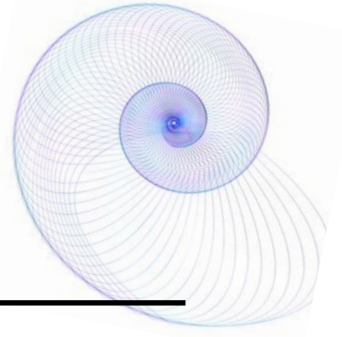


Balancing Your Wacky * Wonky * Wild Chakra System



Journal Prompts

-Please Work On Before The Meeting-

Root Chakra:

396Hz /Muladhara (root or support)/Earth/Lam/Red

Do you feel safe? Or worried, frantic, alone?

Do you feel grounded? Or like a balloon in the air? Floating to the next unknown?

Are you experiencing connection with family, friends, acquaintances? Or

Sacral Chakra:

Svadisthana (where your being is established)/Vam/417Hz /water/Orange

Do you feel passion for life? OR do you not even know what to be passionate about?

Are you creative/Have creative energy flowing? OR ARE YOU STAGNANT?

Do you have desires, deep longing? Are you unleashing the power of your love?

Solar Plexus:

FIRE/Manipura (Lustrus Gem)/ 528 hertz/ Ram/Yellow

Do you have the power to go and make your desires happen? OR ARE YOU STAGNANT?

Are you willing to move to accomplish your dreams?

Are you motivated? Or wilting like an uncared for Orchid?

Is your purpose in life moving? Or sitting in dirty dish water?

How do you view yourself? As a Goddess or a maid?

Heart Chakra:

Anahata (“**un-struck**” or “**unbeaten**” and is related to the heartbeat, unbroken rhythm and the soundless sound)/Air/Yam/639Hz/Green & pink

Are you loving to yourself?

Do you extend love to others?

Do you feel compassion? Or wish to get away from those that need you?

Empathetic? Or like a distant cord?

Is forgiveness easily for you? Or is forgiveness need to be earned?

Throat:

Sky Blue/Vishuddha (especially pure)/Ham/741Hz/Ether (space)

Are you speaking your truth? Or is fear holding you in place?

Sing your praises? Or is your voice not tuned?

Expressing yourself? Or do you feel that you have lost your voice?

Hearing & being heard? Or are you not heard? Or cannot defend yourself?

Truth? Do you know the truth you are standing on?

Clarity? Are you clear in your voice? Or quiet? Or the other direction and rambling? Maybe sticking your foot in your mouth a lot.

Are you expressing a victim mentality? Or a responsibility mentality?

Third Eye:

Light/Ajna (beyond wisdom/perceive/command)/Aum/852Hz/Purple

Self reflection—Are you accurately able to review your day without bias from the ego?

Inner sight/Intuition—Do you experience a sense of connection from a higher self?

Vision? - Do you have moments of sight where you can see what isn't seen?

Clairvoyance? Sixth sense?

Imagination? Are you able to see with an inner eye?

Divine:

Spirit/963Hz /No Chanting - Listening/ Sahasrara (thousand petal lotus)/Pure White Light

Do you experience as sense of connection with the Creator?

Do you feel a sense of unity?

Do you experience spirit experiences?

Do you have a deep seeded sense of joy and peace?