

Study Guide & Journal



WEEK 1



WEEK 2



WEEK 3

SELF-PACED CHAKRAS

Your paragraph text



WEEK 4



WEEK 5

ALIGNMENT

THE WEEKS



WEEK 6

Herbs Honey Love
Sauda

Introduction

Welcome, beautiful soul.

This book is a piece of my heart — a reflection of the practices that have supported me in my own journey of self-discovery, healing, and love.

Through exploring the chakras, I found not only deeper healing, but a greater sense of freedom within myself.

It's my hope that as you walk this path through Herbs Honey Love, you will fall even more deeply in love with yourself.

This is a self-paced experience.

Some may enjoy moving through the journal and chakra practices week by week.

Others may find it feels right to linger longer — staying with a single energy center until it fully speaks to them.

There is no right or wrong way. No race.

It's your journey, your timing, your sacred unfolding.

As you travel with me, I simply ask that you leave any preconceived notions about holistic healing at the door. I'm not asking you to believe in anything specific.

I'm inviting you to keep an open mind — and an even more open heart.

Bring your curiosity.
Bring your authenticity.
Bring your whole self.

Thank you for being here.
I'm honored to walk beside you.

With love and light,
Sauda
Founder of Herbs Honey Love

**This journal is an invitation to come home to yourself—gently,
honestly, and without judgment.
Over the next 7 weeks, you will explore the energy centers
of your body, each holding stories, emotions, and wisdom
waiting to be heard. If you feel like you need more time on
a particular area don't rush your self.**

Our bodies carry what we do not say.
Grief, fear, joy, and love all live within us, shaping how we move,
breathe, and feel. Through journaling, reflection, and chakra
awareness, this guide helps you uncover where emotions live in
your body—and how to release them with compassion.

This workbook is not just for women.
It is for anyone seeking healing, clarity, and connection to their
inner truth.

May this be a beginning. A root. A soft reset.
You are worthy of healing.

**With love,
Herbs Honey Love**



7-Day All-Fruit Chakra Juice Series



HERBS HONEY LOVE

Monday	Tuesday	Wednesday	Thursday
Red Rooted	Citrus Flow	Sunshine Fuel	Heart of Fruit
Watermelon, strawberries, red apple, lime	Orange, mango, papaya, tangerine	Pineapple, golden kiwi, yellow apple	Green grapes, honeydew, green apple
Benefit: Hydrating and grounding	Enhances digestion and sensual energy	Enorgalnig Energizing and anti-inflammatory	Cooling and heart-nourishing
	I flow with ease and joy.	I flow with ease and joy.	Affirmation: I open my heart to healing and love.
Friday	Saturday	Sunday	Sunday
Blueberry Breeze	Purple Dreams	Purple Dreams	Divine Nectar
Blueberries, peaf, coconut water	Blackberries, purple grapes, plum	Blackberries, purple grapes, plum	Light, high-vibration, and spiritual

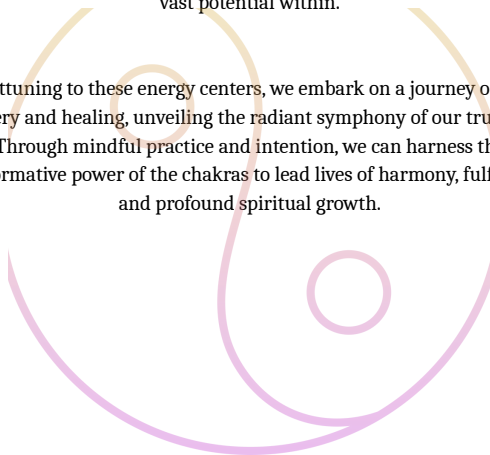
Chakras are mystical energy centers nestled within our being, guiding the currents of our physical, emotional, and spiritual vitality.

There exist seven primary chakras, gracefully aligned from the base of the spine to the crown of the head, each imbued with distinct emotions, organs, and functions.

When these energy wheels spin in harmony, we blossom into states of groundedness, confidence, love, expressiveness, intuition, and spiritual connection. Conversely, when these sacred chakras become obstructed, they may summon emotional turmoil or physical unease.

