psyche.

Eventually these defences create holding patterns in our musculature that restrict the free flow of energy - this is called body armour and it affects our posture, breathing, metabolism, our emotional states, our perceptions, interpretations and belief systems. Often, these match up to our outward physical areas of tension and/or physical conditions however at other times, they've not yet manifested in a physical/outward form.

It is important to recognize the blocks we carry, find ways to understand their source and meaning, and develop tools to heal them. Some techniques to work with the chakras include yoga, breathing/pranayama, therapy techniques, bioenergetics, physical/movement exercises, meditation, journaling and visualization.

“The Chakra System describes the energetic structure through which we organize our life force. By understanding this internal arrangement, we can understand our defenses and needs, and learn how to restore balance.” - Anodea Judith

“If the flow of our life energy and consciousness is blocked at any point within the chakras or the channels through which the energy flows to the chakras, this will have a profound effect on our physical and mental health, how we see ourselves and others, how we operate in the world, and our ability to manifest our highest potential.” - Layne Redmond

Assessing/Exploring The Current State of Our Chakra System

A great resource for assessing the overall state of your own chakra system (that you may have completed already) is this free online test by eclectic energies:

<https://www.eclecticenergies.com/chakras/chakratest>

I recommend completing it prior to reading the information below to get an idea of where you may be deficient/excessive. If you've completed it already, refer back to your test and for reference, write out your results:

As you read through the descriptions of the chakras below, refer back to your scoring from the test. Answer the reflection questions below for each chakra:

- For this chakra, do I resonate with the scoring from the online test?
- Do I feel I am excessive or deficient in this chakra? What behaviours/coping mechanisms do I have that are excessive? What behaviours do I have that are deficient?
- What from my past may have affected this chakra? (Look at trauma/abuses section)
- What healing strategies am I drawn to? What can I do more of to strengthen this chakra?

Also, as you read through the chakra descriptions, highlight anything that resonates and creates an “ah-ha” moment.

The Chakras

1st Chakra - Root Chakra - Mulhadhara

Represents	Strength, stability, ancestry, home, safety, security, survival, physical identity Basic Rights: to have, to be here, to take up space
Location	Perineum, base of spine
Develops	Womb- 12 months
Colour	Red
Psychological Function	Survival
Demon	Fear
Desire	Grounding and safety
Physical Body Parts	Adrenals, legs, feet, ankles, knees, bones, large intestine, base of spine
Physical Ailments	Obesity, anorexia, constipation, bone disorders, frequent illness, bowels, anus, large intestine
Balanced Characteristics	Stillness, feeling safe and secure, good health, well grounded, comfortable in body, trusting, ability to relax, ability to “stand on one’s own feet and move forward in life”, present in the Now, nourished, able to handle basic demands of life
Excessive Characteristics	Obesity, overweight, hoarding, materialism, greed, sluggish, lazy, tired, rigid boundaries, addiction to security, perfectionism • Eating and collecting material things can be ways that one compensates for deep-rooted issues of not feeling secure, safe or cared for
Deficient Characteristics	Underweight, fearful, anxious, restless, can’t settle, poor focus & discipline, poor boundaries, disorganized, daydream, fear of the future

Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Anything that threatens survival • Stressed mother during pregnancy • Birth trauma, feeding difficulties • Surgeries, accidents, illnesses that threaten survival • Abandonment, neglect, malnourishment • Abandonment and neglect from others in our childhood can spill over as us abandoning and neglecting ourselves in adulthood (not caring for self, not putting in effort to reach goals, playing victim, having poor boundaries, not mothering ourselves) • Physical abuse, sexual abuse, extreme poverty (these are the more severe traumas that affect first chakra and are represented in adults that struggle with basic functioning - employment, housing, food, survival) • Anxious/fear-based parenting • If we feel threatened, we learn to send energy upwards (out of body), which results in constantly watching for danger (anxiety, fight-or-flight, not feeling safe and grounded) • Any trauma/situation in early childhood that made you feel like you didn't belong, weren't meant to be here, a burden to parent - causing buried hurts, deep disappointments • Can continue an imbalance when we operate from fear as we're memorizing the fight-or-flight response, creating greater feelings of being un-grounded
Addictions	Food, gambling, shopping, work (materialism)
Healing/Balancing Strategies	<p>Reconnect with body, being outdoors, physical activity, touch, massage, look at earliest relationship with mother, cooking own food, self-nurturing and mothering self, camping, gardening</p> <ul style="list-style-type: none"> • Nourishment, self-care and exercise for deficient • Movement, flow and self-care boundaries for excessive • Root chakra yoga practices and meditations • Tapping practices on fear and anxiety, fight-or-flight, abandonment, neglect, stress, feeling un-grounded and feeling like you don't belong • Release journaling (module 6) on fear, anxiety, home life, security, finances, worry, fear of not having enough, lack of trust in having enough/being able to take care of self
Thoughts to Work With/ Challenge	Fear-based thoughts, anxiety related thoughts, thoughts of not having enough, thoughts of not being able to care for self (victimhood - looking to others to care for us)
Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I feel grounded in my body, mind and my life • I feel stable and secure • I have everything I need to survive in my life • The Earth supports me and meets my needs • I take responsibility for my life and for looking after and nurturing myself • I release all doubts and fears that are blocking support and abundance from coming to me
Healing Essential Oils	Thieves, cedarwood, earthy scents, valor

* Many people have an imbalanced root chakra as we've very disconnected from our bodies and the Earth and we very much live up in our head space.

2nd Chakra - Sacral Chakra - Svadhisthana

Represents	Emotions, sexuality, sensuality, pleasure, movement, flow, joy, femininity Basic Rights: to feel, to experience pleasure
Location	Sacrum

Develops	6-24 months
Colour	Orange
Psychological Function	Desire
Demon	Guilt
Desire	Healthy emotions, sexuality, pleasure, movement
Physical Body Parts	Ovaries, testes, womb, genitals, kidney, bladder, lower back
Physical Ailments	Sexual problems, impotence, frigidity, trouble orgasming, urinary trouble, reproductive organs, low back pain, knee trouble, lack of flexibility, low or excessive libido
Balanced Characteristics	Emotional intelligence, ability to experience pleasure, nurture self and others, healthy boundaries
Excessive Characteristics	Sexual acting out/addiction, pleasure addiction, excessively strong emotions, excessively emotionally sensitive, poor boundaries, evasion of others, manipulation, emotional dependency, obsessive attachment
Deficient Characteristics	Rigidity in body and attitudes, fear of sex, poor social skills, denial of pleasure, fear of change, lack of desire/passion/excitement
Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Sexual abuse, emotional abuse, volatile situations, physical abuse, incest • Neglect, coldness, denial of a child's feeling states • Conditional love in childhood • Emotional manipulation • Restriction of pleasure in childhood (rigid/strict) • Past down issues related to sexuality • Continue imbalance when we use addictions, clingy-ness, manipulative behaviour when we have challenging emotions
Addictions	Alcohol, sex, heroin
Healing/Balancing Strategies	<ul style="list-style-type: none"> • Reflect on and create healthy boundaries with desire and pleasure • Movement, yoga, dance • Healthy sensuality/healthy sexual relationships • Body and femininity work - feeling comfortable in body, exploring sensuality and sexuality without shame/guilt • Try experimenting with pleasure, sensuality and joy through self-care activities such as massage, healthy food, dance, nature, essential oils, music, candles, etc. • Inner child work to heal wounds, boundary work, 12-step for addictions, work on emotional intelligence (tolerance and coping skills for emotions) • Build strength in chakra 3 to help with emotional balance and willpower • Tapping practices on self-love, sadness, loneliness, feeling inadequate, obsessive thoughts, cravings, addictions, wounds from past, feelings of neglect/abandonment and victimhood • Release journaling (module 6) on relationships, and on things from the past that may have affected self-love, relationship to mother, femininity, sexuality, sensuality
Thoughts to Work With/Challenge	Insecurities (body/relationships), any strong emotions you experience that engulf you, obsessive thoughts, jealousy, cravings, addictions, neediness, shame (related to sexuality), rigidity in sexuality

Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I deserve pleasure in my life. • I embrace and celebrate my sexuality. • My sexuality is sacred. • I move easily and effortlessly. • Life is pleasurable • I choose to befriend and work with my emotions • I have joy and bliss within me • I am in control of my own sexuality, I express my sexuality on my own terms • I am free to express and live out my sexuality as it feels right for me • I absorb information from my feelings
Healing Essential Oils	Peace & calming, orange,

** Overall, feeling and passion is suppressed in our culture. When it's a societal norm to deny our feelings and not express ourselves, it creates imbalance in the 2nd chakra - either we're unable to feel and express, creating rigidity and suppressed emotion (which then affects the upper chakras) or we can become overly emotional (excessive 2nd chakra) as we're not processing and expressing our emotions in healthy ways - this shows as clinginess, dependency, crying, attachment and addictions.

“Without passion and pleasure, our lives blur into senseless sameness, our feelings dulled behind the daily subroutines of expected behavior.” - Anodea Judith

3rd Chakra - Solar Plexus - Manipura

Represents	Autonomy, personal power, will, confidence, action, transformation, self-esteem Basic Rights: to act, to be free (as an individual)
Location	Solar plexus (abdomen)
Develops	18-42 months
Colour	Yellow
Psychological Function	Will (ability to take action and make things happen)
Demon	Shame
Desire	Personal power, self-esteem, purpose, energy
Physical Body Parts	Pancreas, adrenals, digestive tract, liver, gallbladder, muscles
Physical Ailments	Digestive troubles, chronic fatigue, hypertension, gallbladder/liver/pancreas disorders, ulcers, IBS, Crohn's disease, muscle spasms/disorders
Balanced Characteristics	Responsible, reliable, effective will (get things done/willpower), good self-esteem, warmth in personality, confidence, playfulness, appropriate self-discipline, sense of personal power, ability to take on and meet challenges
Excessive Characteristics	Overly aggressive, dominating, controlling, need to be right, manipulative, power hungry, deceitful, anger, type A personality, competitive, arrogant
Deficient Characteristics	Low energy, weak will, easily manipulated, poor self-discipline, low self-esteem, cold, poor digestion, attraction to stimulants, victim mentality, blaming others, passive, unreliable

Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Shaming in childhood • Conditional love in childhood (feeling that you're only loved when you act a certain way) • Authoritarian parenting, domination of will, fear of punishment • Physical abuse • Embarrassments or pointing out of weaknesses, failures • Anything that damages self-esteem and confidence • Bullying, getting belittled
Addictions	Caffeine, work, anger, cocaine, amphetamines
Healing/Balancing Strategies	<ul style="list-style-type: none"> • Physical exercise routines, weight resistance training • Vinyasa yoga, sun salutations, kundalini yoga • Running and other aerobics, abdominal and core exercises • Take on appropriate challenges • Work towards goals • Try new things that are adventurous and new • Tapping practices on self-esteem, fatigue/low energy, fears that prevent taking action, not feeling good enough, motivation, confidence, willpower, taking action towards goals, procrastination, lack of belief in self, self-criticism • Release journaling - very effective for releasing excess/dark solar plexus energy to help re-balance. Release anger, frustration related to any/all topics.
Thoughts to Work With/Challenge	Thoughts related to low self-esteem, thinking one isn't good enough, procrastination, fear-based thoughts that prevent action
Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I have confidence and strength within me • I express myself with confidence • I am able to set and reach my own goals with will and power • I create energy within me and use my energy to my strength • I visualize my confidence and power growing within me • I have the power to remove myself from abusive and negative situations • I am the prime decision-maker in my life • I value who I am • I take responsibility for my life and my actions
Healing Essential Oils	Citrus, lemon, energizing oils

** As a society/culture we're fixated/focused at the chakra 3 level - wanting power, money, attention. This can be caused by our focus on materialism and outer image. If however, wounds from our childhood have affected our self-esteem (as many of us have), inwardly we can feel a deficient third chakra but our outward actions are trying to compensate with excessive tendencies (trying to acquire things, acquire power, look confident, etc - this is a coping mechanism). The imbalance can create a closed heart chakra and does not allow us to connect to our heart, our third eye (intuition and inner knowing) and Spirit (crown, chakra 7). Collectively, we're moving from being stuck at the third chakra, and moving into a heart chakra age - you can see this through the increased focus on healing, yoga, love, acceptance - but we're battling our wounds in our lower chakras and collectively, we're battling those that are still very fixated on 3rd chakra (power, greed, etc - you can see this relationship by looking at the politics in the United States).

