

The background of the entire image is a dark, moody scene. In the upper half, there are ethereal, wavy lines of teal and blue light, interspersed with small, glowing golden dots, resembling a celestial or auric display. In the lower half, three lit white candles are placed on a dark, reflective circular surface. To the left of the candles, a portion of a white lotus flower is visible. Between the candles sits a small, dark, irregularly shaped object, possibly a crystal or a piece of dried botanical material. The overall atmosphere is spiritual and serene.

Spirit Circle Foundations

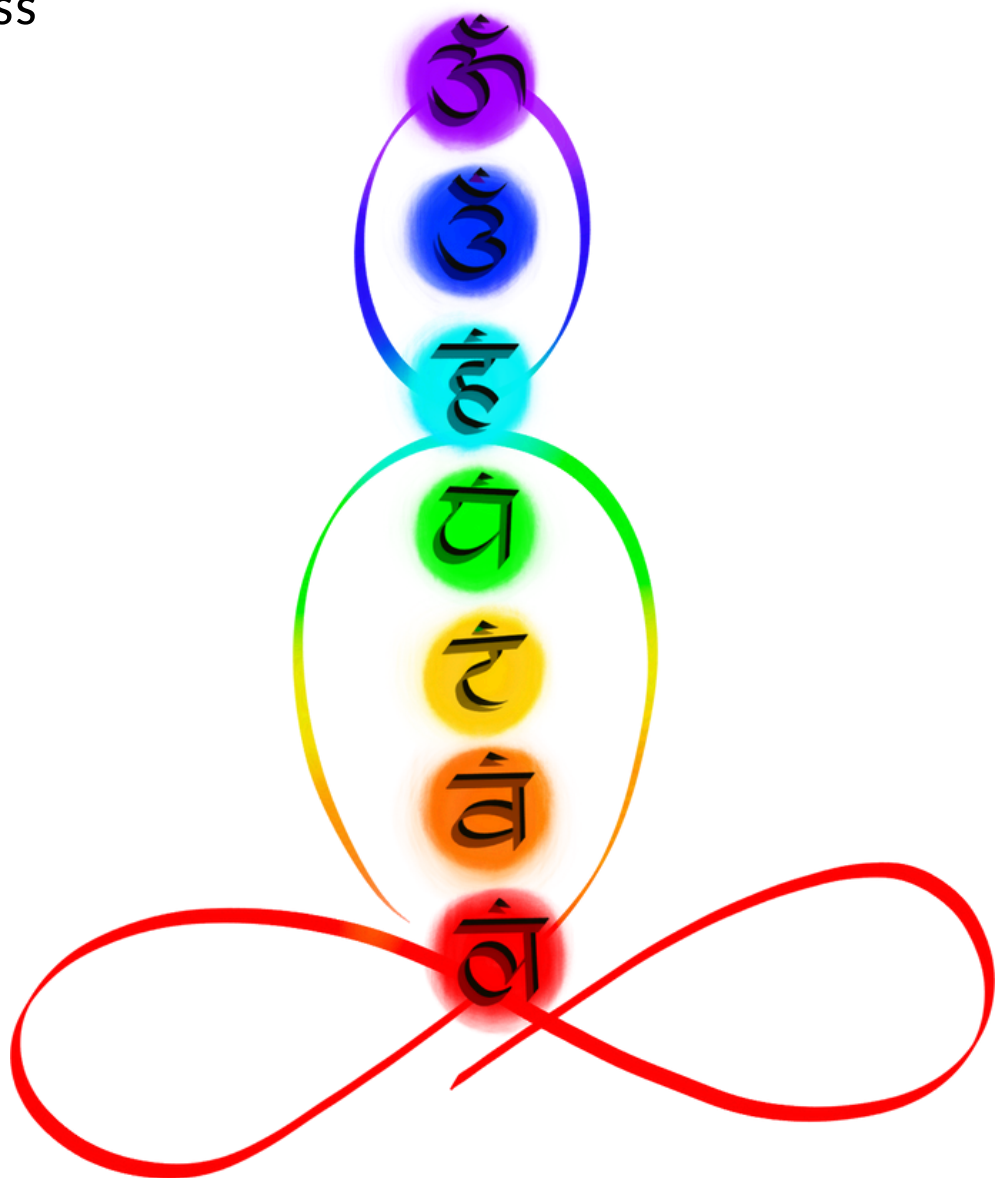
WEEK 2

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Spirit Circle Foundations Week 2

What We're Learning This Week

- How chakras help us read energy
- What clairsentience feels like
- How energy builds up and clears
- Aura awareness



Clairsentience (Clear Feeling)

Clairsentience often shows up as:

- ☐ Gut feelings
- ☐ Emotional shifts
- ☐ Physical sensations
- ☐ Chills
- ☐ Just knowing

How it shows up for me most:

Chakra Awareness

(Fill in During Class)

Root

What I noticed

Sacral

What I noticed

Solar Plexus.

What I noticed

Heart.

What I noticed

Throat

What I noticed

Third Eye

What I noticed

crown

What I noticed

Energy Hygiene

Things that clear my energy:

☐ Shower

☐ Walking

☐ Water

☐ Rest

☐ Journaling

☐ Other: _____