Yet, through practices such as breathwork, movement, affirmations, or energy healing, one can restore the delicate balance and rejuvenate the essence of life. Each chakra resonates with a unique color and vibrational frequency, inviting us to explore the depths of our consciousness and the vast potential within.

By attuning to these energy centers, we embark on a journey of self-discovery and healing, unveiling the radiant symphony of our true selves. Through mindful practice and intention, we can harness the transformative power of the chakras to lead lives of harmony, fulfillment, and profound spiritual growth.



Understanding Trauma

Men and women can hold trauma in similar areas of the body, especially when it's related to the chakra system — since the energetic centers themselves don't change based on gender. For example, the heart chakra still governs grief and love, and the sacral chakra still holds emotional wounds tied to creativity, sexuality, and pleasure — regardless of sex.

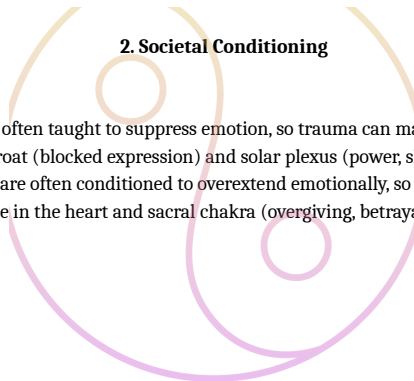
But here's where the difference often lies:

1. Hormonal and Reproductive Differences

Women may experience trauma more deeply in the womb space, ovaries, breasts, and hips — places linked to creation, nurturing, and femininity. Men may hold tension in the prostate, lower back, and gut, especially linked to shame, suppressed emotions, or pressure to “be strong.”

2. Societal Conditioning

Men are often taught to suppress emotion, so trauma can manifest in the throat (blocked expression) and solar plexus (power, shame). Women are often conditioned to overextend emotionally, so trauma may settle in the heart and sacral chakra (overgiving, betrayal, guilt).



Spiritual Insight:

- **Women** may internalize trauma more emotionally and spiritually (**yin energy**).
- **Men** may externalize trauma more physically or through disconnection (**yang energy**).

Understanding these dynamics can offer a deeper appreciation of how individuals process and heal from trauma. Recognizing the unique ways in which yin and yang energies manifest in emotional and physical responses can guide more personalized healing approaches.

To support women, creating safe spaces for emotional expression and spiritual exploration can be immensely beneficial. Practices such as meditation, journaling, and group therapy can help in processing and integrating these experiences more holistically.

For men, encouraging physical activities, mindfulness practices, and opportunities for meaningful connections can aid in addressing trauma. These approaches honor the natural tendencies towards action and external expression, providing pathways for healing that resonate with yang energy.

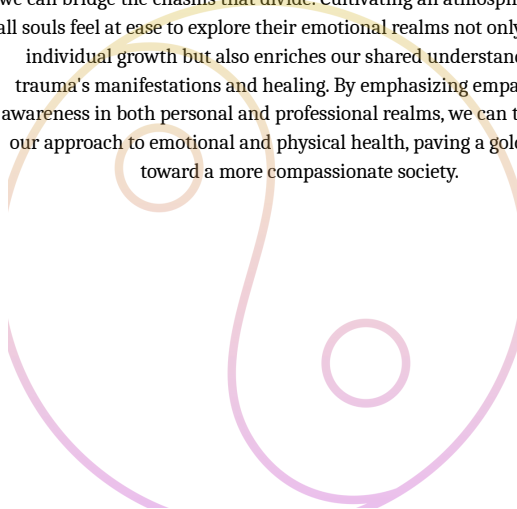
Ultimately, fostering an environment of understanding and compassion allows both men and women to navigate their healing journeys in ways that respect their individual needs and energetic balances, promoting a harmonious path towards wholeness.

