

# CHAKRA

## Wellness Workbook



# IGNITE YOUR TRUE SELF



## 30-Days to Design Your Clear Path Forward

Unlock the clarity and confidence you need to lead your life authentically

- Daily reflective prompts for immediate clarity.
- Empowering practices to break free from limiting patterns.
- Inspirational messages that fuel your bold journey.

## Activate Your Alignment Journey Now

**START YOUR JOURNEY TODAY AND TRANSFORM YOUR TOMORROW.**

**This course is designed to help you:**

- Uncover your core values and break free from old patterns.
- Discover daily practices that fuel your energy and empower your decisions.
- Embrace the bold, authentic life you were destined to live.

This process can be started anytime and offers an opportunity to align your mindset, actions, and energy with the life you truly desire.

**Sign Up Here**



# WHAT ARE THE CHAKRA'S?

Chakras are energy centers within the body that are believed to regulate our physical, emotional, and spiritual well-being. The word "Chakra" comes from the ancient Sanskrit language and translates to "wheel" or "disk," symbolizing the way energy spins and flows through these centers.

Each Chakra corresponds to specific areas of the body, and they are thought to influence various aspects of our lives, from basic survival and emotional expression to intuition and higher consciousness.

**There are seven primary Chakras aligned along the spine, from the base of the spine to the top of the head:**

- **Root Chakra (Muladhara):** Located at the base of the spine, this Chakra is associated with feelings of safety, stability, and grounding.
- **Sacral Chakra (Svadhithana):** Situated just below the navel, it governs creativity, passion, and emotional balance.
- **Solar Plexus Chakra (Manipura):** Found in the upper abdomen, it relates to personal power, self-confidence, and self-discipline.
- **Heart Chakra (Anahata):** Positioned in the center of the chest, it influences love, compassion, and emotional connection.
- **Throat Chakra (Vishuddha):** Located at the throat, it deals with communication, self-expression, and truth.
- **Third Eye Chakra (Ajna):** Situated between the eyebrows, this Chakra is associated with intuition, insight, and mental clarity.
- **Crown Chakra (Sahasrara):** Found at the top of the head, it represents spiritual connection, enlightenment, and a sense of unity.

When these Chakras are balanced and open, energy flows freely, promoting well-being and harmony. However, blockages or imbalances can lead to physical ailments, emotional challenges, or a feeling of disconnection.

Chakra work, which involves meditation, visualization, affirmations, and other holistic practices, aims to balance these energy centers, helping individuals achieve greater wellness and inner peace.

