

**Presented by:**  
***THE 7 DAYS: THE DAILY FLOW***



# **EVERYDAY MAGIC FOR PARENTS**

*Each Day's Hidden Energies  
& How They Benefit  
Your Child's Growth*

***GUIDE #5: THE CHAKRAS***

## ***Every Day has a Hidden Rhythm, Energy & Flow***

Every day has a symbolic language—its own secret magic—that can help build a child's emotional intelligence.

Ten powerful daily aspects—color, planet, animal, element, chakra, music, number, crystal, scent, and flower—are more than poetic metaphors.

Each is a little gateway into a day's energy—and each offers a gentle, meaningful way to parent with more presence, rhythm, and resonance.

*The 7 Days: The Daily Flow* draws from timeless wisdom to help today's parents raise children with more clarity, confidence, and calm.

By aligning with the unique energy of each day, you gain a simple, intuitive framework to give your child what they need today so they can thrive in tomorrow's world.

And, as AI accelerates everything, the most important traits they'll need aren't technical.

They're human.

These symbols offer a path to build those human traits—awareness, adaptability, creativity, curiosity, and more—one day at a time.

Use this guide as a spark, a mirror, and a little everyday magic to help you connect more deeply with your child as they grow into all they can become.

## ***The 7 Daily Themes—Your Parenting Rhythm***

Before we dive into this Guide's focus, it helps to know each day's high-level Theme—its energy—that shapes how our children learn, grow, and connect.

These Themes help you tune into the natural rhythm that already exists, so you can parent with more ease, clarity, and intention—and future-proof your child:

### **Monday: Nurture**

A day for care, support, and emotional presence.

### **Tuesday: Challenge**

A day to take action, face obstacles, and grow resilience.

### **Wednesday: Think**

A day to build perspective, ask questions, and observe.

### **Thursday: Collaborate**

A day to connect, communicate, and cooperate.

### **Friday: Create**

A day to imagine, express, and explore all ideas.

### **Saturday: Lead**

A day to direct with purpose, adapt, and persuade.

### **Sunday: Balance**

A day to reflect, reset, and restore.





Guide #5:

THE  
CHARRAS





Crown

## Monday's Chakra

Located at the top of the head, the Crown Chakra is the center of higher consciousness and wisdom, allowing us to feel connected to universal love and something greater than ourselves.

Leaning into the Crown Chakra helps your child to Nurture a deeper understanding of themselves and others, opening their hearts to new perspectives, insights, and compassion.

Energetically, when the Crown Chakra is balanced, your child will feel a stronger connection to their inner wisdom, reflecting Monday's emotional energy traits. And because they will be more likely to engage with the world sensitively and thoughtfully, the Crown Chakra sets the stage for the week ahead.

**Parenting Prompt:** The greatest advantage you can give your child isn't knowing everything—it's knowing themselves. Self-awareness—the ability to notice what we feel and why we act—is the root of all growth. On Mondays, guide your child to reflect on one moment that triggered a big feeling. Ask what they felt, why they reacted, and what they learned about themselves.



Root

## Tuesday's Chakra

Located at the base of the spine, the Root Chakra governs feelings of strength, stability, and safety. It's all about establishing a strong, grounded foundation, both physically and emotionally.

Tuning into the Root Chakra on Tuesdays helps your child feel steady on their feet—like they've got invisible boots that keep them grounded when the road gets bumpy. It gives them the safety to be brave, the confidence to try, and the strength to handle whatever comes their way.

Energetically, when the Root Chakra is balanced, it can build your child's capacity to stick with something rather than giving up. They will be better able to connect with their physical bodies and with the world around them to be ready for action.

**Parenting Prompt:** With the Root Chakra in mind on Tuesdays, build your child's resilience by reinforcing that the most important challenge is within. Challenging ourselves to do better and be better is like a secret magic key to the success door. To unlock it, we must focus on strengthening our roots—a powerful core is what allows us to reach our personal best.



# Throat

## Wednesday's Chakra

Located at the base of the throat, the Throat Chakra governs self-expression, communication, and inner truth. It's the energetic center that transforms thoughts into words—making it essential for Wednesday's Think Theme and the spirit of intellectual discovery.

When balanced, the Throat Chakra allows your child to speak with clarity, ask meaningful questions, and listen with presence. It opens the door for real conversation, encouraging your child to share what they know while staying open to what others think.

More than just speaking, this chakra supports thoughtful connection—expressing what's true within and receiving what's true for others. Practices like keeping a diary, storytelling, or even sharing ideas at the dinner table can help activate this center and deepen your child's perspective.

**Parenting Prompt:** Create a “Question of the Day” ritual each Wednesday. Choose prompts that invite big ideas, like: *“What’s something you’re curious about right now? If you could ask the world one question, what would it be?”* Let their response lead to rich, reflective conversation that builds both voice and insight.





