

# BALANCE | Belief | BEYOND



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# Chakras Energy Practice: Review

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Such an intriguing, wonderful time & space: learning to truly **feel** our energetic states and conditions, gaining clarity on influences from our daily life, realizing how our consistent Chakra balancing practice clears the channel for intuition & insight from higher wisdom. In a sense, we're learning to drive our vehicle from the inside! Expanded awareness we can gain from these experiences serves as the stable bedrock upon which the added layers of conscious awakening ahead will rest. Without gaining stability & consciousness here and now, we essentially proceed unprotected and directionless in a spiritual wilderness. As many know, being merely lost (or asleep) is a gentle consequence compared to others. Wandering aimless in the energetic woodlands can leave us vulnerable to an enormous range of unappealing influences.

For reference, circle which of the following most closely resembles your exposure to Chakras before our sessions:

Little or no exposure      Knew of them, but not much      Some research, nothing in practice      Other \_\_\_\_\_

Circle your general & overall comfort level so far (I have completed \_\_\_\_\_ of the 17 practice sessions):

Just getting started      Learning as I go      Love it; just not consistent yet      Other \_\_\_\_\_

Let's Consider Our Consciousness in Chakra Practice:      Not Yet | Sometimes | Yes      Add Results & Comments:

Able to feel the movement of pinwheels in a clockwise direction      1 2 3 4 5 6 7 8 9 10

Able to sync pinwheels of all chakras to flow at the same pace      1 2 3 4 5 6 7 8 9 10

All pinwheels move into flow simultaneously at the same pace      1 2 3 4 5 6 7 8 9 10

Pinwheels flow freely (& in sync), while I recite affirmations      1 2 3 4 5 6 7 8 9 10

All pinwheels flow freely (in sync), while I envision their colors      1 2 3 4 5 6 7 8 9 10

Flowing freely (in sync), colors glow as I recite affirmations      1 2 3 4 5 6 7 8 9 10

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Results: (i) **under 20**: double the daily practice session time (30 minutes minimum) & assess again in 7 days, (ii) 20 to 39 total: minimize distractions, focus on visualizing and intentionally feeling the energy, (iii) **40+**: maintain consistency.

Now, we assess conditions, influences & **triggers** and other qualitative considerations. Here, we think in terms of our:

- ∞ Energy: radiating, expanded or contracted, flowing (or sluggish), vibrating, elevating frequency
- ∞ Flow in Practice: consistency, integrating multiple senses (vivid, imprinting), ripples beyond practice in life
- ∞ Consciousness: presence, “now” stillness, calm versus restless, at ease or not; gentle, peaceful, “mindful”

A bit of struggle in early stages of creating any new practice habit is common. For balanced energy centers, layers of social programming must be peeled away (& release effectively reinforced by new beliefs & behaviors) in order to fully move into flow: first, we must trust the value of our practice. Further, subconscious deductions about “pushing” or forcing our way into results do not apply here. Candidly select (all that apply) regarding your approach:

- Prone to worry (and/or other distractions)
- Anticipating the session ending (versus remaining present & losing track of time and space)
- Resistance (list the types, fears, reasons for reluctance: \_\_\_\_\_)
- Falling into Old Habits: mind wanders, other things get in the way of daily practice, etc.
- “Ready,” but Stuck (explain: \_\_\_\_\_)
- Other: \_\_\_\_\_

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# CHAKRA Energy Practice: **Assessment**

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## Journey Log

For this Journey Log segment, consider the following: allow yourself at least 10 to 15 minutes. Decide to deeply feel the associations you recognize and have come to tie to these scenarios. Often, a significant landmark, sentimental event or circumstance will be involved, having **etched & imprinted meaning** into this example. It becomes part of your language.

Be clear so that this serves you well. Be complete. Express yourself in visual, colorful, and detailed terms about it all. Consider that you will be reflecting back on this log in order to enhance & reinforce growth; so, be as sense and feeling-oriented as you can. Give yourself, your body, your intuition, and your experience your full conscious focus.

### **Soft, Warm Blanket Scene**

(red) \_\_\_\_\_

(orange) \_\_\_\_\_

(yellow) \_\_\_\_\_

### **Personal or Known Ass'ns**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **General, Other Ass'ns**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i.e. Memories, Occurrences, Dreams

## Journey Log

(continued)

For further clarification, you want to identify & write into the record for yourself (+ continue from here with green through the other 4 colors in your own extra writing space...using white or gold for the crown chakra color):

- ∞ Feelings: images conjured must not only be vivid, but evocative; FEELING a difference is what makes a difference
- ∞ Reactions: be sure to choose scenarios that are consistent with a warm, soft blanket (to open & expand energy)
- ∞ Detail context for how you arrived at your scenario/association (people, places, things): 5 senses...plus.
- ∞ Summarize the **impact** of each state of sensations that resonates from each scenario of context you detailed.
- ∞ Whenever possible, use visually-oriented terms & descriptors to best capture the essence of the experience:
  - o Describe why you feel “elated” (example)...so it enables you to get right back into that same feeling again
  - o Other related references that enhance the scene
  - o Memories, images, people (i.e. moving or static, vibrant or muted, infused with hues of love or joy or calm)
  - o How often & when you see or feel experiences like these spontaneously in daily life (when not practicing)
  - o Remember to align each scene with the chakra color and affirmation descriptors that sync: for imprinting
 

▪ How many senses?	∞ Up to 2	∞ 2 or 3	∞ 4	∞ 5 (or more ;)
▪ Is there a common theme?	∞ family	∞ romance	∞ career	∞ life luxury
▪ Why these scenarios? ..	∞ ideal	∞ realistic	∞ manifesting	∞ other





# CHAKRAS & Energy Consciousness

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Comprehending and experiencing the true sensations & nuances of our energy centers can seem elusive. In truth, it all comes down to consistent practice: finding a feel, the flow zone, energetic “muscle memory” ...getting to know intuition.

Such practice sessions create space for recognition & realization that energetic occurrences behave differently than physical training. That’s the very point of the consistency: continuing to walk through & feel the experiences based on different days, different influences, different moods...and learning how to restore the conditions of **awareness** that enable flow, expansion, and balance to occur, regardless of any other inclination, distraction, or external event.

Indeed, regardless of the type or nature of the practice, we know that a consistent 21-day pattern establishes a habit; and, 90 days begins a lifestyle. Exciting, right?! That’s especially true in this context. After all, the foundation we lay through consistent consciousness in our chakra energy center practices enables us to open further and deeper to the treasured rewards of developing our intuition. With clear, consistent connection to intuition, all aspects – awakening to utilizing our extraordinary gifts – become easier and more natural...

So, as powerful, exciting, wonderful, refreshing, exhilarating, provocative – & more – as our scenarios may have been, the best of those will pale in comparison to the energetic awakenings ahead. Revel in THAT for a moment! It is all good, exciting, and wonderful...and has the capacity to send magnified ripples of that compounded goodness into the world for collective consciousness as well. Such magnificent possibilities. This is truly just the beginning... ∞

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## *Stages*

- 1 The Urge
- 2 The Search
- 3 Awakening
- 4 Adjustment
- 5 Awareness
- 6 Heal & Align
- 7 Elevate

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