

# THE CHAKRA WAY



DISCOVER YOUR CHAKRAS  
FIX YOUR RELATIONSHIPS

# ASSESSMENT - DAY 1

## Energy

- Everything is energy! There are three main types of energy in the world - Kinetic energy (energy of motion), potential energy, chemical energy (bonding energy).
- We too have three types of energy - our external energy, that of our physical body in relation to the outer world and the Earth. Our Inner Energy, that of our thoughts and emotions. And our Consciousness Space, that of our energetic body, the intangible and often ignored energy that can be more simply referred to as spirit!
- We know that we can feel this in our day to day lives. When you meet a new person, or enter a new situation you will, without thinking about it, pick up on the energy that is present. You know when you meet someone if they have the energy that resonates with you.
- Energy is vibration! Metaphysics has found that the smallest elements of the universe are fundamental particles characterised by different vibrations. All these particles are made of tiny packages of energy called strings. According to String Theory, everything in the universe consists of small vibrating strings (chains, or cords) of energy. This indicates that we, and everything around us, is pure energy.

# ASSESSMENT - DAY 1

## What are chakras?

- Chakra means wheel or disk and are spinning centres of energy.
- Chakras give us an anatomy for our energetic body - an anatomy of spirit! They relate to an area of the body, organs and a part of our endocrine, or hormonal, system. They are like 7 spinning balls of energy that correspond to main nerve bundles that emanate from the spinal cord.
- These energy centres can also be related to areas of our lives and when we start to study them we can see that our energy that is held in these centres can have emotional and physical affects on our lives.
- You can see in the workbook the 7 chakras represented as areas of your life.
- We can relate many symbols to the chakras - colours, elements, foods, crystals, astrology...
- When we have a blockage in our energy centres it may show up physically in our bodies. (More in my upcoming workshop!)

# ASSESSMENT - DAY 1

## How do chakras work?

- Chakras are like a set of water wheels! If each Chakra is seen as a spinning wheel it is clear that for the energy to flow each wheel needs to be moving in synchronicity with the other Chakras. If you were to construct a set of water wheels, for the water to flow easily each wheel would be moving at its own optimum rate. There might be a wheel that is blocked up with weeds or debris and is not moving or is too slow. There may be other wheels where the screws have come loose and they are moving too fast and inefficiently. It is the same with the flow of energy through the Chakras. One thing is for sure – once you have managed to clear out the debris and tighten any loose screws – you will feel the difference very clearly.
- When we start to address the blockages we are starting to own our sh\*t and this is empowering and puts us back in the driving seat of our lives!
- In order to start understanding and communicating with your chakras all you need, to begin with, is a little bit of awareness! Just becoming aware of the energy will allow the energy to start flowing more freely.

# ASSESSMENT - DAY 1

## **Ways of being**

- In our society the "masculine" traits of science and rationale are over valued and seen as strong and desirable. This is the Solar or Yang energy that we all, regardless of gender, must have to succeed and thrive.
- The "femimime" traits of emotions and intuition are undervalued and seen as weak. This Lunar or Yin energy is what we all, regardless of gender, must have to be content and connected with ourselves.
- Finding balance is the key here!
- Doing the work is sometimes hard. It takes courage and strength. It is often difficult to work on ourselves, to feel emotions, to unclog the blockages. No one likes unblocking a drain but the satisfaction and relief of the unblocking is worth the work! Being alone and focusing on the self can be tough - which is why I have created The Chakra Way course so that we can do it together, supporting each other and within a structured framework.

# ASSESSMENT - DAY 1

## **How do we relate our chakras to our relationships?**

- Family - Root chakra - security, survival, tribe, community, safety.
- Money - Root & Solar Plexus - Your money story, your upbringing, your right to have. Your work and ability to act, to get things done.
- Food - Root & Solar Plexus Chakra - survival, grounded-ness. Your digestive system
- Sex - Sacral Chakra - pleasure, sensuality, fun, creativity...
- Self - Heart chakra plus all the chakras!