# CHAKRA SYSTEM

6th Chakra



**Third Eye Chakra**

to see

7th Chakra



**Crown Chakra**

to know

4th Chakra



**Heart Chakra**

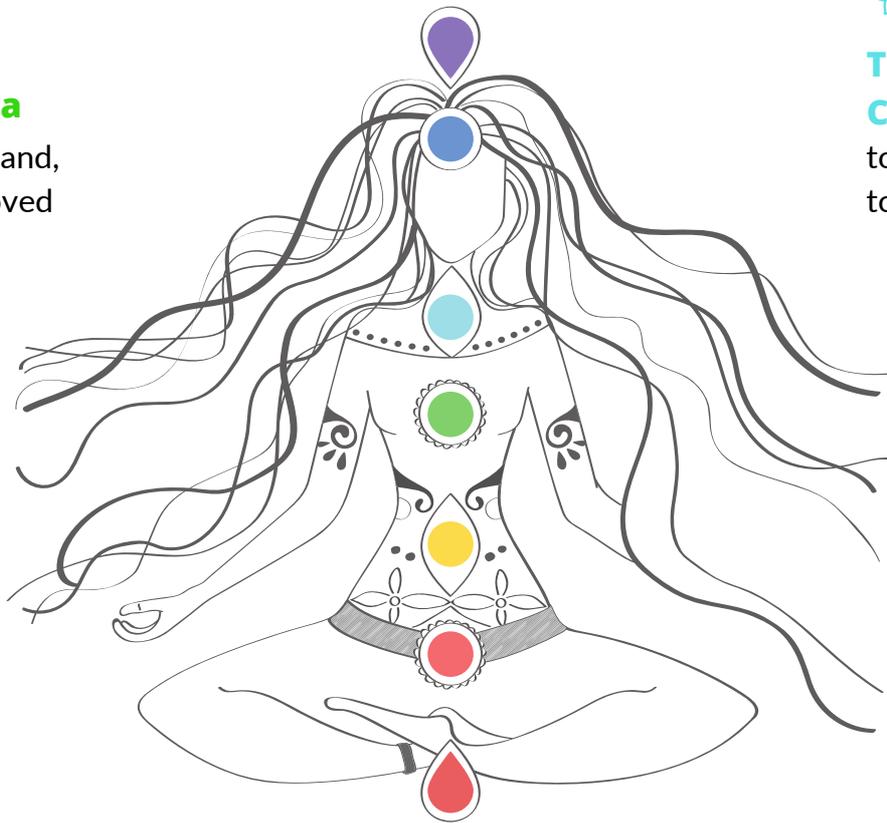
to love and,  
to be loved

5th Chakra



**Throat Chakra**

to speak,  
to be heard



2nd Chakra



**Sacral Chakra**

to feel,  
to want

3rd Chakra



**Solar Plexus Chakra**

to act,  
to do

1st Chakra

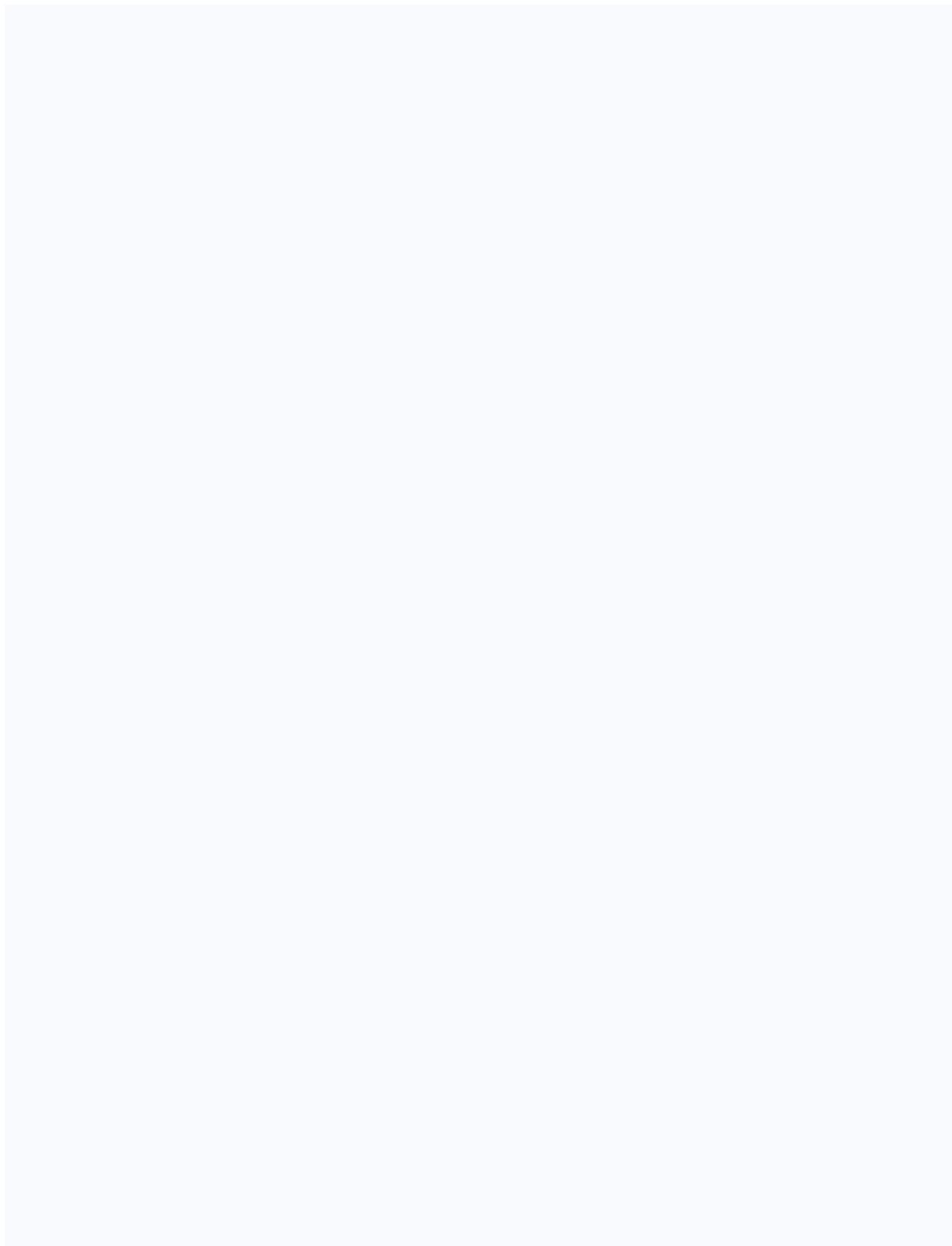


**Root Chakra**

to be here,  
to have

# Chakra Body Scan

Take a few moments to scan your body and notice any areas of tension or heaviness. Write down any insights or sensations



