



SMUDGED LIFE UNIVERSITY

[CHAKRA HEALING GUIDE & WORKBOOK]



[ROOT CHAKRA] MULADHARA.

BALANCED: A BALANCED ROOT CHAKRA WILL PRESENT AS YOU ARE FEELING SAFE, SECURE AND IN CONTROL. YOU WILL BE AT EASE AND FREE OF LOWER BACK AND EXTREMITY PAIN.

OVERACTIVE: YOU MAY FIND YOURSELF MORE ANGRY, AGGRESSIVE OR ANNOYED INCESSANTLY. THE SMALLEST TRIGGER IS ENOUGH TO MAKE YOU GO OFF. YOU MAY EVEN TO COMPENSATE BY NEEDING A SENSE AUTHORITY OR WANTING TO CONTROL OTHERS. REPORTING TO A HIGHER UP IS NO GO FOR YOU. SIMILAR, GROWING MORE MATERIALISTIC OR GREEDY IS ALSO A SIGN OF AN EXCESSIVE ROOT CHAKRA. ADDITIONALLY, BEING TO RESIST CHANGE AND OVERLY OBSESSED WITH FEELING SECURE ARE RED FLAGS. OFTEN ABANDONMENT AS A CHILD WILL CAUSE YOU TO EXHIBIT SIGNS OF AN OVERACTIVE MULADHARA.

UNDERACTIVE: WHEN THIS CHAKRA IS NOT 'OPEN ENOUGH' YOU MAY FEEL INSECURE OR DISCONNECTED WITH THE OUTSIDE WORLD. CONSTANT DISORGANIZATION, FEAR AND NERVOUSNESS ARE ALL CHARACTERISTICS OF A BLOCKED OR PARTIALLY CLOSED ROOT CHAKRA. IT MAY BE HARD FOR YOU TO FINISHING DAILY TASKS WITHOUT BEING TIRED. FEELING STUCK, LETHARGIC OR UNWELCOME IN SOCIAL GATHERINGS ARE ALSO RED FLAGS.

CRYSTAL HEALING

- SMOKEY QUARTZ
- RED JASPER
- SHUNGITE

SOUND THERAPY:

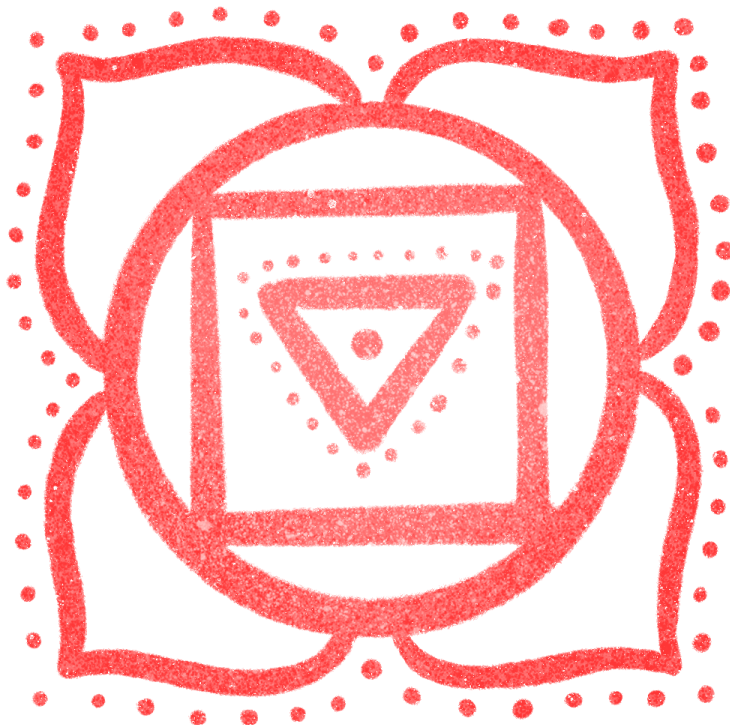
LAM , KEY C, 396HZ

AFFIRMATIONS:

- I AM GROUNDED
- I AM SAFE
- I AM SECURE

AROMATHERAPY:

- PATCHOULI
- CEDAR



HOMEWORK: GO OUT AND SPEND TIME IN NATURE AND USE THIS GROUNDING EXERCISE. FIND SOMETHING YOU CAN FEEL, TOUCH, TASTE, SMELL AND SEE AND SPEND A FEW MINUTES JUST ACKNOWLEDGING THE PHYSICALITY OF YOUR HUMAN EXPERIENCE.