In this workshop we will look at the fundamentals of each of these relationships. When we go deeper in The Chakra Way course we will also use yoga and meditation to access the energy of each chakra. This is somehow easier because we are not having to do the work in a cerebral way, but synchronising with our energy on a physical and subconscious level through the yoga and meditation, in addition to the intellectual learning of the chakras. A true mind/body/spirit experience!

# ANALYSIS - DAY 2

## **FAMILY - ROOT CHAKRA**

Family relates to our root chakra. Here are our foundations, and relates to our very young years where our sense of self was developing. That time when you transitioned from being utterly reliant on others for your survival to understanding that you were a person in your own right (terrible twos, anyone!).

Our relationship and connection with our family is one of great importance to our feelings of safety and security. Hopefully we had a family that was there for us, that supported us and gave us the unconditional love that feels like a right. If this was not the case and your parents were unable to parent you then how do we deal with that as adults? How does it show up in our behaviour and our relationships with our own families, as parents and as a partner?

If we experienced trauma within our family as a child this will have affected the root chakra deeply. The people who were responsible for the first few years of your survival, fully determine how you "find your feet". If your parents or caregivers were not affectionate or were restrictive, not allowing you to make mistakes then this will affect the root chakra so that we are fearful or untrusting. We must not also forget that those who parented us were parented by yet another generation who not only had their own formative experiences as children and held yet another set of different values.

However our own family relationship dynamic is or was we have comfort in that, as adults, we can create our own families. These don't have to be the traditional partner and 2.4 kids, this can be your community, your friendship group, your yoga class, your church. We are tribal creatures and need to feel part of a wider group. It gives us identity and belonging all at once. We find our family where we need it and it will keep us grounded.

# ANALYSIS - DAY 2

## **FOOD - ROOT & SOLAR PLEXUS CHAKRAS**

Our relationship with food is so interesting! We can relate food to two chakras - the root and the solar plexus. At the root level we need food to survive - it is a basic essential! Our relationship with our physical body is here at the root. At the solar plexus chakra it relates to our digestive system.

We need it to survive but there is so many issues that we have around it. Society's expectations of how our bodies should be leads us easily to issues of control around food and what we eat. There are billion dollar industries exerting pressure on us from all directions. We therefore end up hyper aware of how we relate to food, ignoring the body's very clear guidance as to what it wants and needs! We employ guilt and self admonishment so when it comes to nourishing our bodies we can easily train our minds to have regular negative thought patterns around food and eating.

Food can be used as a grounding mechanism. People who are overweight often, unknowingly, gain weight as a grounding device. The extra weight acts as a protective shield or padding to absorb the negative energy that is in their lives. Issues surrounding eating disorders are often about asserting control in a life that has none.

At the Solar Plexus chakra we look at food in terms of the digestive system. This chakra holds our power for action, work, getting things done. The easiest way to understand this is to think of that person you probably know who might suffer with ulcers, IBS or some kind of digestive tract disorder. Are they stressed? Do they over work? It is likely these people will either have an over active SP chakra and will have an inflated ego, be controlling, anger easily or they will have an under active chakra and will lack purpose and have low self esteem. Either way, the imbalance is disruptive to the way our body processes and assimilates our food, which in turn affects our health, our happiness and our relationship with what we eat.



# ANALYSIS - DAY 2

## **MONEY**

Money relates mainly to our root chakra and can also be affected at our solar plexus chakra. At our root our survival is governed by our relationship with money because we need money to have the things we need to survive! A home, food, clothes, a car etc.

