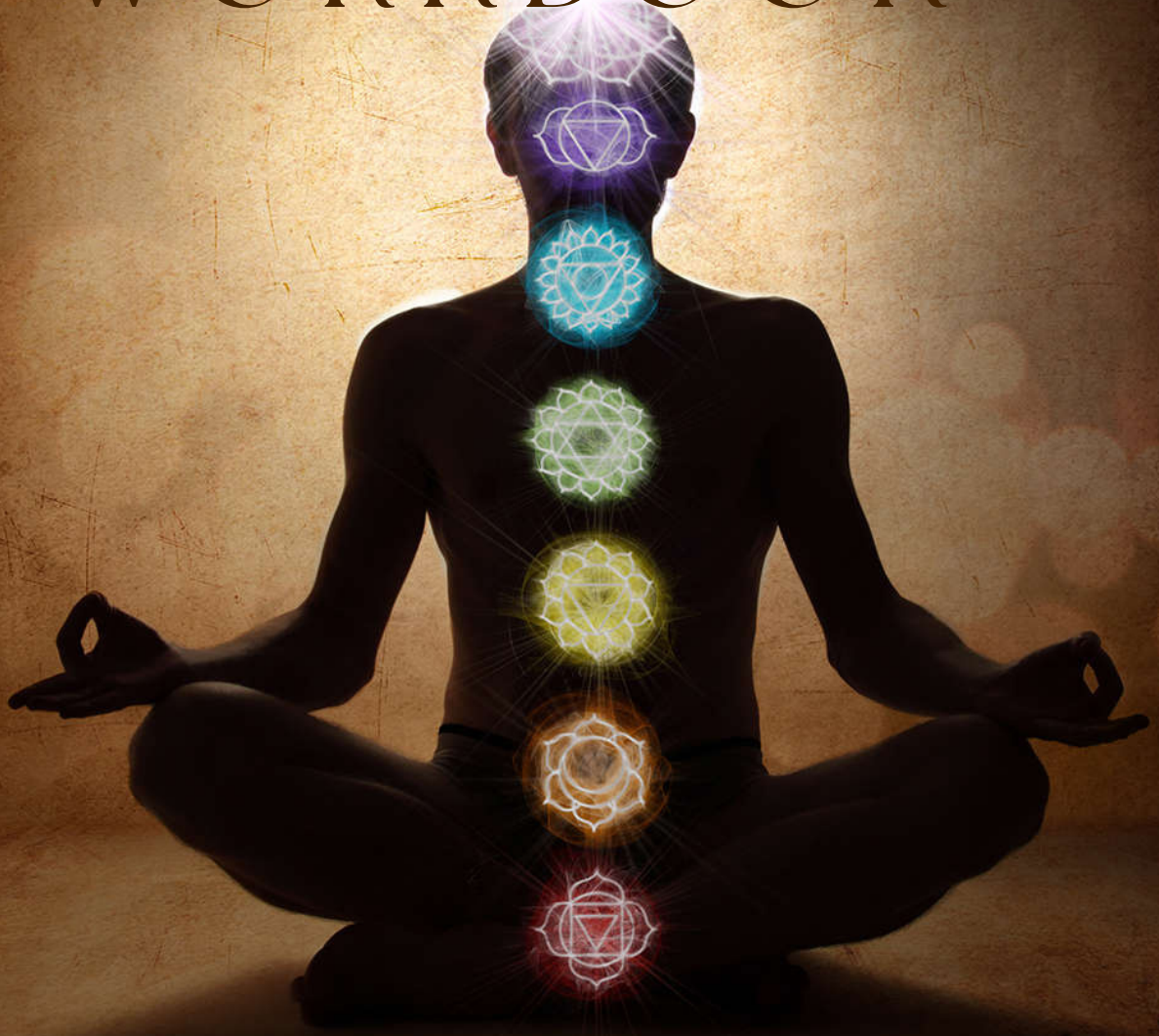

CHAKRA WORKBOOK



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Chakras are centers for the reception, uptake and transmission of life force energy, which is called prana.

This energy coordinates the spirit/body connection. The body is an avatar for your consciousness.

Chakras connect the spirit with the body. This is what animates the body and mind. Chakra is a Sanskrit word meaning "spinning wheel." Chakras are connected by nadis (rivers), which would allow prana (life force energy) to flow through our bodies.

We can feel these energy wheels at times when energy flows through them in excess. We feel our throat chakra when we have a "frog in the throat", the heart chakra when we are experiencing a broken heart; or combining them when we feel a swell of love in the chest and choked up over something that moves us. "Butterflies in the stomach would be feeling solar plexus chakra.