[SACRAL CHAKRA] SWADHISTHANA.

BALANCED: A BALANCED SACRAL CHAKRA MEANS YOU ARE NOT ONLY AWARE, BUT IN CONTROL OF YOUR EMOTIONS. YOU CAN RECOGNIZE YOUR TRIGGERS AND MANAGE YOUR REACTIONS. YOU CAN CREATE HEALTHY RELATIONSHIP TIES AND FIND BALANCE IN SATISFACTION WITHOUT THE NEED TO OVERINDULGE. FOR EMPATHS OR (EMOTIONALLY SENSITIVE) YOU WILL BE ABLE TO REGULATE EXTERNAL EMOTIONAL SURGES AND REMAIN INTACT EVEN WHEN APPROACHED WITH OTHER PEOPLE EMOTIONAL ENERGY.

OVERACTIVE: YOU MAY BECOME OVERLY DRAMATIC OR HIGHLY EMOTIONAL AS WELL AS DEVELOP UNHEALTHY MENTAL, EMOTIONAL OR PHYSICAL ATTACHMENT TO OTHERS. PERSONAL BOUNDARIES WILL BE BLURRED OR NONEXISTENT. YOU MAY EXHIBIT SEVERE MOOD SWINGS, CLINGINESS, BECOME OVERLY DEPENDENT AND OR DEVELOP AN OVERWHELMING NEED FOR COMFORT. ADDICTION IS ALSO A SIDE EFFECT OF OVERACTIVE SACRAL ACTIVITY, ESPECIALLY WITH FOOD AND/OR SEX. AN OVERACTIVE SACRAL CHAKRA CAN ALSO SIGNIFICANTLY IMPACT THE FUNCTION OF THE REPRODUCTIVE ORGANS, BLADDER, AND LOWER BACK. PHYSICAL SYMPTOMS INCLUDE: CYSTS, URINARY ISSUES, KIDNEY PROBLEMS, LOWER BACK PAIN, GYNECOLOGICAL AND HORMONE ISSUES. YOU MAY TEND TO THRIVE IN HIGH INTENSITY SITUATIONS OR DRAMA FILLED ENVIRONMENTS. ALMOST LIKE YOU ARE DRAWN TO ANXIETY AND MANIA.

UNDERACTIVE: AN UNDERACTIVE SACRAL CHAKRA CAN MAKE YOU FEEL STIFF, UNEMOTIONAL, INTROVERTED, AND UNINSPIRED. A LACK OF SELF-WORTH MAY LEAD TO YOU DENYING YOURSELF PLEASURE. YOU REPPRESSED FEELINGS OF GUILT OR SHAME KEEP YOU FROM BEING EXPRESSIVE AND LEAVE YOU FEELING SLUGGISH OR LAZY. THAT UNSHAKABLE FATIGUE MAY START TO AFFECT YOUR SEX DRIVE AND THE ABILITY TO ENJOY SEX. CONSTANT FATIGUE ALSO LEADS TO AN INABILITY TO ENJOY SEX. THE INABILITY TO BE YOUR TRUE SELF HINDERS YOUR SKILLS TO MAKE TRUE CONNECTIONS. THIS IS THE CLASSIC "MASK" SYNDROME. IT'S TIME TO TAKE THE MASK OFF.

