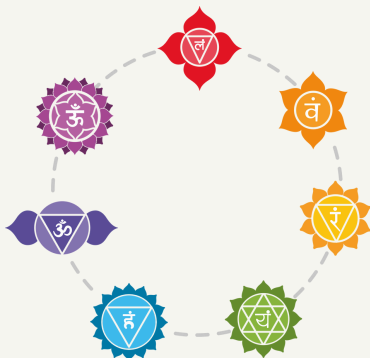




SIERRA TROUT

7 Day Chakra Activation



REMOVE BLOCKS, BALANCE, and ACTIVATE your
ENERGY CENTERS through daily reflection, movement,
mantra, and frequency.

Access **FREE** chakra activations via my website,
sierratrou.com

To **BOOK** a 1:1, visit *sierratrou.com*

Introduction to the Chakras

The chakra system is an ancient map of energy that flows through your body. There are seven main chakras, each corresponding to a part of the body, a developmental stage, an element, a color, and a spiritual principle. When energy flows freely through the chakras, we experience health, abundance, clarity, joy, and connection to the Divine.

This guide offers a 7-day journey of chakra activation with insight and practice drawn from the teachings of Anodea Judith (Chakra Healing), Sean Clayton (Codes of Abundance), and Thomas Ashley-Farrand (Healing Mantras). Each day focuses on one chakra through journaling, reflection, feeling, affirmation, mantra, and a Solfeggio healing frequency.

To enhance your experience, download the **Aligned App** for guided energy activations tailored to each chakra.

Disclaimer

The practices, meditations, and suggestions provided in this document and any other materials created by Sierra Trout Healing are intended for educational and informational purposes only. They are not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider before beginning any new wellness practice, especially if you have existing health conditions. By participating in these activities, you acknowledge and agree that you are solely responsible for your own health, safety, and well-being. Do not engage in any activity that causes pain, discomfort, or puts you at risk. Use your own discretion and listen to your body at all times. Sierra Trout Healing is not liable for any injuries, health issues, or damages that may arise from the use or misuse of these materials.

Sunday - Root Chakra (Muladhara)

Theme: Safety, Grounding, Security

Element: Earth

Color: Red

Frequency: 396 Hz

Challenge: Fear

Gift: Stability, Prosperity, Embodiment

Affirmations:

- It is safe for me to be here.
- I love my body and trust its wisdom.
- The Earth supports me.

Mantra: “LAM”

Sound for grounding, stability, and survival.

Practices:

- Eat mindfully, slowly, with full attention.
- Ground through your feet: walk barefoot or stamp your feet.
- Reflect on your birth experience and right to exist.

Journaling Prompts:

- What makes me feel safe and secure?
- Where in my life do I feel ungrounded or unsupported?
- What are my current fears, and how can I meet them with love?



Monday - Sacral Chakra (Svadhithana)

Theme: Emotion, Pleasure, Sensation

Element: Water

Color: Orange

Frequency: 417 Hz

Challenge: Guilt

Gift: Pleasure, Creativity, Flow

Affirmations:

- I deserve pleasure.
- I feel good.
- It is safe to feel my emotions.

Mantra: "VAM"

Sound to awaken pleasure and creativity.

Practices:

- Feel your emotions as sensation without judgment.
- Move your hips (pelvic pulses, dancing, flowing yoga).
- Share an emotion with someone or in a journal.

Journaling Prompts:

- What brings me joy and sensual pleasure?
- Where have I been suppressing my emotions?
- What do I need to express or create?



Tuesday - Solar Plexus Chakra (Manipura)

Theme: Power, Will, Ego Death

Element: Fire

Color: Yellow

Frequency: 528 Hz

Challenge: Shame

Gift: Confidence, Self-Esteem, Purpose

Affirmations:

- I honor the power within me.
- My will and divine will are aligned.
- I know my purpose.

Mantra: "RAM"

Sound for awakening for courage and digestion; letting go of the ego and inviting in aligned action and aligned thoughts.

Practices:

- Replace "I have to" with "I choose to."
- Do one thing you've been procrastinating.
- Use "Breath of Fire" or other energizing movements.

Journaling Prompts:

- What am I ready to take action on?
- Where do I give my power away?
- What am I most passionate about?



Wednesday - Heart Chakra (Anahata)

Theme: Love, Compassion, Unconditional Love

Element: Air

Color: Green & Pink

Frequency: 639 Hz

Challenge: Grief

Gift: Connection, Acceptance, Healing

Affirmations:

- I am worthy of love.
- I love and accept myself fully.
- I live in balance with others.

Mantra: "YAM"

Sound for healing and unconditional love.

Practices:

- Practice gratitude daily.
- Give or receive a random act of kindness.
- Place your hand on your heart and say, "I love you."

Journaling Prompts:

- What does unconditional love mean to me?
- Where am I still holding onto grief?
- How can I open my heart more fully today?



Thursday - Throat Chakra (Vissudha)

Theme: Expression, Truth, Communication

Element: Ether

Color: Blue

Frequency: 741 Hz

Challenge: Lies

Gift: Clarity, Authenticity, Creativity

Affirmations:

- I speak my truth with clarity and confidence.
- My voice is necessary.
- I listen deeply.
-

Mantra: “HAM”

Sound for purifying and empowering communication.

Practices:

- Sing, chant, or hum.
- Write down something you haven't been saying.
- Practice active listening.

Journaling Prompts:

- Where in my life am I not speaking my truth?
- What am I afraid of saying?
- How can I express myself more clearly?



Friday - Third Eye Chakra (Ajna)

Theme: Insight, Intuition, Vision

Element: Light

Color: Indigo

Frequency: 852 Hz

Challenge: Illusion

Gift: Clarity, Wisdom, Inner Knowing

Affirmations:

- I see clearly and trust my inner vision.
- I open to divine guidance.
- I am connected to my inner wisdom.

Mantra: "OM"

Sound representing the universal vibration for insight, clarity, and spiritual connection.

Practices:

- Visualize your ideal future.
- Practice stillness and observe your thoughts.
- Focus your gaze on a candle or image and soften your eyes.

Journaling Prompts:

- What vision am I holding for my life?
- Where can I trust my intuition more?
- What illusions or limiting beliefs am I ready to release?



Saturday - Crown Chakra (Sahasrara)

Theme: Consciousness, Unity, Connection to Source

Element: Thought / Cosmic Energy

Color: Violet & White

Frequency: 963 Hz

Challenge: Attachment

Gift: Liberation, Awareness, Presence

Affirmations:

- I am connected to divine wisdom.
- I am whole and complete.
- I trust the process of life.

Mantra: “SO HAM”

Sound affirming “I am a fragment of the Divine” — merging self with the infinite.

Practices:

- Meditate in silence or with binaural tones.
- Ask the universe a question and trust the answer.
- Surrender control and affirm unity with all.

Journaling Prompts:

- What does divine connection mean to me?
- How do I recognize the sacred in the ordinary?
- In what ways can I expand my awareness?