The most important factors here are the values you were brought up with, surrounding money. If you were brought up in a household where money was tight and it is likely that the belief would grow that money is difficult to acquire. This then sets up your mindset around money to believe that making money and keeping money is tricky. It is all too easy to pick up on your caregivers stress surrounding money as a child. We have plenty of negative language around money - filthy rich, dirty cash, ill gotten gains. If on the other hand you were raised in a household that had enough, where money wasn't discussed in a negative or stressful way, then you most likely have a healthier relationship with money. Energetically you are then open to having enough, your expectation for your life is that you will have enough money to live how you wish. If your expectations, however, are to struggle with money, then that is most likely what you will do.

At our solar plexus lives our relationship with our work, the HOW of making money. Here the messages around fear of failure, social pressure, of not being enough and your sense of self can deeply affect your ability to make the money you might desire. When we find balance at the solar plexus chakra we will be able to find our sense of self, we will know our boundaries and have the confidence to assert ourselves without being uncomfortable. It is worth noting that the very masculine traits of process, strategy, order and hierarchy seem to be the valued qualities in the world of work but do not come easily to everyone, regardless of gender. But understanding your origins of energy and how you relate to figures of authority is valuable work to do.

Finding the authority and autonomy that resides in the solar plexus chakra will enable us to reach our potential in our work world.

# ANALYSIS - DAY 2

## SEX

Our intimate relationships, our creativity, our fun, our passion, our desires and our sensuality all reside within the Sacral Chakra. It is also the seat of our emotions. If our sacral chakra is under-active we will be lacking in vitality and creativity, we will lose our sense of fun and playfulness. In physical terms we find stiff hips or recurring issues with urinary problems and reproductive disorders such as low libido, painful periods, endometriosis. If this chakra is overactive we find addictions, poor boundaries, emotional dependency, obsessive attachment and being overly emotional.

Quite the list of things! Our primary and intimate relationships are often key to our contentment and so finding balance here at this energy centre is really important. It takes very little to shut this chakra down. Society defines what "sexy" is and the proliferation of porn often replaces connection and intimacy. There really is no limit to the ways in which trauma can shut down the energy in this chakra and it takes away a very personal and powerful energy from many people. Suffice to say there is a minefield of energy at the sacral chakra.

There is a very common situation where people tend to repeat the same mistakes in relationships throughout their whole lives. We have either been that person or certainly know of someone who is like this! So what creates these patterns? Firstly, you learned a lot about relationships from your parents and their situation. Then your sexual education - how did you learn about sex and relationships? Was it from your parents and did they tell you everything you needed to know and make you feel safe and not shameful around the subject of sex? How was your first sexual experiences? Were they consensual, were they loving? Or did you learn about sex from the playground or from TV and your first sexual experiences not ideal? Maybe a mixture of all these. All the energy of these learning experiences inform your adult relationships and your sex life.

At the sacral chakra the shadow side, or demon, of this energy centre is guilt. When we allow guilt to enter into this joyous, creative and pleasure seeking chakra there will be an imbalance. There is much to consider here at the sacral chakra!

# ANALYSIS - DAY 2

## **SELF**

The most important relationship that we have is with ourselves. When this relationship is strong then we have the strength to mould all other relationships into a shape that we find acceptable!

It is at the heart chakra that we find our centre of self love. It is frequent that I will do a chakra reading and find that whilst someone has openness at the heart chakra with empathy, compassion, acceptance and love, as soon as we turn to self-love and self-acceptance we find the imbalance. In fact it is sadly rare to find a person whose relationship with themselves is fully balanced.

Whilst the heart chakra holds our self-love we have our relationship with ourself throughout all the chakras. At the root chakra we find our ability to be trusting, to be able to stay grounded in difficult times and to look after ourselves. At the sacral chakra we have our passions and how we relate to them, do we allow ourselves to follow our passions and do we allow ourselves to have fun and experience pleasure? At the solar plexus chakra we find our sense of self and purpose. If those are lacking then we are not respecting ourselves. We are not fulfilling our potential. At the throat chakra we hold our self-worth. When we are able to communicate and express our emotions clearly, to be heard and to listen properly then we are honouring ourselves.