4th Chakra - Heart Center - Anahata

Represents	Love, joy, compassion, forgiveness, connection, peace Basic Rights: to love and to be loved
Location	Heart center
Develops	3.5-7 years

Colour	Green
Psychological Function	To love and receive love
Demon	Grief
Desire	Peace, love, harmony
Physical Body Parts	Thymus, chest, lungs, heart, circulatory system, arms, hands
Physical Ailments	Asthma, coronary disease, lung disease, disorders of heart/lungs/breasts/arms, shortness of breath, circulation problems, high blood pressure, immune system deficiency, tension between shoulder blades, pain in chest
Balanced Characteristics	Unity, joy, compassionate, empathetic, self-loving, altruistic, peaceful, balanced, good immune system, kinship
Excessive Characteristics	Codependency, poor boundaries, demanding, clinging, jealous, possessive
Deficient Characteristics	Shy, antisocial, withdrawn, cold, critical, judgmental, intolerant of self and others, lonely, isolated, depressed, fear of intimacy, fear of relationships, lack of empathy, narcissism
Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Shaming in childhood, criticism, conditional love (closes down heart chakra and creates emotional armour around the heart) • Rejection, abandonment, loss, loveless environment • Abuses to other chakras (close down heart due to pain and grief) • Unprocessed grief • Divorce, death • Sexual/physical abuse, betrayal • Bullying
Addictions	Love, sugar, marijuana, tobacco
Healing/Balancing Strategies	<ul style="list-style-type: none"> • Backbends, heart openers, pranayama • Inner child work & offering unconditional love to self, self-acceptance • Healing and processing grief/sadness • Loving-kindness (metta) and compassion meditations • Receiving love meditation • Tolgen meditation (breathing in others suffering, breathing out healing to them - works to increase compassion, empathy and connection with others) • Play with children, spend time with loved ones • Write a letter to someone you miss, express feelings • Write out the positive qualities of people in you life, spend time practicing gratitude and appreciation for these qualities • Laugh with others • Practice being vulnerable and sharing feelings, truth and authenticity in relationships you feel a sense of safety with • Tapping practices on self-love, self-acceptance, compassion, kindness, empathy, patience, gratitude, lack of self-love, self-hatred, self-rejection, self-criticism, grief, loneliness, relationship struggles, jealousy • Release journaling on sadness, grief, hurts - this helps to release wounded energy from the heart chakra, helping to remove protective/wounded armour and creating space for more love and for heart chakra to open more
Thoughts to Work With/ Challenge	Judgmental thoughts, victim mentality thoughts, self-critical thoughts or being critical of others, thoughts related to sadness/grief

Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I have love for myself and for others • I accept myself and offer myself kindness and compassion • I choose to befriend myself and others • I choose to open my heart and see the world with love • I am worthy of love • I live in balance with others • I open my heart and accept others as they are
Healing Essential Oils	Rose, lavender

5th Chakra - Throat Center - Vishuddha

Represents	Truth, creativity, communication, clarity Basic Rights: to speak and be heard
Location	Throat
Develops	7-12 years
Colour	Blue
Psychological Function	Communication
Demon	Lies
Desire	Creativity
Physical Body Parts	Thyroid, parathyroid, throat, ears, mouth, shoulders, neck
Physical Ailments	Sore throats, colds, neck and shoulder pain/stiffness, thyroid problems, hearing problems
Balanced Characteristics	Strong voice, good listener, clear communication, ability to express self and opinions, lives creatively
Excessive Characteristics	Talking too much, inability to listen, gossiping, dominating voice, interruptions
Deficient Characteristics	Fear of speaking, small/weak voice, difficulty putting feelings into words, introversion, shyness
Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Lies, mixed messages, verbal abuse, constant yelling, secrets • Excessive criticism (blocks creativity) • Authoritarian parents • Substance use disorders in families (prevents ability to feel, express and communicate with one another in healthy ways) • Shy parents, parents that don't speak up or parents that use their voice to gain power/control
Addictions	Opiates, marijuana

