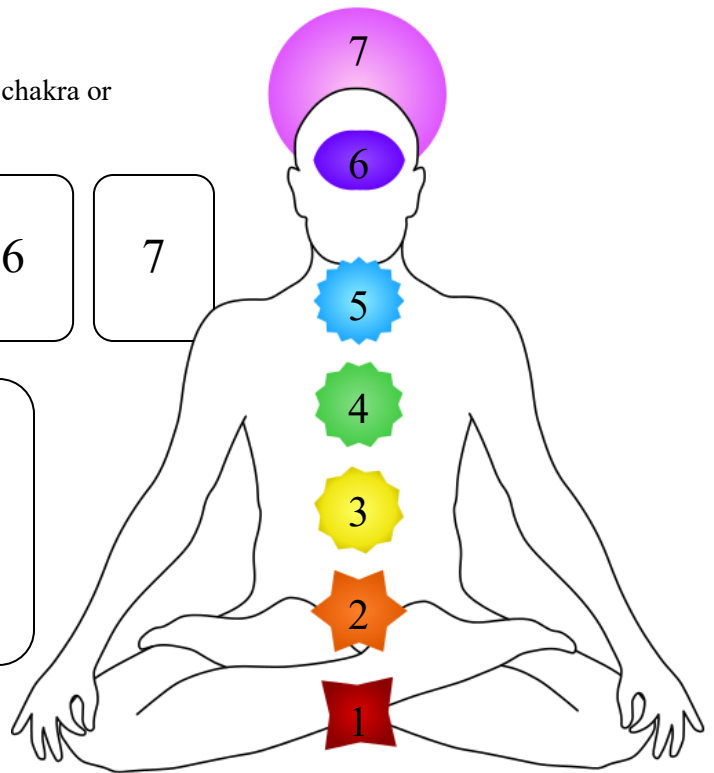
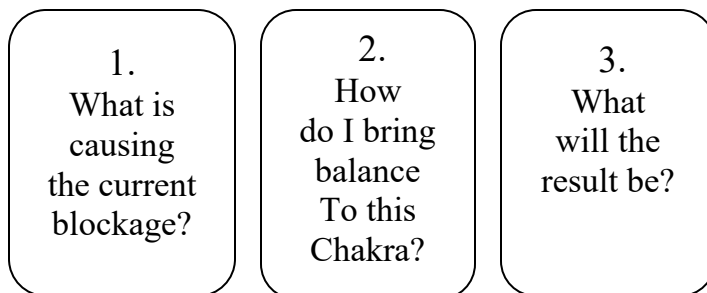
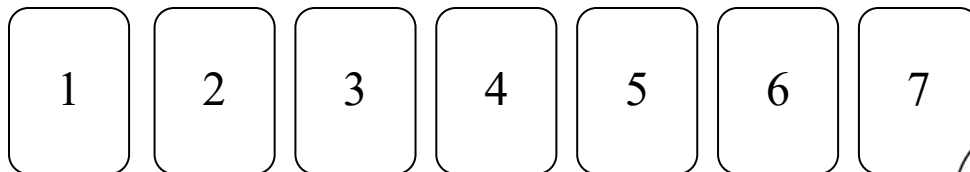


Chakra Maintenance Spread

Draw a card for each chakra. If you feel you have a troubled chakra or chakra's, draw an additional 3 cards to clarify for each one.



1. **Root Chakra** – Our foundation and ability to stay grounded. This can be linked to stability and a sense of being safe and secure

2. **Sacral Chakra** – Pleasure, abundance, creativity, and sexuality. This chakra can be linked with our ability to emotionally connect with others, freedom to enjoy life's pleasures and our ability to let our creative juices flow.

3. **Solar Plexus Chakra** – Confidence, control, self-esteem and action. This chakra, when clear and balanced, influences our ability to move forward in life with confidence and self-esteem. This chakra is very much linked to our inner power and strength.

4. **Heart Chakra** – Love, compassion, inner peace and forgiveness. The power to open our heart and experience joy through forming healthy relationships.

5. **Throat Chakra** – Communication, finding our voice. This chakra influences our ability to communicate effectively with others. It can also be about 'finding your voice' and your truth.

6. **Third Eye Chakra** – Intuition, sixth sense and inner wisdom. This chakra helps us get in touch with our intuition and self-awareness. It is linked to the ability to confidently make decisions and helps us open our mind to new possibilities.

7. **Crown Chakra** – Spirituality, bliss and peace. This chakra is linked to our spirituality. It can influence us to find peace and bliss in any situation in life.