Movement and Expression

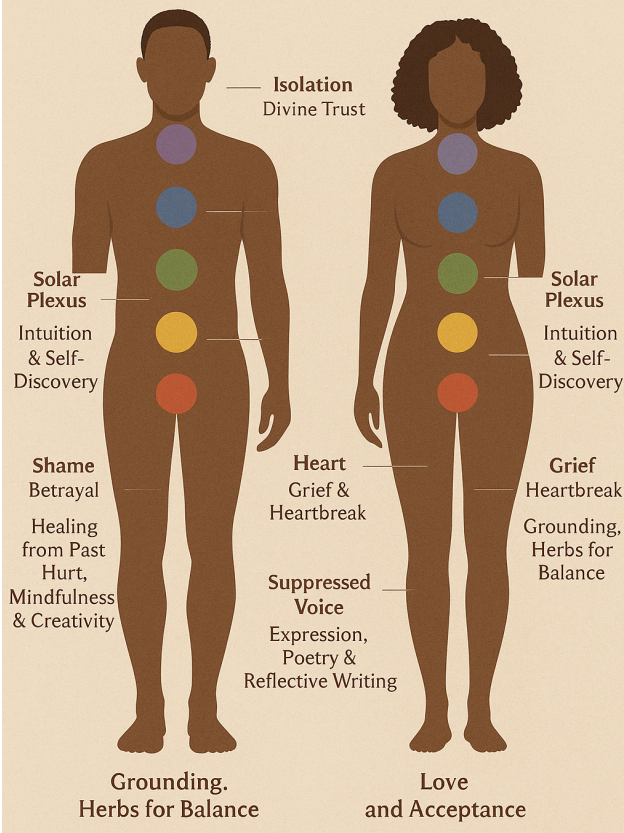
Women, often nurtured by cultural currents to delve into the waters of emotional healing, may find themselves more acutely aware of where pain manifests. In contrast, men might remain oblivious to how emotional suffering reveals itself through chronic backaches, constricted hips, or digestive turmoil until the physical signs demand their notice.

In essence: while the energetic landscape may bear similarities, the expressions, suppressions, or releases of trauma can vary dramatically due to a tapestry woven from biological, emotional, and cultural threads.

It is vital to acknowledge and honor these distinctions, for they hold the power to profoundly influence the healing journey. By fostering open conversations about emotions and creating sanctuaries for expression, we can bridge the chasms that divide. Cultivating an atmosphere where all souls feel at ease to explore their emotional realms not only nurtures individual growth but also enriches our shared understanding of trauma's manifestations and healing. By emphasizing empathy and awareness in both personal and professional realms, we can transform our approach to emotional and physical health, paving a golden path toward a more compassionate society.



TRAUMA AND THE CHAKRAS



Understanding Pain & Emotional Storage in the Body

In holistic healing, physical pain is often seen as the body's way of speaking emotional truths we have not yet expressed.

Each area of the body corresponds to an emotional experience and energetic center (chakra).

By tuning into where we feel tension, we can begin to uncover deeper healing opportunities

Key Body Areas and Emotional Connections

Knees

Emotional Meaning: Fear of moving forward, stubbornness, pride, survival burdens.

Related Chakra: Root Chakra (Muladhara)

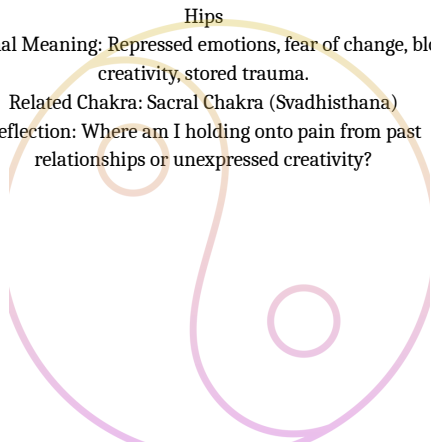
Reflection: Am I resisting necessary changes in my life? Am I carrying generational burdens of survival and fear?

Hips

Emotional Meaning: Repressed emotions, fear of change, blocked creativity, stored trauma.

Related Chakra: Sacral Chakra (Svadhithana)

Reflection: Where am I holding onto pain from past relationships or unexpressed creativity?



Shoulders

Emotional Meaning: Carrying the weight of responsibility, emotional burdens, suppressed communication.