# CHAKRA ASSESSMENT

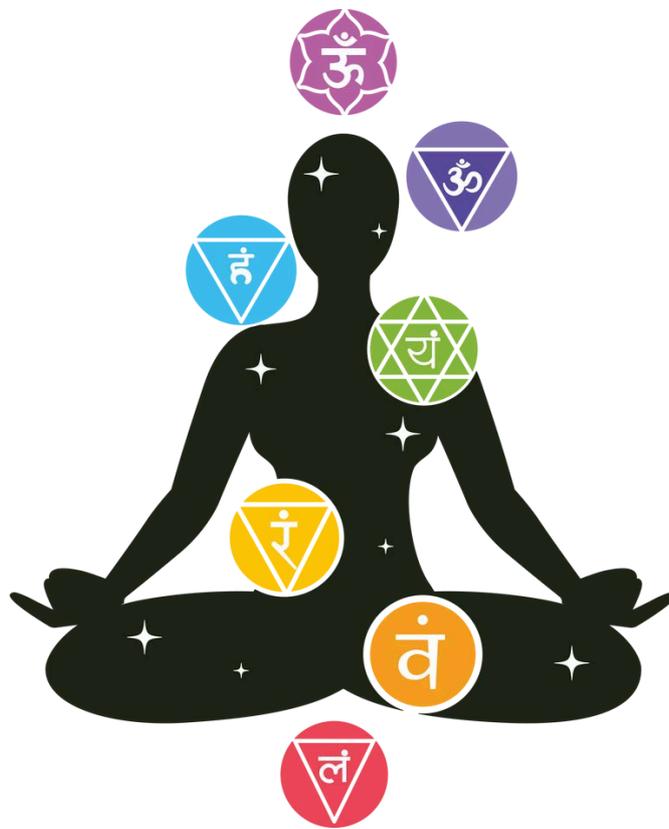
Next narrow in and sense which chakras (energy centers) you feel might be blocked or out of balance? Use the information on the next 2 pages to assist your assessment.