Solar  
Plexus

## Thursday's Chakra

The Solar Plexus Chakra, located in the upper abdomen, is where your child's sense of self begins to burn bright. It holds the energy of confidence, purpose, and the courage to act—especially in ways that affect and include others.

Paired perfectly with Thursday's Collaborate Theme, a balanced Solar Plexus helps your child engage with others from a place of inner certainty—not needing to control, but eager to contribute. It nurtures self-trust and shared respect, so your child can move through group dynamics with flexibility and heart.

When this chakra is aligned, your child will sense that their voice matters—but so does listening. True collaboration isn't about dimming yourself to fit in; it's about shining fully with others to build something neither could create alone.

**Parenting Prompt:** On Thursdays, include your child in a shared family experience—planning, problem-solving, or teaming up on a creative challenge. Ask them why what they added was important, what they noticed in others, and how working together felt. This reflection reinforces that strength isn't just individual—it multiplies when shared.



Heart

## Friday's Chakra

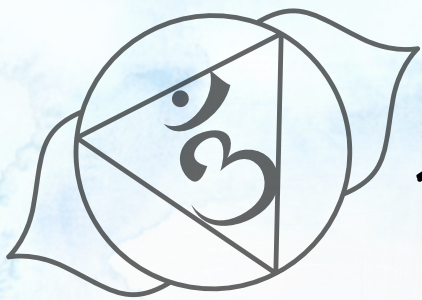
Located in the center of the chest, the Heart Chakra is the bridge between emotion and expression. It's where deep feelings transform into creative energy, making it the perfect companion to Friday's Create Theme.

When open and balanced, this chakra can allow your child to Create from a place of pure inspiration, turning feelings into art, stories, and original ideas that come straight from the heart.

More than just a source of love, the Heart Chakra is a gateway to originality—the ability to express something unique and shape it in a meaningful way. This connection between heart and creation encourages your child to share their inner world without limits—and in a deeply personal way.

**Parenting Prompt:** Invite your child to explore their creativity through the lens of emotion. Ask: *"What's a feeling you'd turn into a picture, a song, or a story—and how would it look or sound?"* This encourages them to translate emotions creatively—perhaps a painting inspired by happiness, a melody that captures excitement, or a story born from a dream.





# Third Eye

## Saturday's Chakra

Located between the eyebrows, the Third Eye Chakra is the seat of perception, where insight meets action. It can sharpen your child's ability to read between the lines, anticipate what's ahead, and make decisions with both intellect and intuition. Future leaders won't just react—they will see the bigger picture, connecting patterns others might overlook.

This inspiring chakra fuels the ability to be a muse to oneself and others, showing your child the power of trusting their instincts and inner knowing. A well-balanced Third Eye Chakra grants more awareness—which helps your child realize that being a leader isn't just about knowledge, it's about the ability to perceive.

On Saturdays, amplify that perception through storytelling that sparks foresight, activities that require strategic thinking, or observing the world like a detective in pursuit of clues that reveal the whole story. These experiences help your child refine their ability to eventually lead with depth and awareness.

**Parenting Prompt:** On Saturdays, nurture your child's entrepreneurial mindset by encouraging them to turn ideas into action—from a lemonade stand to a STEM project. Help them notice what people need, imagine creative solutions, and take the lead in bringing something new to life. That's how vision will become impact down the road.





# Sacral

## Sunday's Chakra

Located in the lower abdomen, the Sacral Chakra teaches that Balance is a rhythm—knowing when to engage, when to pause, and how to move through life with steady intention. Just like a dancer who adjusts mid-step, your child can learn to stay centered—neither rushing forward nor holding back.

A balanced Sacral Chakra helps your child meet both obstacles and opportunities with reason and integrity. It nurtures the inner steadiness to know when to give or receive, when to speak or listen—and to feel secure in each choice.

When this energy center is aligned, your child can learn to trust themselves and move forward more confidently. Balance means standing steady, choosing wisely, and honoring who you truly are.

**Parenting Prompt:** Attune your child to their own sense of Balance by asking how they know when they “*feel off*.” Try activities that build body awareness—like walking heel-to-toe, tossing a ball, or balancing on one foot. These simple games build the inner rhythm that ultimately supports self-trust and a strong core.

***We hope you enjoyed this Guide  
presented by THE 7 DAYS: THE DAILY FLOW***

Each one of the 10 aspects offers a different lens to help you connect with your child in real time, every day.

You can explore the rest of the *Everyday Magic for Modern Parents* free PDF series.

Or find them—and so much more to help your child thrive today and tomorrow—inside the groundbreaking book:  
*THE 7 DAYS: THE DAILY FLOW.*

This unique book weaves together parenting best practices with timeless mystical and metaphysical principles.

Inside you'll discover:

- Daily Themes & Energies
- Life Skills & Traits
- Principles & Amplifiers
- Rituals & Activities
- Prompts & Affirmations
- A 40+ page Keepsake Planner to help you track what matters most



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