CRYSTAL HEALING

- HONEY CALCITE
- CARNELIAN
- RAINBOW MOONSTONE

SOUND THERAPY:

VAM, KEY D 417HZ

AFFIRMATIONS:

- I AM CREATIVE
- I AM SENSUAL
- I AM AWARE OF MY EMOTIONS

AROMATHERAPY:

- SANDALWOOD
- ORANGE



HOMEWORK: EXPLORE FEELINGS IN YOUR BODY WITHOUT TRIGGERS. TAKE YOUR TIME AND FULLY EXPRESS YOUR EMOTIONS IE. HAPPY, SAD, FEARFUL, JOYFUL, LOVE, GRATITUDE, ANGER

[SOLAR PLEXUS CHAKRA] MANIPURA.

BALANCED: A WELL BALANCED SOLAR PLEXUS CHAKRA CAN ENABLE ONE TO EFFECTIVELY SET OUT AND ACHIEVE HIS/HER GOALS. CLEANING AND OPENING THE THIRD CHAKRA CAN MAKE ONE A BETTER LEADER OR EVEN STAND UP FOR HIM/HERSELF TO CREATE A LIFE ONE DREAMS OF. IN ADDITION TO PROPER FUNCTION OF STOMACH, LIVER, LARGE INTESTINE, PANCREAS.

OVERACTIVE: JUDGMENTAL, CRITICAL, ANGRY, OVER-ENERGETIC AND AGGRESSIVE PERSONALITIES TEND TO HAVE AN OVERACTIVE THIRD CHAKRA. LIKEWISE, A PERSON WITH A HYPERACTIVE SOLAR PLEXUS CHAKRA TENDS TO BULLY OTHERS. S/HE HAS THE ATTITUDE OF 'I AM ALWAYS RIGHT' AND TENDS TO TURN A DEAF EAR TO ADVICE GIVEN BY OTHER.

UNDERACTIVE: TEND TO BE DIFFIDENT, LACKING SELF-CONFIDENCE OR HAVING SEVERE EMOTIONAL ISSUES. THESE ARE THE NERVOUS TYPE OF PEOPLE WHO TEND TO SEEK CONSTANT APPROVAL OF OTHERS AND WORRY ABOUT WHAT EVERYONE THINKS OF THEM.

CRYSTAL HEALING

- CITRINE
- YELLOW JASPER
- TIGERS EYE

SOUND THERAPY:

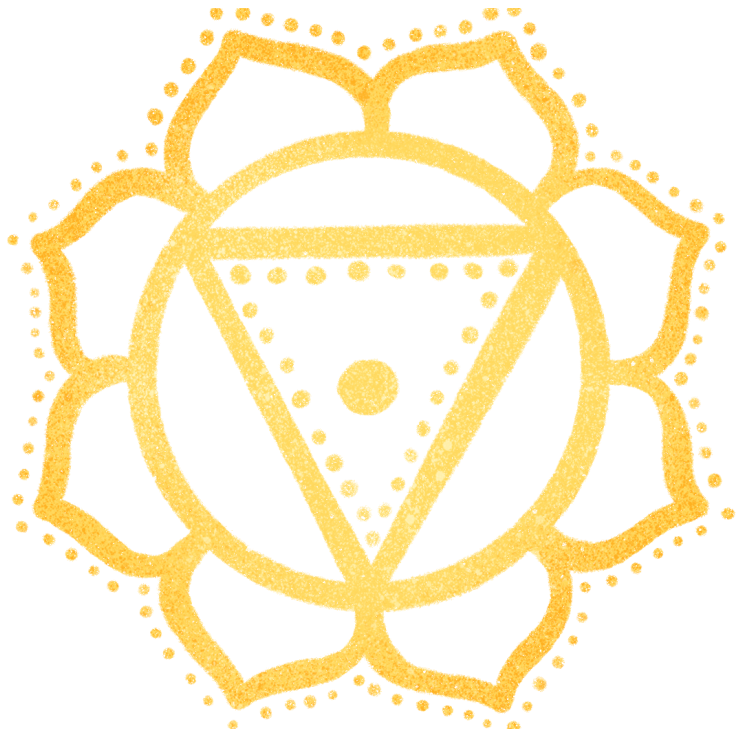
RAM, KEY E, 528 HZ

AFFIRMATIONS:

- I AM IN CONTROL
- I AM POWERFUL
- I AM ABLE

AROMATHERAPY:

- LEMONGRASS
- GRAPEFRUIT



HOMEWORK: WRITE OUT POSITIVE AFFIRMATIONS AND A JOY LIST SPEND TIME DOING SOMETHING THAT MAKES YOU HAPPY EVEN IF IT IS SMALL. DEDICATE TIME FOR YOU EVERY DAY.

[HEART CHAKRA] ANAHATA.

BALANCED: A WELL BALANCED HEART CHAKRA WILL MAKE ONE MORE COMPASSIONATE AND LOVING TOWARDS OTHERS WITHOUT EXPECTING ANYTHING IN RETURN. LIKewise, ONE WILL START TO LOVE HIM/HERSELF FIRST AND ALSO HAVE IMMENSE GRATITUDE IN LIFE. A WELL BALANCED FOURTH CHAKRA CAN ALSO LEAD TO DISCIPLINED LIVING, STRONGER RELATIONSHIPS AND FREEDOM FROM DEPENDING ON OTHERS FOR PEACE AND HAPPINESS.

OVERACTIVE: THE INDIVIDUAL MAY FEEL OVERWHELMED BY EMOTIONS. S/HE TENDS TO EXPERIENCE EXTREME GRIEF, SADNESS, JEALOUSY, GREEDINESS, ANGER ETC WITHOUT ANY CONTROL OVER THESE FEELINGS. LACK OF SELF DISCIPLINE, TENDENCY TO LIVE ONE'S LIFE THROUGH ANOTHER'S, AND EXPERIENCING DIFFICULTY IN RELATIONSHIPS ARE A FEW SIGNS OF AN OVERACTIVE HEART CHAKRA.

UNDERACTIVE: INDIVIDUAL MAY FEEL UNLOVED, COLD, DISTANT, AND INFERIOR OR CONSTANTLY SEEKING OUT EMOTIONAL SUPPORT FROM RELATIONSHIPS. BOTH OVERACTIVE AND UNDERACTIVE HEART CHAKRA CAN LEAD TO MANY PHYSICAL AILMENTS LIKE CIRCULATION PROBLEMS, SKIN DISEASES, SLEEP PROBLEMS, HEART PALPITATIONS, HYPERTENSION, IMMUNE SYSTEM DYSFUNCTIONS, BACK ACHES ETC.

CRYSTAL HEALING

- ROSE QUARTZ
- CROCODILE JASPER
- UNAKITE

SOUND THERAPY:

YAM, KEY F, 639HZ

AFFIRMATIONS:

- I AM LOVE
- I AM PEACE
- I LEAD WITH COMPASSION

AROMATHERAPY:

- ROSE OIL
- GERANIUM OIL



HOMEWORK: WRITE A LETTER OF FORGIVENESS AND UNDERSTANDING TO SOMEONE YOU MIGHT HAVE HURT OR VISE VERSA, YOU ARE NOT GOING TO SEND IT BUT YOU ARE GOING TO GET OUT YOUR EMOTIONS. DON'T BE SURPRISED IF THE LETTER IS SELF-ADDRESSED.

[THROAT CHAKRA] VISHUDHA.

BALANCED: THE THROAT CHAKRA FOSTERS CLEAR, CONCISE COMMUNICATION. YOU HAVE NO ISSUES BEING HONEST REGARDLESS OF THE SITUATION OR COMPANY YOU'RE IN. HOWEVER, WHEN THE THROAT CHAKRA BECOMES TOO ACTIVE THE COMPLETE OPPOSITE HAPPENS.

