

Chakra 1/Muladhara/Red/ Tribal Awakening

- No choice: gender, sex, race, ethnicity, nationality, geography, language, genetics-health/shape/height/skin, social class

Group: other factors that you incarnated with? _____

Ideas: rules, regulations, laws, time-space, superstitions, myths, bias, attitudes, diet, health, culture

- **The role of the tribe is to take care of you & keep you safe**, albeit under tribal rules (justice).

Group: Tribal rules that promise to keep you safe? _____

-The tribe expects you to: work, high wages, savings, invest, partner/marriage, family, faith, nice

Group: Which tribal expectations are you plugged into? _____

Group: Do you create my own reality? or, blame someone else for your situation?

- People evolve and heal at the speed of the tribe. (medical speed, health speed, medicine speed)

- People evolve and heal on tribal rules, beliefs and systems (insurance coverage, surgical consults)

- Tribal design exempts people from personal accountability.

Group: What tribal systems prevent you from personal accountability? _____

(medical insurance, auto insurance, unemployment insurance, copy-catting, Jesus Saves, pretending, lying, blaming, ignorance, self-victimizing, law suits)

- Personal choices must pass this test: "What will they say?"

Group: What choices do you fear by "What will they say?"

- The tribe is preparing you for tribal reliance, not independence.

Tribal conventions: feel: safe, superior, attractive, interesting, powerful, liked, included, special, popular

as defined by the tribe to program your energetic/thought investment into tribal alliance.

Hollywood/ Hallmark Channel/ Valentine's Day/ Emmys-Grammys/ Super Heroes

Extended Warranties/ "save"/ no money down/ billboards/ taxes

ADHD/ menopausal/ bi-polar/ public nudity/ 4 out of 5 dentists

Alarm clocks/ alarm systems/ police/ 911/ voting/ political parties/ lottery/ military

First class seats/ country clubs/ Disneyland/ Club Med/ sports teams/ VIP

BMI/ hair plugs/ botox/ vegan/ organic/ grocery aisles/ paleo/ MPG

Marriage/ Barbie/ make-up sex/ social likes/ trends/shrimp forks / news/ worship

"Get your confidence back"

"Everything will be fine"

"Don't be afraid anymore"

Group: Any other tribal conventions? _____

Chakra 2/ Svadhisthana/ Orange/ Tribal Control

- **Need for control + position within the tribe respecting tribal rules**

- Need to control others, make them see you as you require, manipulate their thinking (wounded)

- Origin of suspiciousness, judgement, competition, worry, privilege and protection.

Group: Are you investing in controlling anyone? _____

Do you believe someone is invested in controlling you? _____

Group: What part of your life do you need to control? _____

- Which part of your life do you need to control + what it will cost you to do it.

- "Other people" awareness: prettier, thinner, luckier, healthier, richer, (advantaged)

Group: What features do other people have that you admire? _____

- How you interpret the rules, your perceptions, "why" other people are advantaged (sic)
- The tribe teaches you how to deal with conflict by resolving the issue under tribal law
- The tribe teaches you its version of cause + effect, limits self-discovery + self-reliance
- The rules of right + wrong, and the consequences (projected and real)
- Investing in perceptions + memories + beliefs that are not actually true, or true no longer

Group: What do you believe today "because I was raised that way"? _____

- Justice will protect you, laws protect the innocent, day-in-court, consequences to the harmer
- Taught [revenge+restitution] before [empathy+compassion] before forgiveness (self-release)
- How to deal with loss, injury, trauma, unmet expectations, devaluation, invisibility
- Birthing new ideas and the risk associated with it. (includes sexual)
- Vows, vision, creativity, conversion, alliances, clubs, "where do I fit in"

Tribal Control: in control of your life, have the right job, on a track to success

Regular paycheck/ smart investments/ electric vehicle (grid-life)/ credit score

Prayer/ CrossFit/ Tattoos/ gangs/ sin/ parking tickets/ handicap access

Legal representation/ phone tracking/ private browsing/ clearing cache

Attractiveness/ Ritalin/ shoe size =/ online dating/ fetish

C 'anything' O/ arguments/ promotions/ influencer/ shame/ grief

"What is wrong with you?"

"Why do you always make me feel this way?"

"I am really worried about you"

Chakra 3/ Manipura/ Yellow/ Tribal Approval (Solar Plexus)

- Self-Esteem and dispelling fear while under tribal guidance

- Personal journey to develop self-respect, personal ethics, personal honor code, and integrity
- Personal journey to eliminate: concerns about negative criticism, need for approval, and acceptance

Group: What about you needs to be socially acceptable: _____

- Where you 'draw the line' or 'stand your ground' to preserve your benchmarks within the tribe.
 - What is your strategy to argue your point?
 - How will you know when it is time to walk away?
 - When you say 'No' do you mean it?
 - What will you do to keep someone in your life?

Group: What has authority over you, and why? _____

- Fears: perceptions about self-preservation, housing, income, health risk
- Fears: perceptions about attractiveness, relationship longevity, sexual desirability
- Fears: perceptions about historical criticism, closet skeletons, memories

Group: What fears are blocking your growth? _____

- Attracting a 'hook' to hang our stuff on so that we can address it directly again and again
- Have direct access to God

- Tribal independence, not tribal reliance (guidance)

- Passing an idea past fear first

Tribal Approval: looking at yourself through the lens of society doesn't feel right anymore

Sexual abuse/ lifted trucks/ Cinderella/ compromise/ debt/ ED

Divorce/ girl's night out/ retirement/ bulimia/ shameless desire/ envy

Coupons/ inadequate/ seniority/ invisible/ damaged goods/ trouble-maker

Prozac / 7-year itch/ Women's Rights/ 000/ bitterness/ Chivalry/ haunted

"What if things never change, what am I going to do?"

"What if my idea fails?"

"Do I deserve this?"