Healing/Balancing Strategies	<ul style="list-style-type: none"> • Mantra, chanting, singing, practicing voicing things out loud • Having difficult conversations with others, practicing speaking truths and feelings, speaking up when things bother you • Writing and journaling, letter writing to those that have hurt us or about challenging situations (with sending or not), practicing thoughts and feelings • Inner child work (hearing feelings and voice of inner child) • Yoga poses that open throat area (fish pose, etc), stretches to loosen neck and shoulders • Speaking with more truth, refraining from gossiping • Creative activities (painting, drawing, writing, singing, dancing, expressing self) • Tapping practices on speaking truths, speaking up, public speaking, expressing self, shyness, lack of creativity • Release journaling helps to voice truths, express self...this helps to open throat chakra and sets a foundation for allowing ourselves to connect and speak our truths more
Thoughts to Work With/ Challenge	Fear-based thoughts related to communicating and speaking truths, fear-based thoughts related to speaking up/asking for things
Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • My voice is necessary • I express myself with truth and authenticity • I speak from my heart • I listen to my feelings and express them in an appropriate way • I speak up for myself • I live my life according to what is true to me • I have confidence to show others who I really am • I communicate to others my needs and my opinions with kindness and grace
Healing Essential Oils	Peppermint, eucalyptus

6th Chakra - Third Eye Center - Anja

Represents	Wisdom, clairvoyance, imagination, knowledge, intuition Basic Rights: to see
Location	Third eye (in between eyebrows)
Develops	Puberty
Colour	Indigo
Psychological Function	Intuition
Demon	Illusion
Desire	Knowingness, seeing clearly, truth
Physical Body Parts	Pineal gland, eyes, base of skull, brow
Physical Ailments	Vision problems, headaches, nightmares
Balanced Characteristics	Intuitive, perceptive, imaginative, able to dream, able to think symbolically, connection to dreams (remember them), able to visualize
Excessive Characteristics	Hallucinations, delusions, obsessions, difficulty concentrating, nightmares
Deficient Characteristics	Poor vision, poor memory, difficulty seeing future, lack of imagination, difficulty visualizing, rigid visualization (only seeing things in one way), denial and illusions (can't see bigger picture/what's really going on)

Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Childhood where dreaming/imagination wasn't embraced • Traumas that affected self-esteem - being told your dreams are too big, can't do something, not good enough - shuts down dreaming/visualizing center • When you're in situations/environments/relationships where what you see doesn't go with what you're told (affects intuition, clouds your vision, unable to see through illusions) • Traumas to the lower chakras that create dependency/addictive behaviours/fear & procrastination - the attachment to these often overrules the third eye (intuition, inner knowing), creating cyclic, damaging behaviour • Trauma that is difficult to see (war zone, abuse, unstable childhood environments) - makes it painful to "see" reality, traumas too difficult to deal with therefore creates alternate realities that feel more safe (as with schizophrenia, delusions)
Addictions	Hallucinogens, marijuana
Healing/Balancing Strategies	<ul style="list-style-type: none"> • Visual art, colouring, art therapy • Visual stimulation • Meditation & guided visualizations • Dream journals and looking at symbolism in dreams • Hypnosis • Spending time dreaming/imagining to strengthen third eye • Journaling on intuitive nudges • Reading spirituality-based books to connect with inner knowing and to help see things clearly • Thought records from Module 2&3 to challenge perspectives and to see things with more clarity/different possibilities • Tapping practices on accessing dreams and goals, accessing creativity, lack of goals, confusion
Thoughts to Work With/Challenge	Fear-based thoughts related to not being good enough for your dreams/visions, rigid perspectives (not seeing opportunities/options), thoughts on not being creative
Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I listen to my inner voice and let it guide me to peace and happiness • I open to my intuition and let it speak to me • I release attachment and surrender to my intuition • I release fear and connect instead to my intuition and my dreams • I see all things with clarity • I ask Universe to remove illusions and where I'm not seeing things clearly in my life • I trust that I can manifest my visions • I am open to the wisdom within • I am learning to see and trust what is right for MY highest good • I am open to my highest awareness and listen • I open my imagination to create the best possible reality for myself and others
Healing Essential Oils	Peppermint, frankincense