What are Chakras?

Focusing only on physical health is not bringing complete wellness.

Physical symptoms can be relieved and prevented through balancing the chakras. When a chakra is blocked, we experience distress and disease.

Everything is energy. When we release the energy that we once needed to create for protection, that is no longer serving us, then we release the physical manifestation of said energy, i.e., disease and dysfunction.

Unbalanced chakras are connected with the body, as well as outside experiences. For example...

If you have an overactive root chakra, you might have problems with addiction or high intensity, manic behaviors. An underactive root may cause a fearful, unsafe disposition.

An overactive sacral chakra may present as overly sexual and promiscuous. While an underactive one would appear as unsure of oneself and one's own abilities.

Balanced chakras are important for balanced health and wellness.

The seven chakras are located near seven major nerve ganglia (networks of nerve tissue)

1. Root Chakra – Coccygeal Plexus
2. Sacral Chakra – Sacral Plexus
3. Solar Plexus Chakra – Solar Plexus
4. Heart Chakra – Pulmonary & Cardiovascular Plexuses
5. Throat Chakra – Pharyngeal Plexus
6. Third Eye Chakra – Carotid Plexus
7. Crown Chakra – Cerebral Cortex

Our chakras also connect with our major hormone producing glands.

1. Root Chakra – testicles or adrenal glands
2. Sacral Chakra – ovaries, testicles
3. Solar Plexus Chakra – adrenal glands, pancreas
4. Heart Chakra – thymus gland
5. Throat Chakra – thyroid gland
6. Third Eye Chakra – pineal gland
7. Crown Chakra – cerebral cortex

A chakra channels the way energy flows through the body.

Any energy a chakra encounters on its vibrational level is drawn into the chakra, processed and passed out again.

In other words, your chakras use the energy around you which you are calibrated to via your emotional state.

In other words, if you are sad, your chakras will tune into receiving more sad things, if you are feeling joy, your chakras will tune into receiving more things to bring you joy.

When these chakras hold onto stagnant energy, it cannot let go. When negative energy is held in the body, it causes all kinds of chaos at a cellular and energetic level.

There are over a hundred chakras in the body, all of which influence the way energy is disbursed in your body.

There are seven main chakras, in one line, from the tailbone to the crown of the head. Each of these chakras relate to specific organs and body parts.

Emotions and thoughts are energy; they get stored in the muscles, joints and fascia (the glue that holds everything together).

Releasing the old energy trapped in the chakras will make room for new healing energies with your intention. Everything we experience impacts our energy. We need to remove emotional and energetic toxins by intentionally tending to our chakras' rhythm.

We are peeling back years, even decades, of emotional trauma energy stuck inside the body. It is important to be patient with yourself in this healing process. Rushing results will only cause healing to be stagnant. Relaxing into the rhythm, not controlling the flow, letting go of past events and issues is how we keep our chakras flowing for optimal health and wellness.

Root Chakra

Located at the base of the spine.
Inferior mesenteric & Coccygeal plexuses

Mantra – "I am safe, I am secure."

Any **red crystals** will magnify intention in
cleansing this chakra.

Yoga

- strengthening & releasing legs & pelvic floor

Self-Care

- eat root vegetables
- grounding
- shadow work on how safety & security are showing up in your life

Essential oils

- sandalwood
- patchouli

Associated with

- survival
- safety
- stability

Element

- earth

Governs

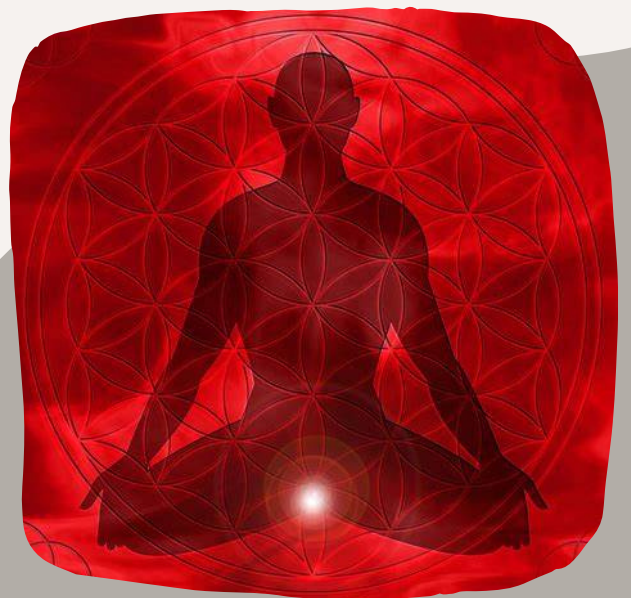
- sex organs
- reproduction & procreation
- elimination
- sexuality & sexual identity

Activities

- work relates to survival, safety and stability

Issues stemming from basic needs not being met

- money
- health
- creative energy
- sexual identity
- anger
- fear
- lower back & leg pain
- constipation
- hemorrhoids
- infertility
- sciatica
- stress
- weight issues



Sacral Chakra

Located in the lower abdomen.