Related Chakras: Heart Chakra (Anahata) and Throat Chakra (Vishuddha)

Reflection: Am I taking on too much for others? Am I afraid to ask for help or express my needs?

Chest (Heart Center)

Emotional Meaning: Grief, heartbreak, sadness, fear of vulnerability, difficulty receiving love.

Related Chakra: Heart Chakra (Anahata)

Reflection: Where have I closed my heart to protect myself? What would it take for me to open it again safely?

Healing Reminder:

“Pain is not punishment — it is information.

Our bodies are sacred messengers on the path to deeper love, forgiveness, and transformation



How Trauma is Stored in Our Organs

Trauma doesn't just affect the mind — it imprints itself on the nervous system and internal organs.

The body tries to “protect” us by storing unprocessed emotions in muscles, fascia (connective tissue), and organs, especially when we suppress or avoid fully feeling those emotions.

Each organ has emotional and energetic ties — often aligned with both traditional healing systems (like Chinese Medicine) and chakra philosophy.

Healing Tools for Releasing Organ-Stored Trauma:

- Breathwork (especially for lungs, heart, stomach)
- Somatic Movement (shaking, dancing, yoga)
- Sound Healing (chanting, humming to open throat and heart)
- Herbal Support (e.g., burdock root for liver cleansing, lungwort for lungs)
- Inner Child Work (journaling, self-forgiveness)



Organ	Stored Emotion/Trauma	Chakra Connection
Liver	Anger, resentment, frustration	Solar Plexus Chakra (Manipura)
Lungs	Grief, sadness, inability to fully breathe into life	Heart Chakra (Anahata)
Heart (itself)	Deep heartbreak, betrayal, emotional pain	Heart Chakra (Anahata)
Stomach	Anxiety, fear, loss of control	Solar Plexus Chakra (Manipura)
Kidneys	Fear, trauma, chronic stress	Root Chakra (Muladhara) and Sacral Chakra (Svadhithana)
Bladder	Holding on to past fears, insecurity	Root Chakra (Muladhara)
Gallbladder	Bitterness, unprocessed decision-making anger	Solar Plexus Chakra (Manipura)
Intestines (Colon)	Guilt, inability to let go, holding onto emotional waste	Sacral Chakra (Svadhithana)
Pancreas	Lack of sweetness in life, feeling unsupported	Solar Plexus Chakra (Manipura)
Throat (thyroid)	Suppressed voice, feeling unheard, fear of expression	Throat Chakra ()

Situations to Balance All Chakras

Root Chakra (Muladhara) – I Am Safe

Theme: Safety, stability, grounding

Real-Life Situations:

Walking barefoot in nature

Budgeting and paying bills on time

Deep cleaning your home

Cooking a nourishing meal

Creating a daily routine



Sacral Chakra (Svadhishthana) – I Feel

Theme: Pleasure, creativity, emotions

Real-Life Situations:

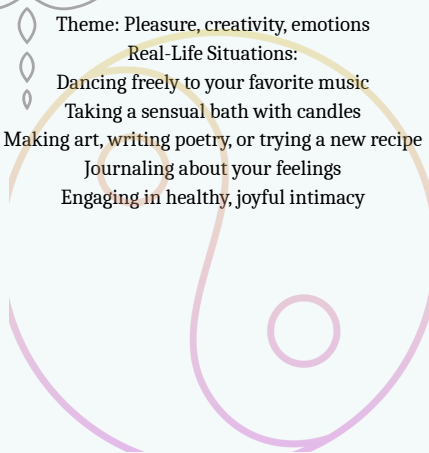
Dancing freely to your favorite music

Taking a sensual bath with candles

Making art, writing poetry, or trying a new recipe

Journaling about your feelings

Engaging in healthy, joyful intimacy



Solar Plexus Chakra (Manipura) – I Do

*Theme: ** Confidence, willpower, personal power

*Real-Life Situations: **

Establishing and upholding boundaries

Completing a venture, you've embarked upon

Voicing your thoughts in a gathering

Embracing new challenges that push your limits

Crafting a to-do list and delighting in the joy of checking off tasks



Heart Chakra (Anahata) – I Love

*Theme: ** Love, compassion, connection

*Real-Life Situations: **

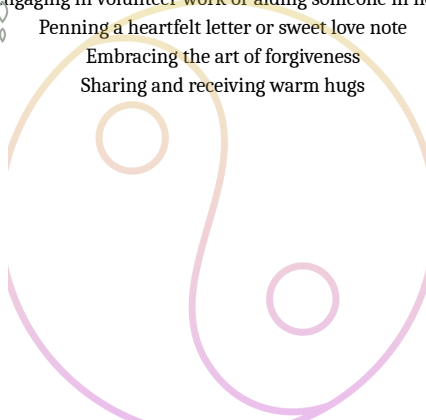
Cherishing moments with those dear to you

Engaging in volunteer work or aiding someone in need

Penning a heartfelt letter or sweet love note

Embracing the art of forgiveness

Sharing and receiving warm hugs



Week 1: Root Chakra Check-In – “Grounded in Love”

I felt most grounded when:
walking in nature, practicing stillness, setting clear boundaries)

A moment I felt unsafe or disconnected was:

Affirmation Reflection:

“I am safe. I am supported. I belong.”

How did this truth show up for you this week? Write a moment or insight where you felt aligned with this affirmation.

During a heartfelt conversation with a dear friend, I felt truly seen and heard, which reinforced my sense of safety and belonging.

We shared stories and laughter, and in that moment, I realized how supported I am by the meaningful connections in my life. This insight reminded me that I am never alone in this journey, and it brought the affirmation to life in a powerful and comforting way.



WEEK 1 · ROOT CHAKRA

CHAKRA OVERVIEW

● Color · Red

☸ Name · Muladhara

☉ Element · Earth

℞ Location · Base of spine



EMOTIONS

! Fear

♣ Safety

🌳 Grounding

HEALING

🌿 Foods

🏠 Movement

❤ Affirmation

🍹 Juicing

JOURNALING

When do I feel unsafe or insecure?

How can I create more stability in my life?

What helps me to feel grounded?



*I am safe, grounded,
and supported.*

Week 2: Sacral Chakra – Emotions & Creativity

What emotion danced most prominently in my heart this week?

Did I embrace moments of pleasure, joy, or gentle softness?

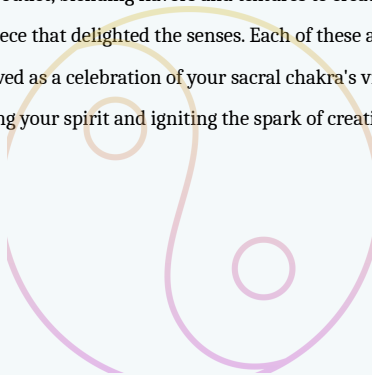
Was there a time when I felt emotionally entangled or overwhelmed?

In what ways did I channel my creativity or sensuality this week?

Perhaps you found yourself exploring new forms of art, like painting or writing, allowing colors and words to flow freely from your imagination.

Maybe you took a moment to savor the beauty of nature, letting its tranquility inspire a fresh perspective.

Through dance or music, you might have expressed your innermost feelings, transforming emotions into graceful movements or harmonious melodies. Cooking a new dish could have been your creative outlet, blending flavors and textures to create a culinary masterpiece that delighted the senses. Each of these acts, however small, served as a celebration of your sacral chakra's vibrant energy, nurturing your spirit and igniting the spark of creativity within.



Week 2:

SACRAL CHAKRA

CHAKRA OVERVIEW

Color: Orange

Name: Svadhisthana

Element: Water

Location: Lower abdomen



EMOTIONS

Guilt, Shame

Pleasure

Creativity

JOURNAL

What brings me joy
and lets me feel
passionate?

HEALING

🍷 Nourishing, juicy fruits

💧 Movement: Gentle flows
and stretches for the
hips

☀️ Affirmation: I am
allowed to feel and
enjoy deep pleasure

What creative
blockages do I need
to release to fully
embrace my flow?

*I embrace pleasure, passion,
and creative flow.*



Week 3: Solar Plexus Chakra – Confidence & Willpower

What moments ignited my sense of confidence or empowerment this week?