7th Chakra - Crown - Sahasrara

Represents	Knowledge, bliss, transcendent consciousness, one-ness, connection Basic Rights: to know
Location	Top of head
Develops	Throughout life
Colour	Violet/white

Psychological Function	Understanding
Demon	Attachment
Desire	Knowledge, bliss, understanding of oneness
Physical Body Parts	Pituitary gland, central nervous system, cerebral cortex
Physical Ailments	Depression, alienation, confusion (depression can result when one feels there's more to life/struggles with mundane-ness but lacking spiritual understanding)
Balanced Characteristics	Intelligent, thoughtful, aware, open-minded, spiritual connection, wisdom, broad understanding, connected to one-ness
Excessive Characteristics	Over-intellectualization, spiritual addiction, confusion, disconnection from body
Deficient Characteristics	Spiritual cynicism, rigid belief systems, domination/power over others, disconnection from others, lack of one-ness, disconnection from life, excess materialism
Traumas That Can Cause Imbalance	<ul style="list-style-type: none"> • Rigid education, shutting down of ideas from parents/authority figures, forced religiosity • Invalidation of one's beliefs • Blind obedience (rigid rules, structure, belief systems without encouraging one to be curious/explore one's own truth) • Misinformation, lies • Lack of exposure to religion/spirituality/exploring something greater can cause deficient
Addictions	Religion, spiritual practices (one becomes addicted to spiritual quest/knowing the truth and it can damage/affect other areas of life)
Healing/Balancing Strategies	<ul style="list-style-type: none"> • Establish healthy spiritual connection • Program or study spiritual concepts, teachings and practices, reading spirituality-based books • Balanced spiritual discipline - do I stay committed to my practices when I get busy or when I have inner resistance? • Daily meditation and connection with Spirit • Prayer and creating a relationship with Spirit • Pranayama (breath work) • Yoga • Develop inner wisdom, spending time alone • Connecting with others and hearing their life views, spiritual views (opens yourself to different ideas) • Explore belief systems, values, morals, true desires and life truths • Asking, am I primarily identified with my roles/image/career/acquiring things or am I connected to something greater and view myself in connection with this? • Asking, does my life have significant meaning beyond personal gratification? • Asking, am I following and exploring my own beliefs? • Tapping practices on lack of trust, lack of faith, lack of connection to Spirit, feeling lost, feeling disconnected • Release journaling on frustration related to process of a spiritual path or feelings related to feeling lost, lack of trust, etc.
Thoughts to Work With/Challenge	Thoughts on feeling lost, not having trust in path/Universe/Spirit, feeling disconnected and depressed, not seeing bigger picture, not seeing the meaning in challenges

Healing Affirmations/Higher Vibrational Thoughts	<ul style="list-style-type: none"> • I am at peace knowing that I am protected and guided at all times • I am connected to Spirit and Universe • I open myself to being connected to something greater and ask for guidance • My path is made gentle and easy as I lift my spirit to the highest levels of awareness • I am love. I am joy. I am freedom. • I am a divine expression of Spirit • I am connected to everyone through Spirit and one-ness • I see and feel a greater meaning to life • I commit myself to my relationship with Spirit in a healthy but disciplined way • I am guided by higher power and inner wisdom
Healing Essential Oils	Frankincense, lavender

How the Chakras Influence One Another

Traumas to the lower chakras will affect the development and coping mechanisms of the chakras above. The more severe the trauma, the more damaging it is to the whole system. For example, if we have a trauma of the first chakra (creating fear-based, fight-or-flight thought patterns), this will affect the 2nd chakra (ability to experience healthy pleasure), the third chakra (one’s self-esteem, confidence, and will), the 4th chakra (one’s ability to give and receive love), the 5th (ability to communicate, speak truths and live creatively) and the 6th and 7th (ability to connect to intuition and to bliss/one-ness).