OVERACTIVE: SPEAKING RUDELY, OUT OF TURN, OR MALICIOUSLY ARE COMMON INDICATORS YOUR FIFTH CHAKRA NEEDS ATTENTION. LOOKING DOWN ON OTHERS, YOU BECOME HIGHLY CRITICAL OF MINUTE DETAILS. THE SLIGHTEST, MOST INNOCENT COMMENT FROM SOMEONE MAY STRIKE YOU AS INTENTIONALLY RUDE. YOU MAY EVEN SPEAK NEGATIVELY ABOUT YOURSELF, OR OTHERS, TO THE POINT IT BORDERS ON VERBAL ABUSE.

UNDERACTIVE: THE INABILITY TO SPEAK UP AND EXPRESS SELF. HOLDING IN EMOTION, TUNING OUT THE WORLD, DENIAL OF OWN TRUTH AND NEGATIVE INTERNAL CHATTER. LIVING INAUTHENTICALLY.

CRYSTAL HEALING

- SODALITE
- BLUE APATITE
- LAPIS LAZULI

SOUND THERAPY:

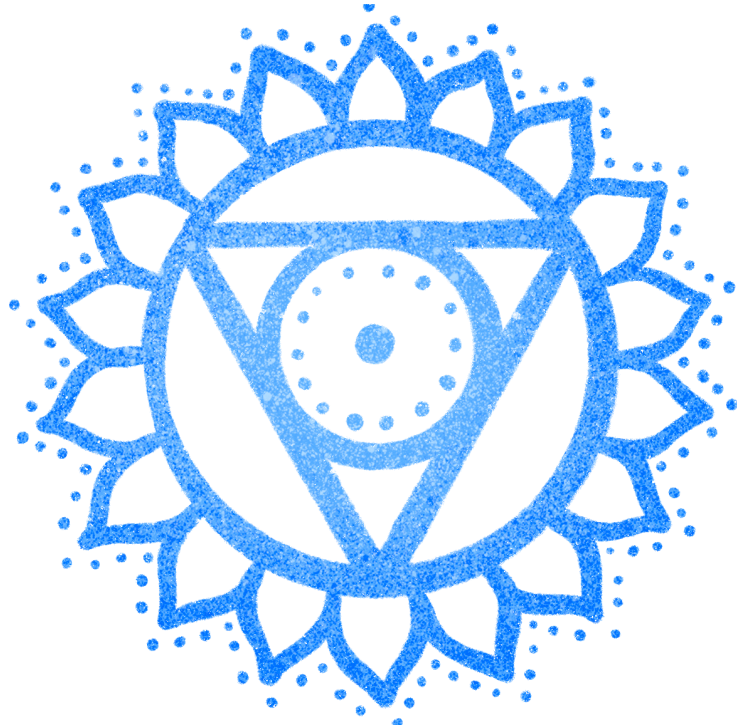
HAM, KEY G, 741HZ

AFFIRMATIONS:

- I AM CAN EXPRESS MYSELF
- I AM WALKING IN MY TRUTH
- I AM LISTENING

AROMATHERAPY:

- CHAMOMILE
- MINT
- TEA TREE



HOMEWORK: SAY IT OUT LOUD! WRITE OUT YOUR INTENTIONS/MANTRAS AND VOICE IT! CREATE RESONANCE IN THE BODY AND ALLOW THAT FREQUENCY TO FILL UP YOUR SPACE.

[THIRD EYE CHAKRA] AJNA.

BALANCED: THIRD EYE IS BALANCED YOU SEE EVERYTHING CLEARLY. YOU FUNCTION AND MAKE DECISIONS WITH A SENSE OF NEUTRALITY; MEANING YOU ARE CONCERNED, BUT NOT ATTACHED, TO ANY SINGLE OUTCOME. HIGHLY FOCUSED, YOU CAN MAKE THE DISTINCTION BETWEEN REALITY AND DREAMS (OR IMAGINATION).

