



VIHARA OF HEARTS

Understanding Your Energy

“You’re not broken.
You’re overwhelmed.”

Most people carry stress, emotions, and pressure
in their body without even realizing it.

It shows up as:

- Overthinking
- Feeling on edge
- Low energy
- Emotional ups and downs
- Feeling stuck or disconnected

This guide will help you understand what’s actually going on –
in a simple, real way.

No pressure. No beliefs required.

Just awareness.



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WHAT “ENERGY” ACTUALLY MEANS

“Let’s make this normal.”

When I say “energy,” I’m not talking about anything extreme or complicated.

I’m talking about:

- Your mood
- Your stress levels
- Your nervous system
- How your body feels day to day

Everything you go through —
stress, emotions, experiences —
gets stored in the body.

If it doesn’t get processed,
it builds up over time.

That’s when you start feeling:

- Drained
- Irritable
- Heavy
- Disconnected

Energy work is simply about helping your system reset and rebalance

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Just awareness.



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WHAT CHAKRAS REALLY ARE

“Chakras aren’t complicated. They’re just how your body processes life.”

Chakras are simply different areas of your body connected to how you experience life.

Nothing mystical. Nothing extreme.

Just real, everyday things like:

- Feeling safe
- Processing emotions
- Confidence
- Speaking your truth
- Trusting yourself

Each area of your body holds different experiences.

When something doesn’t get processed, you feel it – in real life.

Not in theory – in real life.

You might notice it as:

- Stress that won’t go away
- Emotional ups and downs
- Overthinking
- Feeling disconnected
- Low energy

That’s all “energy” really is.

Your body holding onto what hasn’t been released yet.

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THE 7 CHAKRAS / ENERGY CENTERS

Root (Safety & Stability)

Feeling grounded, secure, and safe in life
Off feels like: anxiety, fear, survival mode

Sacral (Emotions & Pleasure)

Connection to feelings, creativity, and joy
Off feels like: numbness, emotional overwhelm

Solar Plexus (Confidence & Control)

Self-worth, confidence, personal power
Off feels like: self-doubt, people-pleasing

Heart (Love & Connection)

Relationships, trust, emotional openness
Off feels like: guarded, hurt, disconnected

Throat (Expression & Truth)

Speaking up, communication
Off feels like: holding things in, not feeling heard

Third Eye (Clarity & Awareness)

Inner clarity, decision-making
Off feels like: confusion, overthinking

Crown (Connection & Purpose)

Sense of meaning, direction
Off feels like: feeling lost or disconnected



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SIGNS YOUR ENERGY IS OFF

If this feels familiar... your body is trying to get your attention.

You're not stuck. You're just holding more than you've been able to release.

You might be out of balance if you feel:

- Constantly overwhelmed
- Emotionally drained
- Stuck in the same patterns
- Disconnected from yourself
- Low confidence
- Tension in your body
- Like you're in survival mode

And it doesn't mean anything is wrong with you.
It means something hasn't been processed yet.
This is more common than you think.

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WHAT BALANCE ACTUALLY FEELS LIKE

This is what it feels like when things start to settle.

More calm. More clear. More like yourself again.

When your energy is more balanced, you might notice:

- Calm without forcing it
- Clear in your thinking
- More in control of your emotions
- Responding instead of reacting
- More like yourself again

Not perfect.
Just more steady.

No pressure. No beliefs required.
Just awareness.



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SIMPLE RESET

Take a moment and follow this:

More calm. More clear. More like yourself again.

RESET STEPS

1. Pause for 2 minutes
Sit or stand still.
2. Breathe slow and steady
In through your nose, out through your mouth.
3. Bring attention to your body
Notice where you feel tension.
4. Let your body soften
Drop your shoulders. Unclench your jaw.

You don't need to do everything at once.
Just start here.

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Just awareness.



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TRANSITION TO YOU

If you've been feeling off, overwhelmed,
or stuck... you don't have to figure
it out by yourself.

This is exactly the work I do.

*I help you understand what your body is holding —
and guide you back to feeling like yourself again.*

How I support you:

I support women in:

- Release emotional buildup
- Calm their nervous system
- Reconnect with themselves
- Feel more clear and in control

When you're ready, I'm here.

Sessions are simple, supportive, and guided at your pace.
No pressure. No expectations. Just support.

No pressure. No beliefs required.
Just awareness. Just you



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CALL TO ACTION

Ready to feel more like yourself again?

*You don't need to have everything figured out.
You just need a starting point.*

Ready to feel more like yourself again?

Start your session here:

[Start Your Session](#)

Or reach out directly:

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(575) 694-2923

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