Superior mesenteric nerve & sacral plexuses

Mantra is "I am a creator."

Any **orange crystals** will magnify intention in cleansing this chakra.

Yoga

- strengthening & releasing lower back & core muscles
- Diver, Chair or Tree

Self-Care

- dance
- hula-hoop
- tantra
- writing
- painting
- focus on joy

Essential oils

- ylang ylang
- patchouli
- sandalwood

Associated with

- emotions
- sexuality
- creation

Element

- water

Activities

- sex
- nurturing
- manifesting

Governs

- ovaries & uterus
- colon
- pancreas
- lower back
- consumption, digestion, elimination, turning food into energy, hormones that balance the blood sugar

Issues stemming from pent up emotions, not expressing ourselves creatively or in healthy sexual ways

- promiscuity
- difficulty with orgasm
- reality created by reaction instead of intention
- support systems
- relationships
- holding on or letting go
- lower back or hip pain
- sciatica
- guilt & shame
- infertility
- uterine fibroids & cysts



Solar Plexus Chakra

Located in the solar plexus (space below chest bone).

Mantra is "I am and I will."

Any **yellow crystals** will magnify intention in cleansing this chakra.

Yoga

- moves that make you feel strong
- Tree, Back Bend, Reverse Tabletop, Warrior 1
- backbends
- breathwork

Self-Care

- learn martial arts or yoga
- create & maintain healthy boundaries
- wear your protective bubble
- learn & master a skill

Essential oils

- lemon oil
- lavender
- rosemary

Associated with

- personal power
- will
- self-esteem

The element is fire.

Activities

- leading
- self-care
- decision making

Governs

- will
- small intestine
- spleen
- liver
- gall bladder
- adrenal glands
- kidneys
- Hormones associated with the kidneys and liver
- handling conflict

Issues stemming from lack of self-worth & powerlessness

- defensiveness and/or power hungry
- drive
- aggression
- dominance
- anorexia/bulimia
- middle back & leg pain
- digestion
- guilt & shame
- panic attacks
- stomach pain & disorders
- infertility



Heart Chakra

Located in the heart.

Pulmonary & Cardiac Plexuses

Mantra is "I love, I am loved, I am love."

Any **green or pink crystals** will magnify intention in cleansing this chakra.

Yoga

- chest opening poses
- Updog, Camel, Mountain, Crescent, Reverse Triangle

Self-Care

- buy or plant roses
- rose-bud tea
- rosehip oil for skin
- practice forgiveness of yourself & others
- practice daily gratitude
- give & receive love & affection

Essential oils

- rose
- neroli
- ylang ylang

Associated with

- love

The element is air.

Activities

- loving
- self-less acts
- crying

Governs

- heart
- lungs
- thymus gland which is the body's main immunity gland known as 'the fountain of youth' growth repair and regeneration
- love
- caring
- nurturing
- compassion
- appreciation

Issues stemming from disconnection with self & others

- over-loving others/cold-heartedness
- difficulty in relationships
- feeling a genuine love for life
- asthma & allergies
- depression
- upper & middle back pain
- disconnection from self and others
- grief
- loneliness
- panic attacks



Throat Chakra

Located in the throat.

Thyroid & Pharyngeal plexus

Mantra is "I speak truths. I receive truths."

Any **blue crystals** will magnify intention in cleansing this chakra.

Yoga

- strengthening, releasing & flexibility of the neck

Self-Care

- say what you mean & mean what you say
- singing, talking, chanting or humming
- teas that soothe the throat – peppermint, spearmint, chamomile
- practice intentional speaking

Essential oils

- rosemary
- lavender
- frankincense
- peppermint
- eucalyptus

Associated with

- speaking & receiving truths and communication.

The element is sound.

Activities

- music
- communication
- expression

Governs

- thyroid, parathyroid
- salivary glands
- neck
- metabolism
- handling conflict

Issues stemming from not being heard or not speaking your truth

- lying or receiving experiences of deception
- not speaking up for oneself
- excessive yelling
- addiction
- upper back & neck pain
- jaw pain / TMJ
- thyroid disorders



3rd Eye Chakra

Located at the center of the forehead.