In what ways did I relinquish my power or diminish my presence?

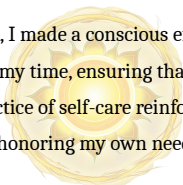
Which aspirations did I chase or shy away from?

How did I assert myself or champion my own needs? Reflecting on these questions can be a transformative practice. This week, I felt a surge of confidence when I successfully completed a challenging project at work, receiving positive feedback from my colleagues and supervisors. It was a reminder of my capabilities and the hard work I've invested.

However, there were moments when I noticed myself stepping back in social settings, allowing others to dominate the conversation, which made me question why I held back. I realized it was an opportunity to practice speaking up and sharing my thoughts without hesitation.

I chased my aspiration to start a new hobby, enrolling in a painting class that I've always wanted to try. It felt empowering to pursue something purely for my own enjoyment and growth. On the other hand, I hesitated to take the next step in a personal project, feeling unsure about my readiness.

Throughout the week, I made a conscious effort to assert my needs by setting boundaries with my time, ensuring that I dedicated moments to rest and recharge. This practice of self-care reinforced my sense of self-worth and the importance of honoring my own needs alongside those of others.



Rest · Reset · Rejuvenate

Week 3

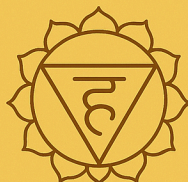
SOLAR PLEXUS CHAKRA

Color: Yellow

Name: Manipura

Element: Fire

Location: Upper abdomen



Emotional Themes

- Self-esteem
- Confidence
- Personal power

Physical Associations

- Digestion
- Pancreas
- Metabolism

Journal Prompts

- Sunlight
- Yellow fruits
- Breathwork
- Movement

How do I embrace confidence in my everyday life?

Affirmation

I radiate confidence and inner power.

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Week 4: Heart Chakra – Love & Compassion Reflection

How did I practice self-love this week?

How did I offer forgiveness to myself or others?

Who or what evoked strong emotions in me (joy, sorrow, vulnerability)?

Was I emotionally open or did I protect my heart?

This week embrace the art of self-love through daily rituals, such as morning meditation and nighttime journaling, which illuminated my path to self-connection.

I chose to release past grievances, recognizing that clinging to resentment clouds my inner peace. A heartfelt exchange with a friend enriched my emotional bonds, while witnessing a sunset served as a reminder of life's exquisite beauty and fleeting nature. I **WILL** cultivate greater emotional openness, granting myself the freedom to express my feelings in safe despite the whispers urging me to shield my heart.



WEEK 4:

Heart Chakra



AFFIRMATION

"I am open to giving
and receiving love."

OVERVIEW

The Heart Chakra is associated with love, compassion, and emotional balance. The Heart Chakra connects the lower and upper chakras — essentially in relationships, self-acceptance, and healing.

FUNCTIONS

- Love for oneself and others
 - Compassion and empathy
 - Inner peace and healing
-
-
-
-

IMBALANCES

- Difficulty in forming or maintaining relationships
- Feelings of isolation or loneliness
- Over-dependency or a lack of boundaries
- Holding onto grudges or resentment

REFLECTION

1. In what ways do you show love and compassion to yourself?
2. How can you nurture and heal your relationships with others?
3. What practices or activities help you cultivate a sense of inner peace?

Week 5: Throat Chakra – The Essence of Truth & Expression

In what ways did I unveil my truth this week?

Was there a thought I yearned to voice but held back? What held me?

Did I engage in deep listening—both to my inner self and to those around me?

What nurtured my sense of being truly heard and understood?