Luckily, since the chakras are so connected, spending time healing specific chakras will also have a positive, healing affect on other chakras. For example, as you strengthen your self-esteem (3rd chakra), this improves your ability to give and receive love (4th chakra). As you ground yourself and release fear (1st chakra), this also can help you connect with inner wisdom and a sense of Spirit (6th and 7th).

Reflection Questions on the Chakras

What chakras do my physical conditions or areas of physical tension match up with? Does this match up with chakras that scored in the deficient zone?

What chakras am I being most drawn to heal?

And to consider:

- Can I add some of the healing strategies to my daily or weekly routines?
- Are there activities I can start doing that would strengthen all chakras? (Yoga, an exercise/movement routine, walking outside, etc)
- If I struggle with a certain chakra, can I try a tapping practice related to that chakra for 7 straight days?

Demons of the Chakras

In her book Eastern Body Western Mind, Anodea Judith describes demons of the chakras. She explains that this doesn't represent evil per say but more, "naming the counterforce that seemingly opposes the natural activity of the chakra". She continues,

*"The reason I say seemingly is that **demons arise to teach us something**. A counterforce usually results in strengthening whatever it opposes. The presence of the demon keeps the chakra from doing its job, but **that challenge also forces us to bring more awareness to that job**, so eventually we can do it better. **When unacknowledged, the demons keep us from moving forward**. They fixate our energy at a particular chakra level. If we acknowledge the demon and explore its reasons for being there, we gain a deeper understanding of ourselves. To acknowledge that we have fear, for example, enables us to face that fear and understand its origins, eventually making us more confident. To acknowledge grief enables healing, and allows the heart to lighten."*

- To acknowledge that we're struggling with low self-esteem, brings awareness that we are in need of healing and strengthening the chakra associated with self-esteem.
- To acknowledge that we're struggling with lack of self-love brings us awareness that our heart chakra is blocked and in need of healing.

****The pain and demons exist as messages. If we listen to what our hearts and souls need, we can heal, transform and become even stronger.**

Chakra	Demon
One (Root)	FEAR: causes hypervigilance and anxiety
Two (Sacral)	GUILT: blocks the flow of emotional, creative and sexual energy
Three (Solar Plexus)	SHAME: turns energy against itself in the form of self-hate, judgment and self-criticism
Four (Heart)	GRIEF: results from hurts to heart and makes the heart feel heavy and closed
Five (Throat)	LIES: lack of truth to yourself and your communication to the world
Six (Third Eye)	ILLUSION: inability to see life clearly; clouded by misjudgment
Seven (Crown)	ATTACHMENT: small focus of attention on materialism; prevents unity with collective consciousness

Reflection Question: From my online chakra assessment, which of my chakras is most deficient? What “demon” does this match up with? In my life, how can I see areas where I struggle with this “demon”?

This Week’s Shift: Homework Practices

Complete these activities throughout the week. Use the box on the right to tick off when you’ve completed. Put this sheet at the front of your binder to serve as encouragement to complete exercises and daily meditation practice.

EXERCISE	
1. In your journal, complete the reflection questions on each chakra found on page 3 and the reflection questions on page 13 & 14.	
2. Twice this week, try the Chakra Balancing Guided Meditation	
3. Twice this week, try the “Allowing Myself to Dream” Exercise found on the second PDF of this module ‘Specific Practices/Meditations to Heal the Chakras’.	
4. Once this week, try a longer practice that includes multiple skills (start with release journaling + tapping, shift into Module 3 & 4 work (exploring cognitive distortions & shifting thoughts), then bring in a healing meditation, maybe focusing on a specific chakra you feel this topic relates to/or bring healing and loving energy to all chakras)	
5. Continue with your morning and evening routines, keeping up with prayer, oracle cards and intention setting. Ask, have I been keeping up with my routines? Do I need to write out my routines for this week?	

MEDITATION COMPLETION CHART

Put a check mark on the days you meditated! Aim for completing a meditation practice every day. You can create a similar chart for tapping if you desire.

MON	TUES	WED	THURS	FRI	SAT	SUN