

Ignite Your Seeds of Potential



WEEK FOUR

Reconnecting to Your
Authentic Self



7th Chakra - Crown
The Power of
Knowledge and Wisdom
Consciousness Creates
Open to grace,
receiving, inspiration

6th Chakra - 3rd Eye
The Power of Vision
Vision Vitalizes
Dream BIG
Visualize and see it as a
future reality

5th Chakra - Throat
The Power of Truth,
The Power of Story
Conversation Catalyzes
Speak about your Dream
to inspire others

4th Chakra - Heart
The Power of Love
Love Enlivens
Ask for help, follow
your Heart, how does
your dream contribute
to the world?

3rd Chakra - Solar
Plexus
The Power of Will
Power Produces
Create an action plan
Collaborate
Align with your
intention

1st Chakra - Root
The Power of Commitment,
The Power of Completion
Matter matters
Bringing into form by completing
steps
Plant the seed that was condensed
by your proposal to Spirit

2nd Chakra - Sacral
The Power of Passion
Pleasure Pleases
Step into the stream of
creation
Be specific about your
wants
Your desire pulls



CHAKRA WORK PAGE

7th Chakra - Crown

6th Chakra - 3rd Eye

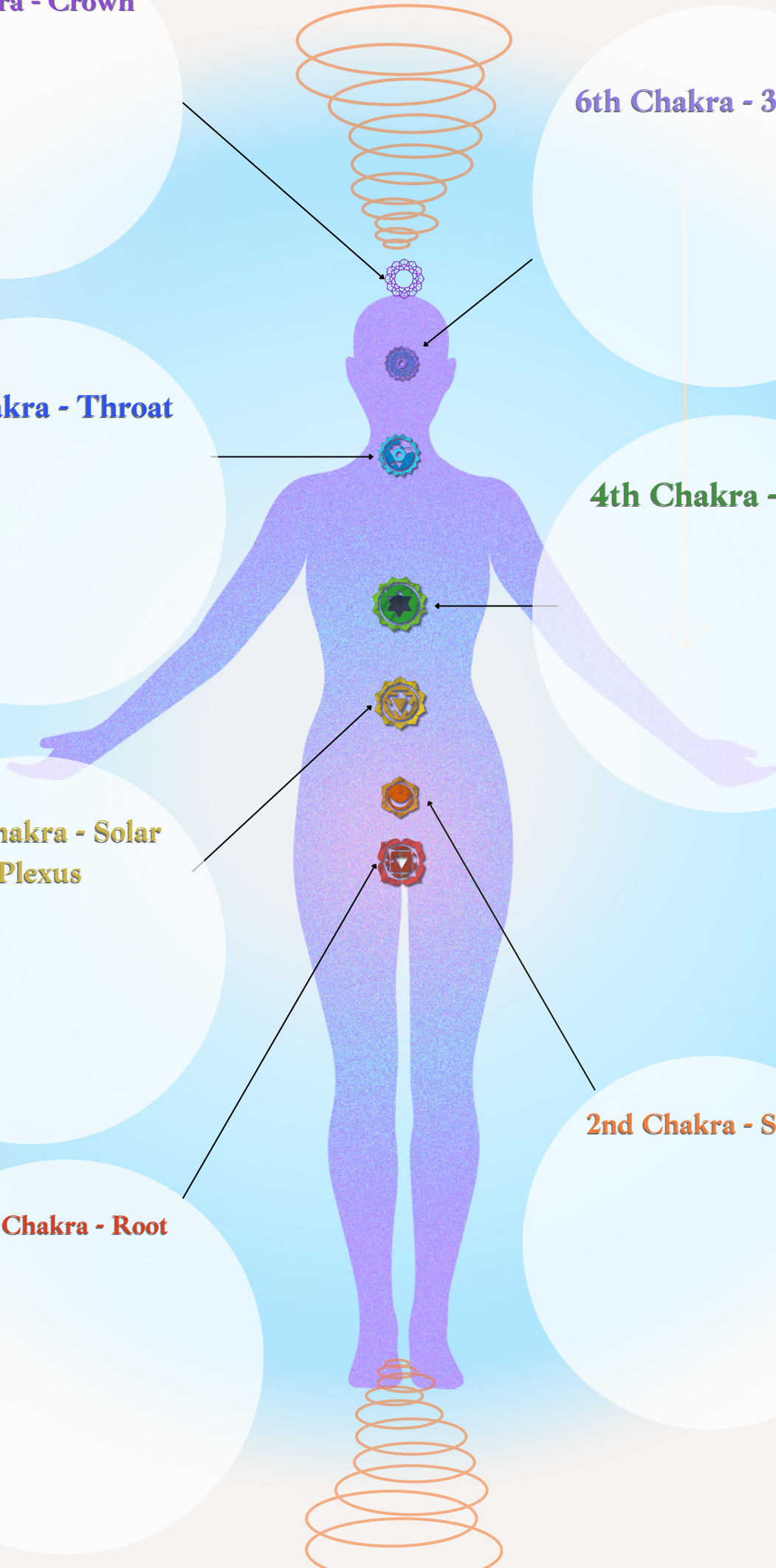
5th Chakra - Throat

4th Chakra - Heart

**3rd Chakra - Solar
Plexus**

1st Chakra - Root

2nd Chakra - Sacral



My Seed of Potential

What are qualities
are you claiming
from your lineage
and ancestors?

What are the gifts
you have been
growing with your
challenges?

I AM.....

What are qualities of
your Essential Self?
What is the gift
Pachamama gave
you?

I BRING.....

What are the elements
or archetypes of your
Sacred Space?

What do you need
to support your
Seed of Potential to
thrive?

My Seed of Potential

The background features a large, intricate mandala design. At the center is a teal-colored circle containing a white, multi-pointed star. Surrounding this central circle are several large, overlapping petals in a warm orange or terracotta hue. The entire design is set against a light gray background. The petals and the central circle are semi-transparent, allowing the underlying mandala pattern to be visible.

I AM.....

I BRING.....

WEEK FOUR HOMEWORK:

1) **Add the elements that you connected with in the Essential into your mandala** - You can use your existing mandala and then bring what you have learned to the Seed of Potential flower in this workbook.

As these percolate, start to weave the qualities from the Essential to craft your statements:

I AM.....

I BRING.....

2) **Practice becoming quiet through breath work or meditation and connect with each of your chakras** - ask each one what wisdom it has for you. What needs to come into alignment?

You can use the chakra sheet in the work book to write down what comes up for each chakra.

3) **Continue to feed your Bands of Power with your breath.**

4) **Practice your statements daily, and create a movement to go with it,**

I AM.....I BRING

5) **Share any insights with the group on Telegram**