Week 5 Throat Chakra (Vishuddha) – I Speak

Theme: Communication, expression, truth

Real-Life Situations:

Singing, chanting, or reading out loud

Telling someone how you truly feel

Starting a blog or podcast

Saying affirmations aloud

Practicing mindful listening in conversations

6. Third Eye Chakra (Ajna) – I See

Theme: Intuition, insight, clarity

Real-Life Situations:

Meditating or practicing visualization

Journaling dreams or intuitive nudges

Trusting your gut feeling

Spending time in stillness and reflection

Reducing screen time to clear mental fog



7. Crown Chakra (Sahasrara) – I Am

Theme: Spiritual connection, divine wisdom

Real-Life Situations:

Sitting in quiet prayer or meditation

Reading sacred or spiritual texts

Practicing gratitude

Stargazing or observing nature in silence

Surrendering control and trusting the

Universe

What truths have I silenced in order to be accepted or avoid conflict?

How can I begin to speak more freely and authentically - first with myself then with others? Starting this journey involves self-reflection and a commitment to honesty, both with yourself and those around you. Begin by setting aside time for introspection, perhaps through journaling or meditation, to explore your true feelings and beliefs without judgment. Allow yourself to acknowledge any suppressed truths, understanding that they are valid and deserve to be heard.

Once you have a clearer picture of your inner landscape, practice expressing these truths in a safe and supportive environment. This could be with a trusted friend, family member, or therapist who can offer encouragement and understanding as you navigate this new path. Gradually, as you build confidence, you'll find it easier to communicate authentically with a wider circle.

Remember, speaking freely and authentically is a journey, not a destination. Be patient with yourself, celebrate small victories, and embrace the courage it takes to live in alignment with your true self. As you do, you'll not only experience personal growth but also foster deeper, more genuine connections with others.



Week 6: Third Eye Chakra – Intuition & Clarity

What whispers of intuition graced my awareness this week?

Did I carve out moments for stillness, reflection, or meditation?

In which realms did clarity illuminate my path—and where did I
encounter confusion or mental haze?

What enchanting symbols, dreams, or signs captured my attention?

These questions invite a deep exploration of the subtle energies and insights that may have surfaced during this period. I found moments of intuition manifesting as gentle nudges, guiding me towards decisions that aligned with my deeper truths. Engaging in meditation and reflection became essential, offering a sanctuary of calm where I could reconnect with my inner self.



Week 6: Third Eye Chakra

ENERGY, BALANCE, REFLECTION



ENERGY

The third eye chakra, also called Ajna, is associated with intuition, insight, and inner vision.

BALANCE

When balanced, the third eye chakra cultivates clear perception, imagination, and wisdom.

REFLECTION

How do I cultivate my inner vision?

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.....

What practices help me develop my intuition?

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.....

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Week 7: Crown Chakra – Spiritual Connection

When did I feel most connected to something greater than myself?

What moments brought me peace or awe?

Did I create space for stillness or divine guidance?

How did I nurture faith, trust, or surrender this week?

Reflecting on these questions, I found myself drawn to moments of quiet contemplation in nature. Standing beneath a canopy of stars, I felt a profound connection to the universe, a sense of belonging to something vast and beautiful. It was during these nights that peace enveloped me, as the cool breeze whispered secrets of the cosmos.

I carved out time each morning for meditation, allowing stillness to guide me. In those serene moments, I opened my heart to divine guidance, feeling a gentle nudge towards clarity and purpose. This practice nurtured my faith, reminding me to trust the journey and surrender to the flow of life.

Throughout the week, I also found solace in acts of kindness, both given and received. These exchanges, simple yet profound, reinforced my belief in the interconnectedness of all beings. Each gesture, a reminder



Week 7: Crown Chakra

Awareness, Consciousness, Spirituality



Reflect on your sense of awareness
and connection to the universe.

Describe a meaningful spiritual
experience you've had

Set an intention for expanding
your consciousness

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Closing Words

You made it. You showed up for yourself.

This journey through your energy centers was not just about chakras
or journaling—it was about remembering that your emotions are
valid, your healing is sacred, and your body is wise.
You've done something powerful by simply turning inward.

As you move forward, may you carry this truth:
You are not broken—you are becoming.

Let this be a guide you return to whenever you need grounding, love,
or clarity. For You, the Healer in Progress

For the one who cries in silence and still rises.
For the one learning to trust their body again.
For the one who gives so much and is learning to receive.
This is for you.
You are not alone on this journey.
You are seen. You are healing. You are love.

With warmth,
Herbs Honey Love