

DO YOU HAVE EVERYTHING YOU DREAMED OF AS A CHILD BUT ARE STILL FINDING THAT YOU ARE STILL UNHAPPY FOR UNKNOWN REASONS?

ARE YOU READY TO EXPLORE SOMETHING DIFFERENT THAT MANY CELEBRITIES AND SUCCESSFUL PEOPLE REGULARLY TURN TO?



USE THIS SURPRISINGLY SIMPLE CHAKRA ENERGY CHECKLIST TO EXPLORE HOW TO REIGNITE THE SPARK IN YOUR LIFE.

WELCOME



I'M ZEENA, AUTHOUR OF UPCOMING BOOK
CHAKRAS BALANCED

I am delighted to share with you the most valuable thing you'll uncover about yourself this year! A checklist of key energetic warning signs that will help you pinpoint your energy imbalances. Use this to uncover which specific areas of your life have started to work against you, causing unexplained unhappiness.

Chakra energy is not a new concept or fad. It's been known to mankind for millennia! We all have it and many successful people and celebrities are using it to STOP unexplained unhappiness from pervailing. Take a look at the checklist to explore any UNDESIREABLE symptoms that might be showing up in your life.

Love and Light,
Zeena x

ROOT CHAKRA

List one

IMBALANCE *Shows up as*

- Exhaustion
- Fear or anxiety
- Mistrust
- Abandonment
- Insecurity
- Feelings of hopelessness
- Rigid thought patterns
- Chronic fatigue
- Weight issues
- Reproductive issues
- Bowel problems or constipation
- Unexplained pain in your feet, legs or knees

Do you have any of these energetic symptoms?

Yes

No



When this energy is vibrant and flowing well, we have a great connection to the earth and feel reassured. We are not struggling to feel safe and secure. We just are! This Chakra and energy governs our survival and stability, controlling fight or flight responses.

SACRAL CHAKRA

List Two

IMBALANCE *Shows up as*

- Denial of pleasure
- Poor boundaries
- Carrying feelings of shame or guilt
- Sexual addiction and dysfunction
- Emotional excess or deficiency
- Feelings of numbness
- Reproductive issues
- Circulatory problems
- Frequent kidney, bladder, or urinary tract issues
- General aches and pains

Do you have any of these energetic symptoms?

Yes

No



This Chakra and energy governs our emotions. It is linked to our feelings, creativity, sensuality, and sexuality. When this energy is vibrant, we embrace and enjoy life. We can easily let go of situations without excessive dwelling, and we can express ourselves without being selfish or cruel. We tend to ooze happiness and find joy everywhere!

SOLAR PLEXUS CHAKRA

List three

IMBALANCE *Shows up as*

- Being obsessed with your self-image or
- Social status
- Egotistic
- Weak will
- Anger
- Aggressiveness
- Domineering behaviour
- Vengefulness
- Fear
- Powerlessness
- Anxiety
- Passivity
- Indecision
- Stomach bloating
- Liver problems

Do you have any of these energetic symptoms?

Yes

No



This Chakra and energy is all about your personal power and how much of your life you take accountability for. When this energy is vibrant and flowing well, we are confidently decisive but still able to enjoy the spirit of spontaneity. We have a strong sense of purpose combined with healthy self-esteem. When it is out of balance, you may feel out of touch with the fire within you.

HEART CHAKRA

List four

IMBALANCE *Shows up as*

- Grief
- Despair
- Shyness
- Feelings of isolation/loneliness
- Jealousy
- Bitterness
- Envy
- Worthlessness
- Co-dependency
- Feelings of not being good enough/rejection
- Issues with your arms and hands
- Upper back or chest pain

Do you have any of these energetic symptoms?

Yes

No



This Chakra energy plays a significant role in attaining overall energetic balance. It relates to our ability to give and receive love. It circulates our emotional energy and governs our empathy, ability to forgive, compassion, divine love, and how we process grief. Without your heart Chakra being open, love cannot and will not prevail.

THROAT CHAKRA

List five

IMBALANCE *Shows up as*

- Lying
- Withdrawal
- Inability to listen
- Communication issues
- Speech impediments
- Speaking too quietly or loudly
- Hearing issues
- Communication issues
- Trouble speaking your truth
- Being overly opinionated

Do you have any of these energetic symptoms?

Yes

No



This Chakra and energy governs our communication and creativity and is linked to our independence, use of language and ability to speak our truth. Not being able to freely communicate or express your thoughts and opinions will cause this Chakra to fall out of balance.

THIRD EYE CHAKRA

List six

IMBALANCE *Shows up as*

- Nightmares
- Irrational behaviour
- Irritability or short-temperedness
- Issues associated with mental health
- Poor concentration/memory issues
- Denial of reality
- Headaches or migraines
- Negative or clouded thinking
- Sleep issues
- Obsessive compulsive disorder

Do you have any of these energetic symptoms?

Yes

No



This Chakra and energy governs our intuition, thoughts, and imagination, resulting in our ability to self-reflect and have a vision. When this energy is balanced, we have clarity of mind and great focus. We're able to accept and live our truth. We are not easily distracted.

CROWN CHAKRA

List seven

IMBALANCE *Shows up as*

- Obsessive thinking
- Overly logical thought process
- Egotism
- Narrowmindedness
- Dissociation from reality
- Apathy
- Spiritual addiction
- Sleep issues

Yes No

Do you have any of these energetic symptoms?



This Chakra and energy is linked to spiritual awareness, presence of true mindfulness and universal unity. When in balance, we are open to knowledge and the wisdom of others and are living our best, most fulfilled, and peaceful life.

MY LIFE BEGAN TO RAPIDLY SHIFT AND TRANSFORM AS I WORKED ON MY CHAKRAS

Before uncovering the world of Chakra energy and working with international clients in this beautiful space, I enjoyed a very successful but highly stressful corporate career in London for 13 years. I had built the life I always wanted as a child, consistently achieving the jobs and salary I wanted but with this came increasing levels of bewildering unhappiness in many aspects of my life.

I just felt so blah and out of alignment despite my extremely comfortable lifestyle. I had no clue why I lost the spring in my step, the spark in my life. I just couldn't figure out the 'why' behind this. Until I came across Chakra energy. I discovered it isn't something new. It is actually being regularly used by many successful people and celebrities so they can avoid experiencing unhappiness and feeling out of alignment. It's such a popular branch of wellness and self care, I was blown away at the results! I just wish I had discovered this knowledge much earlier on in life.

I am so excited that you have found your way here, to explore your own energy. When you understand your energy (Chakras) you can start to pinpoint the link between undesirable traits that may be surfacing in your day to day life and which will contribute to your levels of happiness, fulfilment and overall wellness. I know how frustrating it is not knowing why you don't feel true happiness, despite all your own amazing milestones, and can assure you that the answers will lie in the state of your Chakra energy.

By understanding early tell-tale signs or energetic warnings as I like to call them, you can work to redress an imbalance in your energy sooner rather than later and avoid unnecessary or prolonged periods of unfulfilled ways of living. Instead, learn to find and live your happy now and in all aspects of your life! Beginning to shift through any unhappiness that is surfacing is a beautiful feeling with tangible benefits.

There is no need to settle in life or play one area for another like we're usually taught. You can have it all. Now and forever!

I hope you find these bitesize nuggets of absolute energy gold rewarding.

Many blessings to you. Zeena x





DISCLOSURE

Learning about energy healing and balancing Chakras is not for illness or diseases and should not take the place of medical advice or medical treatment.

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