Carotid Plexus

Mantra is "I see, I believe."

Any **purple/indigo crystals** will magnify intention in cleansing this chakra.

Yoga

- upside down poses
- twists
- bends

Self-Care

- act on intuition
- meditate
- shadow work/inner work
- eat blueberries, blackberries, eggplant, rainbow chard, beets
- remove & detox fluoride (calcifies pineal gland which is directly connected to 3rd eye)

Essential oils

- lavender
- frankincense
- sandalwood

Associated with

- intuition
- imagination

Element is light.

Activities

- dreaming as it relates to inner sight
- communication with spirit

**Issues stemming from not being able to trust
what is coming next for us or inability to see the
bigger picture in our lives**

- lives in fantasies
- headache
- neuropathy
- sinus pain & issues



Crown Chakra

Located at the top of the head.

Cerebral Cortex

Mantra is "I am connected to the Divine. I am Divine."

Any **white or clear crystals** will magnify intention in cleansing this chakra.

Yoga

- headstands
- upside down poses
- spine lengthening poses

Self-Care

- meditation
- daily gratitude practice
- connect with your higher power

Essential oils

- frankincense
- peppermint
- lotus
- sandalwood



Associated with

- knowledge
- understanding
- connection to spirit.
-

The element is thought.

Activities

- meditation

**Issues stemming from
disconnectedness from the Divine /
source / higher power**

- disconnected to source for guidance
- depression
- fatigue
- headache
- skin issues



The flow of manifestation energy –

- Idea (crown chakra)
- Images of idea (third-eye chakra)
- Communication of images (throat chakra)
- Relationships to bring idea about (heart chakra)
- Energy to create idea (solar plexus chakra)
- Physical movement to bring life to idea (sacral chakra)
- Manifestation (root chakra)

As the energy moves back up the body, there is a flow of liberation as the energy gets lighter and less dense.

Limitations are dissolved into expansion.

Matter rules the lower chakras, energy rules the middle chakras, and consciousness rule the higher chakras.

Meaning things like shelter, competition, procreation, eating, survival and leisure activities are all lower chakra activities. These things connect to the lower chakras.

The middle chakras connect to your creativity, manifesting, emotions (which is our guidance system and manifestation tool)

The upper chakras connect to your spiritual receivers; how you connect to source. These are important for your ability to have a relationship with your higher power.

A constricted chakra yields a chronic avoidance of certain energies, and an excessively open chakra yields a chronic fixation. An excessive flow in your root chakra would present as promiscuity, while a blockage may present as someone not interested in sex at all. Balancing the root chakra will help with balancing the extreme excess with the slow or non-existent.

YES. / NO

CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

| | | | |
|----|--|---------------------------------|--------------------------------|
| 01 | HAVE I PAID ATTENTION TO HOW MY ENERGY FEILD FEELS TODAY? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 02 | HVE I PRACTICED YOGA IN THE AREA I FEEL CONJESTED IN? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 03 | HAVE I BEEN INTENTIONALLY EATING TO OPTIMIZE MY HEALTH? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 04 | HAVE I BEEN TAKING CLEANSING BREATHS? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 05 | HAVE I FELT A STATE OF MEDITATION TODAY? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 06 | HAVE I TAKEN INVATORY OF HOW I AM FEELING VS THE PATH I WANT TO BE ON? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 07 | HAVE I HAD ENCOURAGING AND SOOTHING SELF-TALK TODAY? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 08 | HAVE I PUT OUT THE ENERGY I AM WANTING TO RECEIVE TODAY? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |



YOUR GO TO

RESOURCE LIST

THERAPEUTICESSENCE.ORG

MY WEBSITE WITH SELF-CARE TOOLS. HOLISTIC HEALING TO FEEL BETTER.



TONI JONES

DO YOU NEED SOME EMPOWERING MUSIC?
FIND TONI JONES ON YOUR MUSIC PLATFORM.



ABRAHAM HICKS

ABRAHAM HICKS TEACHINGS ON YOUTUBE WILL HELP
YOU WITH YOUR PERSPECTIVE, LETTING GO, AND THE
ART OF ALLOWING ALL THAT IS YOURS TO COME TO YOU!



YOUR OWN JOURNAL

JOURNALING IS A WONDERFUL WAY OF CLEARING OUT
BLOCKAGES AND ALSO CELEBRATING HOW FAR YOU
HAVE COME IN YOUR HEALING.