The third eye chakra is home to our intuition and if we have a relationship with our intuition that is strong and trusting then we will be guided by our inner knowledge. Finally, at the crown chakra we have our connection - to our belief system, to the wider world and to a spiritual belief that will offer comfort and perspective in our lives.

Finding the ability to truly love and accept the self is ultimately the work that we do in The Chakra Way, when we study the chakras.

# ANSWERS - DAY 3

## Family

- Take time to think back to your childhood and the learnt behaviours that were ingrained within you. There will be good ones and there may be bad ones. Sort out which ones no longer serve you and find ways let them go.
- Try to understand the reasons behind the way your family was the way it was. What learnt behaviours did you inherit from your grandparent's generation?
- Work on letting go and forgiving - does it serve you today to hold onto resentment and anger? This is tough work if you did experience a traumatic childhood but will help you to heal your family relationships.
- On a practical level, reconnect with your body. Listen to what it wants to be fed! Respect it for the beautiful and miraculous thing that it is. Love all the so-called imperfections that make you you. You don't need to look far to see that being beautiful and "perfect" does not result in actual happiness!
- Spend time in nature and connect with Mother Earth
- Practice yoga!
- Look after your feet!
- Eat root vegetables!

# ANSWERS - DAY 3

## Food

- First solution is to really LISTEN to what your *body* is telling you. Your emotions are quite bossy when it comes to food and will override what your body actually wants and needs.
- Ask yourself if you are eating your emotions. Are you filling an emotional void rather than a hungry body?
- Ask yourself if you are denying yourself food that would lift your mood. Sometimes eating can be indulgent, pleasure seeking and joyful. Notice when these moments are and savour every bite mindfully.
- Taste is the sense of the sacral chakra - its wonderful to love food and enjoy it without over indulgence and guilt.
- Find balance. Your body is happy to have a treat - have that biscuit but notice when you are tempted to eat the whole pack and ask yourself why.
- You can eat for your chakras - root veg and protein for the root chakra, liquids, soups and any orange food for the sacral, yellow foods and complex carbs for the solar plexus like beans and pulses. At the heart chakra indulge in all the leafy greens, all green vegetables and prepare them with love! For the throat chakra we want to support the thyroid, so any iodine rich foods are good along with blue fruits (plums, grapes, blueberries). At the third eye we want to find brain stimulating foods which happily include red wine and chocolate! Also things calming to the mind like camomile, lemon verbena and lavender. At the crown chakra there are no foods associated and fasting and detoxing is the way to go.

# ANSWERS - DAY 3

## Money

- Again, we need to look at our upbringing and the stories surrounding money as we learnt how to navigate the world. What is your money story? What internal beliefs do you have around money?
- Be deeply grateful for money. Be grateful for the money that you make and be equally grateful for the money that you give out. Find thankfulness, or at least respect, for the money that you spend on bills. It is what makes the world go around so send your money out there with love and good, positive energy attached to it. You will find that more comes back to you as a result!
- Take time to feel into whether you feel worthy of earning the money you want to. Examine your own value. Compare it to others who do a similar thing and see their value.
- Use affirmations - think of these as bolstering your inner cheerleader! Tell yourself "I am worthy" or "I can make good money doing the thing I love" or "Everything I need is within me. All my needs are met".
- Write a love letter to money.

# ANSWERS - DAY 3

## Sex

- Take time to think over the programming you received around sex when you were learning about it. Notice patterns in your relationships that have occurred and see if you can identify what needs you wanted to be met that led you to this behaviour.
- Allow yourself to shed any shame that you have around sex. If you do have any shame, who gave that to you? You did not think that up all by yourself because you were not born that way, you were somehow programmed to feel that way.
- Nurture your creativity - this can take any form from cooking, gardening and creating a beautiful home, to painting, sewing, pottery, writing, singing... Find your creative streak and let it flourish.
- Have fun! Schedule it if necessary. When do you laugh the most, where can you allow your inner child to really let loose? Find these things and do more of them.
- Hips - connect with your hips through your yoga practice, opening and strengthening the whole pelvis.

