

Hypno Energetics

Chakra Sequence — Nine Centers, Root to Soul Blueprint

Hypno Energetics Self-Healing Process

Begin at the bottom and rise. Ask each question. Then, use intention and creative imagery to cleanse and clear. Offer gratitude to end.

CHAKRA	QUESTION
9th Soul Blueprint <i>Gold</i> <i>cosmos</i>	<i>What did I come here to master?</i>
8th Soul Star <i>Pearl White</i> <i>cosmos</i>	<i>How much does my Spirit love me?</i>
7th Crown <i>Violet</i> <i>tap · Part 3 Spirit</i>	<i>What is needed now?</i>
6th Third Eye <i>Indigo</i> <i>tap · Part 1 Mind</i>	<i>What is happening now?</i>
5th Throat <i>Sky Blue</i> <i>tap · Part 2 Body</i>	<i>What words have I been holding back?</i>
4th Heart <i>Green</i> <i>tap · Part 4 Courage</i>	<i>What truth do I resist?</i>
3rd Solar Plexus <i>Yellow</i> <i>hold</i>	<i>To whom have I given my power and why?</i>
2nd Sacral <i>Orange</i> <i>hold</i>	<i>What needs to be released and felt?</i>
1st Root <i>Red</i> <i>hold</i>	<i>What keeps me from being here now?</i>