

CHAKRA

PLANNER



This planner belongs to:

Name

Email

Business

THANK YOU

We want to take the time to say thank you for downloading this freebie. This will provide you with a glimpse into the content exclusively reserved for our cherished Synchronized Souls Sanctuary monthly members. This document has been intentionally curated with a few worksheets from the entire document to offer a taste of the wisdom and guidance found within our membership space.

Thank you for being a part of The Synchronized Souls Community. We hope this information helps you along your journey.

CHAKRA SYSTEM

6th Chakra



Third Eye Chakra

to see

7th Chakra



Crown Chakra

to know

4th Chakra



Heart Chakra

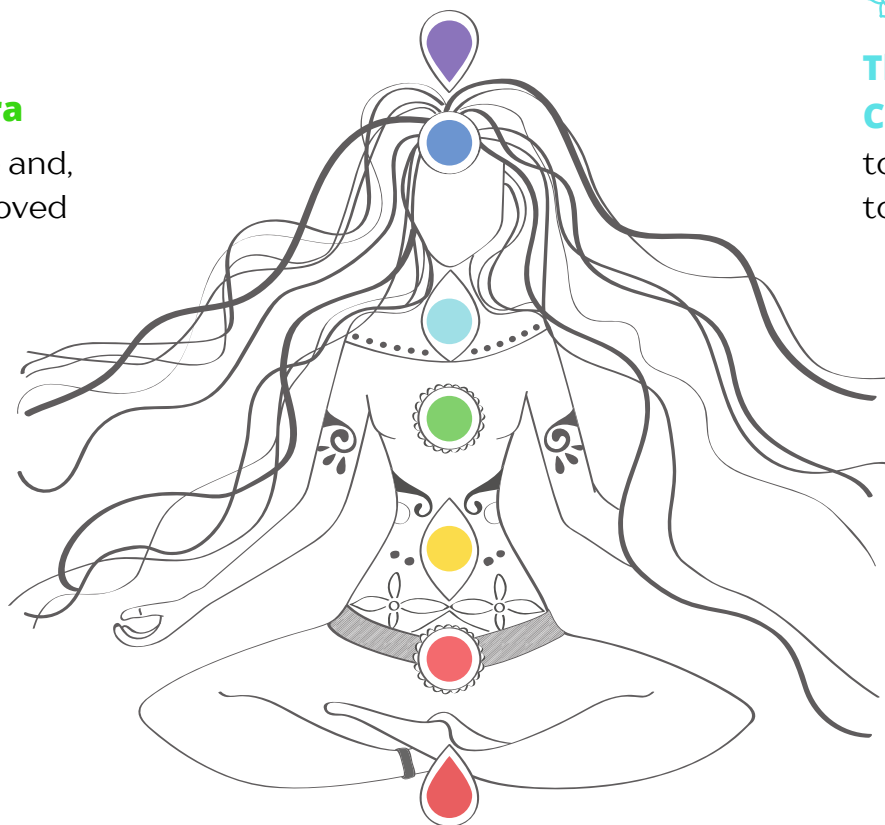
to love and,
to be loved

5th Chakra



Throat Chakra

to speak,
to be heard



2nd Chakra



Sacral Chakra

to feel,
to want

3rd Chakra



Solar Plexus Chakra

to act,
to do








1st Chakra



Root Chakra

to be here,
to have

CHAKRA AWARENESS

CHAKRA	BLOCKED	BALANCED	OVERACTIVE
	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.
	Poor judgement, lacks focus, poor imagination, can't see beyond physical.	Imaginative, intuitive, clear thoughts and vision, sees beyond physical.	Nightmares, delusions, hallucinations, obsessive, see too many spirits.
	Can't express self or speak out, misunderstood, secretive, not a good listener.	Confident expression, clear communicator, creative, diplomatic.	Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.
	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
	Low libido, fear of intimacy, no creativity, isolated.	Passion, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive.	Greedy, lust for power, aggressive, materialistic, cynical.

BLOCKED CHAKRA

Do you feel any of your chakras are blocked?
Why do you think they might be blocked?

CHAKRA	BLOCKED?	HOW TO UNBLOCK?
		
		
		
		
		
		
		

TRYING NEW THINGS

There are many ways to help balance chakras: journaling, colouring, meditating etc. Try one you've never tried before.

WHAT DID YOU CHOOSE? WHY?

**DID YOU ENJOY THE
EXPERIENCE?**

**HOW DID YOU FEEL
AFTERWARDS?**

7 CHAKRAS

There are seven chakras and seven days. If each chakra was a day which would be which?

CHAKRA	DAY	REASON
		
		
		
		
		
		
		

CHAKRA DIALOGUE

Love yourself and practice a positive internal dialogue with all 7 Chakras. Develop positive energy to send out to the world with the help of 15-minute meditation.

My CROWN CHAKRA said:



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My THIRD EYE CHAKRA said:



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My THROAT CHAKRA said:



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CHAKRA DIALOGUE

My HEART CHAKRA said:



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My SOLAR PLEXUS CHAKRA said:



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My SACRAL CHAKRA said:



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My ROOT CHAKRA said:



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THIRD EYE CHAKRA FACT SHEET

Fill these boxes with facts & information you relate
to the Third Eye chakra

AFFIRMATIONS

EMOTIONS

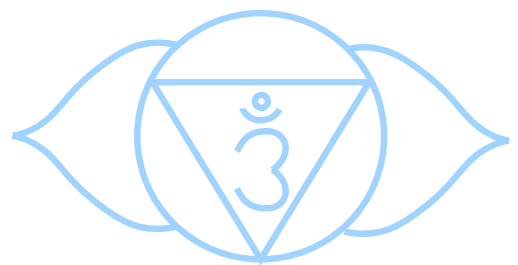
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



KINDNESS & GRATITUDE

Kindness and gratitude are important for balanced chakra.

How do you practice both in your daily life?

How can you incorporate them more into each day?

JOURNALING

A large grid of small dots, arranged in approximately 30 rows and 30 columns, covering the majority of the page. This grid is intended for journaling or writing.

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If the snippets within this document have ignited a spark of excitement within you, we invite you to consider joining our monthly membership to receive access to the full document. This document is a part of our Lightworkers Community tier, but we have 3 tiers available within our membership:

Astro-Tarot Updates Tier - \$15 CAD per month: Receive regular astrological forecasts. Harness the cosmic energy, gain clarity, and make informed decisions with confidence. This includes our Foundational Knowledge Resource Library.

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