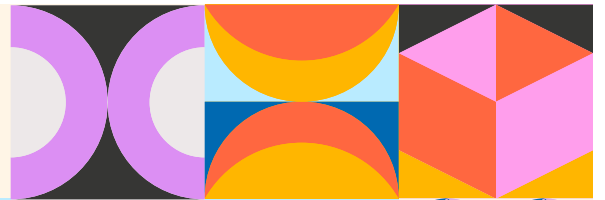
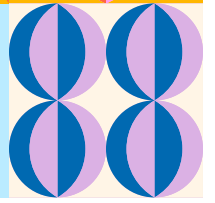


# I Am

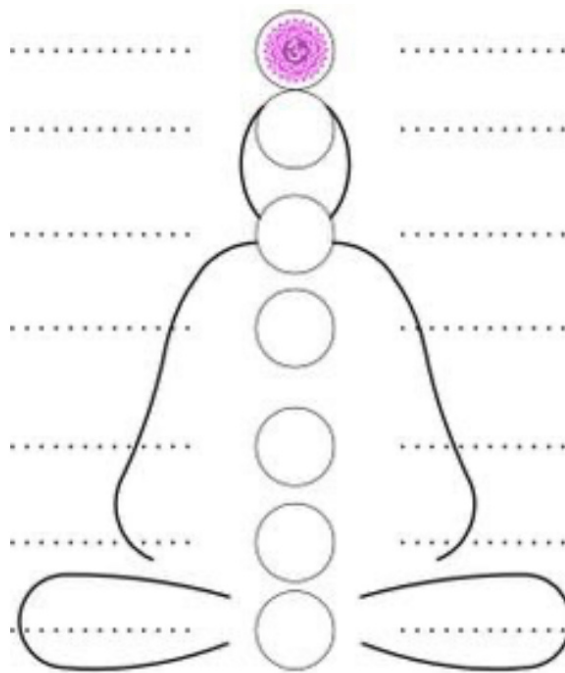


## Week 5 Day 21-25 Level Up



Blessed Love, Blessed Ones!

Now that we have begun to take note of what we create around us, let's tune into the most important place: **inside of us**. Below is an empty diagram of a person and 7 of their **chakras** or **energy wheels**. If you are able to print out the page, you may color in the energy wheels with their respective colors.



Starting from the lowest row of dots and circle, begin numbering the rows 1-7. Write the number in front of the line to the left. Numbering 1 through 7 beginning at the bottom row. Our number 7 should land at the dotted top line, above the head, in front of the purple top chakra.

Now we can know which chakra we are speaking about by number. As we name the chakra, write the *name* on the line to the *left* and the *phrase* given on the line to the *right*.

Let's use the first Chakra as an example:

*Chakra 1, is the Root Chakra, it is Red. "I am".*

**You have written 1 in front of the bottom left dotted line, write “Root” on this left dotted line and “I am” on the dotted line to the right. Color the circle-or wheel-red.**

*Do this for every chakra as you go up.*

Our 2nd Chakra is our Sacral Chakra. It is Orange. “I feel”.

Our 3rd Chakra is our Solar Plexus Chakra. It is yellow. “I do”.

Our 4th Chakra is our Heart Chakra. It is Green. “I love”.

Our 5th Chakra is our Throat Chakra. It is Blue. “I speak”.

Our 6th Chakra is our Third Eye Chakra. It is Indigo. “I see”.

Our 7th Chakra is our Crown Chakra. It is Purple. “I understand”.

For Day 21-25, start your day and end your day by completing these phrases. I am, I feel etc. I encourage you to write or record yourself completing these phrases when you wake up and before you go to sleep for the next five days. On Day 23 begin to incorporate these phrases throughout your day, especially when any negative or difficult events occur-you may record these as well-but it isn't necessary.

At the end of the week, complete this check up:

Was it helpful to express yourself through the main focus of your energetic points/chakras (completing the phrases)? Why or why not?

How can being aware of these seven energy points and concepts help you maintain and grow spiritually?

Which phrase was most difficult to complete? Why do you think that is?

We will revisit this rainbow, our energies, in our next worksheet!