# ANSWERS - DAY 3

## Self

- Treat yourself well. Give yourself the love you would like to receive. Take yourself out to the mountains or the spa or the swimming pool or whatever makes you feel special, whatever makes you feel like YOU.
- Practice gratitude. Direct your gratitude towards yourself - to your body for all the miraculous things it does, for your decisions to nurture your self, to your beautiful talents and qualities. Dig deep! You can do it!
- Once you have managed to give yourself gratitude the next step is to look in the mirror and simply smile at yourself. You are amazing. You are beautiful. I love me! You may feel daft but your inner wisdom hears the truth of these simple statements and will bolster your heart chakra.
- We beat ourselves up with our wicked internal dialogue. Use meditation to quieten the mind and start to listen to the wisdom of our inner knowledge - the intuition at the third eye chakra.
- Do not accept negative thoughts - literally tell them where they can go. This takes mindful practice!
- Use more affirmations - "I am loved and loving", "I forgive myself and I forgive others"
- Open your heart with backbends in your yoga practice.
- Meditate.





## A final word...

I hope that this workshop has given you the sense that you can begin to really take control of your life, and your relationships through using the beautiful system of the chakras. Beginning to have this awareness will be transformative and you will find shifts in your thought patterns and behaviours which will have positive effects on your relationships.

I am aware that I have given you a lot of information but please know that this work happens gradually, incrementally and is ongoing. Be gentle with yourself and hold this new learning lightly! Do not grasp at it. Let it seep slowly into your life, into your consciousness and do not rush to fix or change things overnight. Begin to use your yoga practice and your meditation to affect your energy balance.

If you are interested in delving deeper and learning how to integrate the wisdom of the chakras into your life, your yoga and your meditation then please consider joining The Chakra Way course that is starting on 23rd September.

<https://chakra-way.com/course-details>

With much love, Rosanne xx

## When I Loved Myself Enough

As I began to love myself  
I found that anguish and emotional suffering  
are only warning signs that I was living  
against my own truth.  
Today, I know, this is Authenticity.

As I began to love myself  
I understood how much it can offend somebody  
if I try to force my desires on this person,  
even though I knew the time was not right  
and the person was not ready for it,  
and even though this person was me.  
Today I call this Respect.

As I began to love myself  
I stopped craving for a different life,  
and I could see that everything  
that surrounded me  
was inviting me to grow.  
Today I call this Maturity.

As I began to love myself  
I understood that at any circumstance,  
I am in the right place at the right time,  
and everything happens at the exactly right moment.  
So I could be calm.  
Today I call this Self-Confidence.

As I began to love myself  
I quit stealing my own time,  
and I stopped designing huge projects  
for the future.  
Today, I only do what brings me joy and happiness,  
things I love to do and that make my heart cheer,  
and I do them in my own way  
and in my own rhythm.  
Today I call this Simplicity.

As I began to love myself  
I freed myself of anything  
that is no good for my health –  
food, people, things, situations,  
and everything that drew me down  
and away from myself.  
At first I called this attitude a healthy egoism.  
Today I know it is Love of Oneself.

As I began to love myself  
I quit trying to always be right,  
and ever since  
I was wrong less of the time.  
Today I discovered that is Modesty.

As I began to love myself  
I refused to go on living in the past  
and worrying about the future.  
Now, I only live for the moment,  
where everything is happening.  
Today I live each day,  
day by day,  
and I call it Fulfillment.

As I began to love myself  
I recognized  
that my mind can disturb me  
and it can make me sick.  
But as I connected it to my heart,  
my mind became a valuable ally.  
Today I call this connection Wisdom of the Heart.  
We no longer need to fear arguments,  
confrontations or any kind of problems  
with ourselves or others.  
Even stars collide,  
and out of their crashing, new worlds are born.  
Today I know: This is Life!

**Kim McMillen**