OVERACTIVE: OVERINDULGING IN A FANTASY WORLD WHILE LOSING TOUCH WITH REALITY. BEING OVERLY CONCERNED OR FEARFUL ABOUT OCCURRING VISIONS. ROSE COLORED GLASSES COMPLEX.

UNDERACTIVE: FEELING STUCK IN THE DAILY GRIND WITHOUT BEING ABLE TO LOOK BEYOND YOUR PROBLEMS AND SET A GUIDING VISION FOR YOURSELF. NOT BEING ABLE TO ESTABLISH A VISION FOR ONESELF AND REALIZE IT. REJECTION OF EVERYTHING SPIRITUAL OR BEYOND THE USUAL. NOT BEING ABLE TO SEE THE GREATER PICTURE. LACK OF CLARITY.

CRYSTAL HEALING

- AMETHYST
- LABRADORITE
- RAINBOW FLUORITE

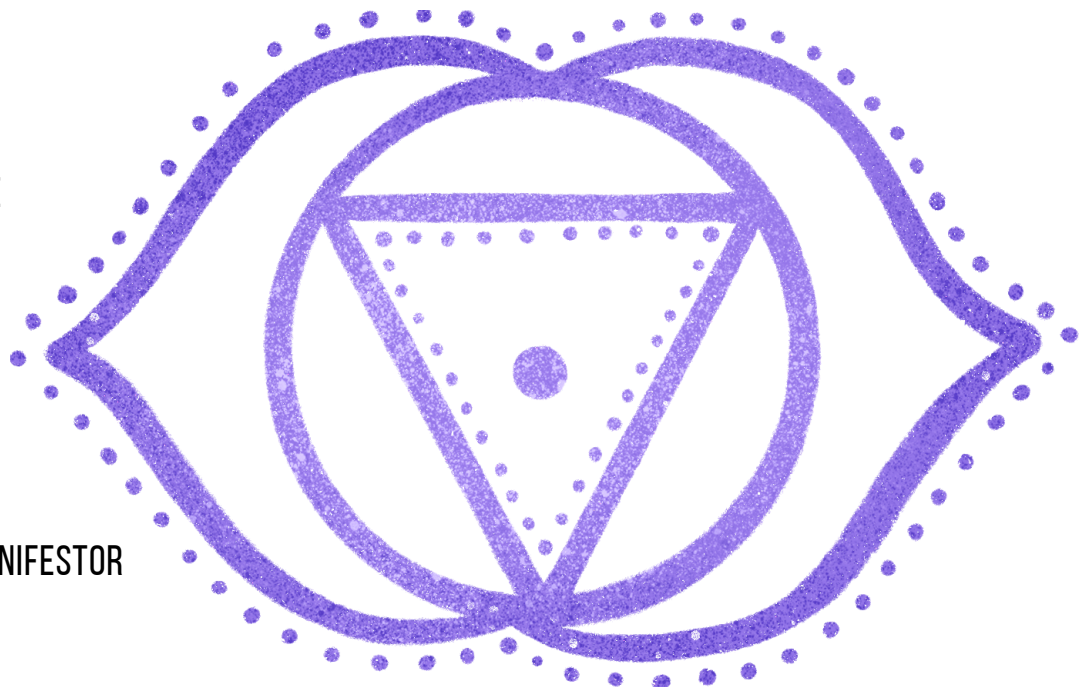
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AFFIRMATIONS:

- I AM INTUITIVE
- I AM PURPOSEFUL
- I AM A MASTER MANIFESTOR

AROMATHERAPY:

- LAVENDER
- JASMINE



HOMEWORK: PICK SOMETHING YOU WANT TO MANIFEST IN YOUR LIFE AND FOCUS ON IT DURING MEDITATION WITHOUT AN EXPECTATION OF HOW IT WILL COME TO YOU AND SEE WHAT HAPPENS.

[CROWN CHAKRA] SAHASRARA.

