

	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD EYE	CROWN
LOCATION/ REPRESENTS	BASE OF SPINE Safety and Security	BELOW BELLY BUTTON Creation Sexuality	STOMACH Power center Confidence Self Esteem	HEART Compassion, Love, Peace Gratitude	THROAT/NECK Speak your truth and know you will be heard	BROW / INTUITIVE Inner Vision Trust in Knowing	TOP OF HEAD Connection to Divine
IF IMBALANCED	Anxiety, fatigue, feet & leg issues, immune system, weight issues	UTI, Bladder, digestive, reproductive, hip pain	Stomach Pain, Digestive, Depression	Heart attack, lung and breast issues, asthma, upper back	Sore throat/ thyroid issues	Headaches, mental fog	Headaches, brain problems. Unworthy and separate
OTHER / QUESTIONS	Did you move a lot as a child or experience abuse?	Did you have a traumatic birth experience or sexual trauma? Even generational	Who or what are you giving your power away to?	Do your feelings get hurt easily? Do you feel joy for no reason?	Do you overthink review and analyze your words? Worry about criticism.	Do you often turn to others for advice?	Do you struggle with feelings of abandonment, anger, resentment and/ or confusion?
OLD ENERGY	Tribal energy system. Belong to the group	Sex is shameful I have to give up pleasure to be spiritual	Power was used to Control and few people controlled the many	I have to protect my heart so I don't get hurt	Deny what is true for you and go along with the group. Only a few had a voice	Using only logic looking for proof	Shame, guilt and fear of higher power
NEW ENERGY	Become root'd in who you are and your truth	I am free to be who I am and use my creativity to create what I want	I use my power to bless my life and others	As I open my heart, I open up to easily give and receive. New energy of \$	Information Age – Social Media gives everyone a voice. 3.7 B on internet	Trusting inner Insight and wisdom	Deserving, loved and supported by a higher power
AFFIRMATION	I am Grounded Safe & Secure	I feel loved and my needs are important. I am sexy and creative	I am confident I am worthy	I am Joyful, Loved and Rich	I am confident in what I have to say and others and support me.	I see clearly and trust I am guided by insight. I am present	I know I am connected to myself and the divine
WAYS TO OPEN	Grounding to earth, Reiki, Sage	Creative projects cooking, Planning trips, Home projects	Deep breathing thru diaphragm, Yoga, Warrior stance	Hold a pet or baby. Thru Service	Sing, Read out Loud Hum	Meditation, Visualizing Tap 3rd eye	Tapping Sound bowls Music