

CHAKRA ENERGIES OF THE ETHERIC TEMPLATE BODY

1.5 - 2 feet beyond the physical body

1. **Etheric Template Root:** Taking responsibility for your physical circumstances and taking appropriate actions in alignment with your responsibility.
2. **Etheric Template Sacral:** Creative expression, taking responsibility for our role in the co-creative process (vs. blaming others or blaming circumstances).
3. **Etheric Template Solar Plexus:** Clear expression, courage to say what you mean and mean what you say, responsible decision making.
4. **Etheric Template Heart:** Speaking and listening with love; taking responsibility for your decision to love, empowering through love (not enabling or rescuing and not perceiving ourselves as a victim of love), giving tough love when necessary.
5. **Etheric Template Throat:** Aligned with truth, walking your talk, living your truth.
6. **Etheric Template 3rd Eye:** Listening to inner guidance; listening to your guides and angels.
7. **Etheric Template Crown:** Presence, charisma, inspiring others by example.

Visit <https://allcanheal.com/subtle-bodies>

for recommendations to strengthen these chakra and subtle body energies.