BALANCED: WHEN BALANCE ONE FEELS BALANCED, GROUNDED HIGHLY INTUITIVE AND CONNECTED TO THE DIVINE, LIFE HAS MEANING AND PURPOSE.

OVERACTIVE: OVERACTIVE CROWN CHAKRA MAY CREATE FEELINGS OF SUPERIORITY TOWARD OTHERS, AND AGGRESSION, AS WELL AS A TENDENCY TO BE JUDGMENTAL AND CRITICAL OF OTHERS. IT IS NOT UNCOMMON TO BE DISTRUSTFUL OF OTHERS OR TO FEEL LOST — AS THOUGH YOU'RE AMID A CRISIS OR HAVE LOST YOUR WAY IN LIFE. OVER THINKING AND OVER ANALYZING.

UNDERACTIVE: STUCK IN RIGID IDEALS AND CONSTRUCTS SYSTEMATIC AND OVERLY LOGICAL. UNDERWHELMED AND UNABLE TO OBTAIN MENTAL CLARITY. DULLNESS, DEPRESSION AND LOSS OF INTEREST IN LIFE.

CRYSTAL HEALING

- WHITE HOWLITE
- LEPIDOLITE
- CLEAR QUARTZ

SOUND THERAPY:

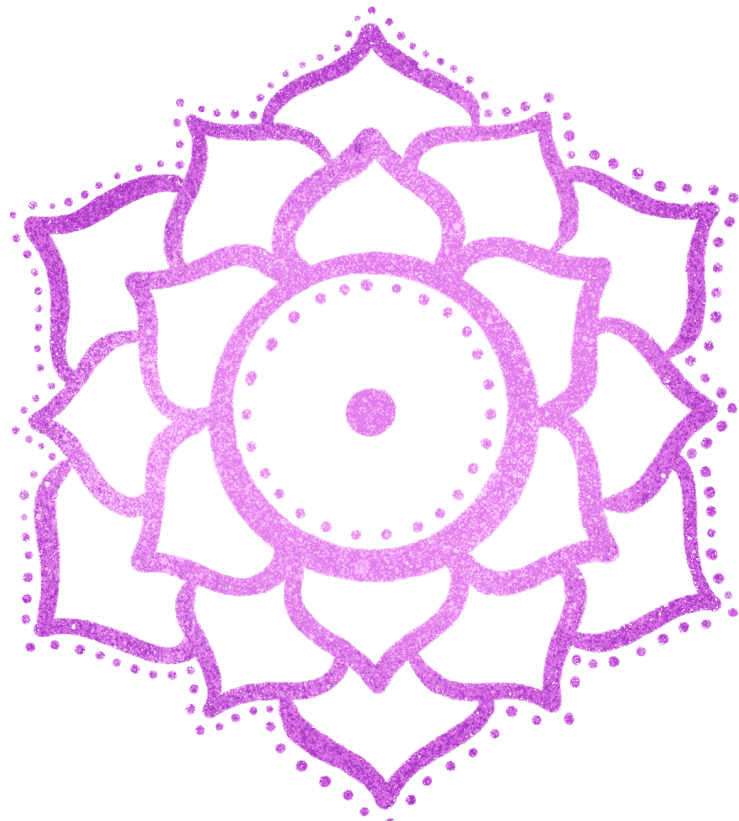
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AFFIRMATIONS:

- I AM CONNECTED
- I AM DIVINE
- I AM PRESENT

AROMATHERAPY:

- SAGE
- LAVENDER



HOMEWORK: DETOX! TAKE THIS TIME TO DECLUTTER MIND, BODY AND SPIRIT TO REBUILD THE CONNECTION. EACH DAY PRACTICE A PREVIOUS ASSIGNMENT AND THEN ALLOW YOURSELF TO REFLECT ON YOUR EXPERIENCE. WHAT HAS BEEN UNCOVERED FROM THE SUBCONSCIOUS MIND?

TRY A SALT BATH.

HEALING OVER EVERYTHING



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