CHAKRA	INSIGHTS
 Crown	
 3rd Eye	
 Throat	
 Heart	
 Solar Plexus	
 Sacral	
 Root	

# CHAKRA REFERENCE

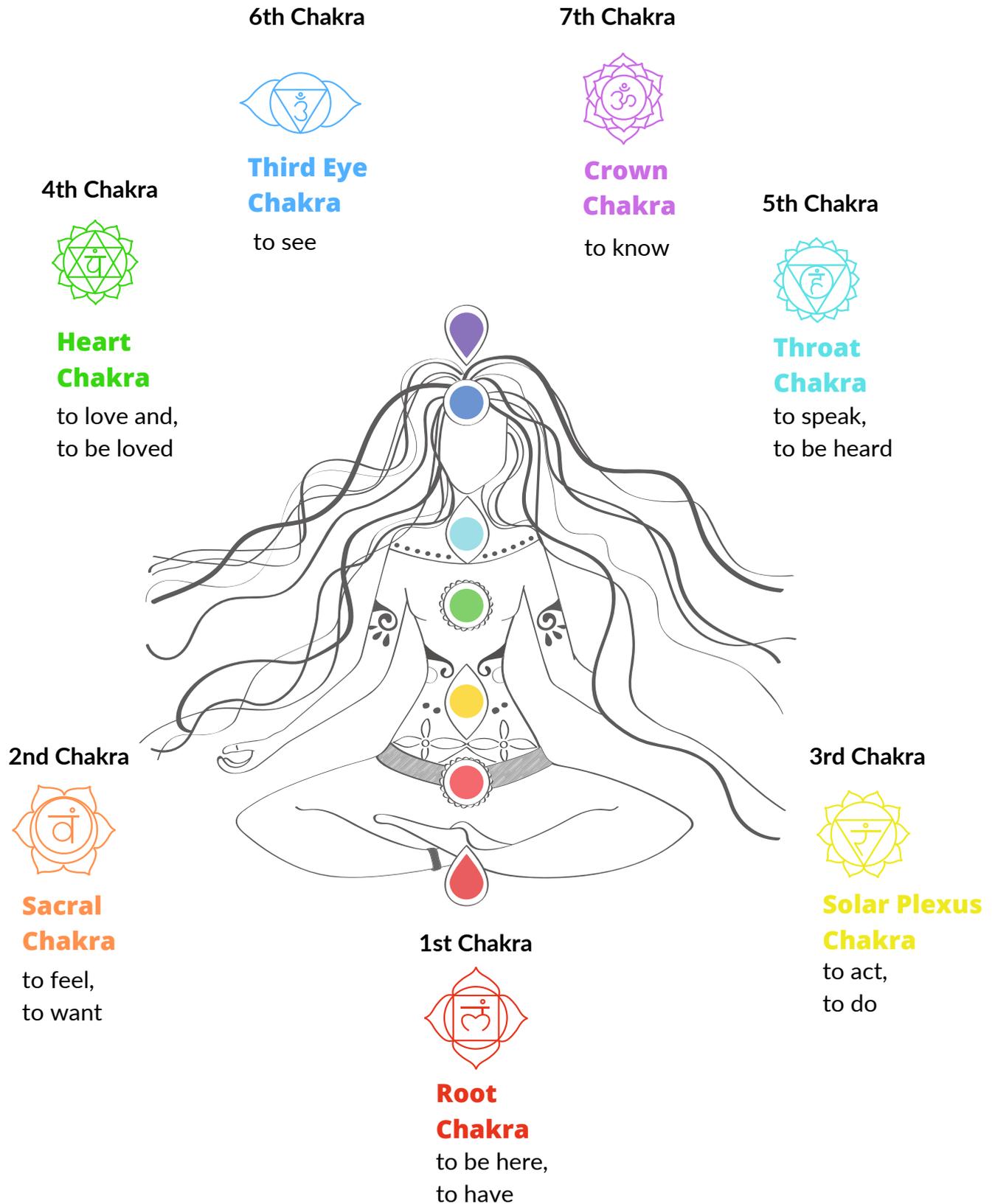
CHAKRA	BLOCKED	BALANCED	OVERACTIVE
 <b>Crown</b>	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.
 <b>3rd Eye</b>	Poor judgement, lacks focus, poor imagination, can't see beyond physical.	Imaginative, intuitive, clear thoughts and vision, sees beyond physical.	Nightmares, delusions, hallucinations, obsessive, see too many spirits.
 <b>Throat</b>	Can't express self or speak out, misunderstood, secretive, not a good listener.	Confident expression, clear communicator, creative, diplomatic.	Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.
 <b>Heart</b>	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
 <b>Solar Plexus</b>	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
 <b>Sacral</b>	Low libido, fear of intimacy, no creativity, isolated.	Passionate, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
 <b>Root</b>	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive.	Greedy, lust for power, aggressive, materialistic, cynical.

# CHAKRA BALANCING TECHNIQUES



# GENTLE CHAKRA SYSTEM REBOOT

Finally, take 5 to 10 minutes meditating and visualizing each chakra as a vibrant spinning wheel of energy. Image that a white light runs through each chakra and activates it with a healing energy.



# CHAKRA AFFIRMATIONS

## Root Chakra (Muladhara)

- “I am grounded, safe, and secure.”
- “I trust the process of life and feel stable.”
- “I have everything I need to survive and thrive.”
- “I am deeply connected to the earth and my roots.”

## Sacral Chakra (Svadhithana)

- “I embrace my creativity and passion.”
- “I allow myself to experience joy and pleasure.”
- “I honor and respect my boundaries and desires.”
- “I am in tune with my emotions and express them freely.”

## Solar Plexus Chakra (Manipura)

- “I am confident, strong, and powerful.”
- “I am worthy of success and happiness.”
- “I take inspired action towards my goals.”
- “I confidently express my true self.”

## Heart Chakra (Anahata)

- “I am open to giving and receiving love.”
- “I forgive myself and others with compassion.”
- “My heart is filled with gratitude and kindness.”
- “I am worthy of love and love flows freely to me.”

## Throat Chakra (Vishuddha)

- “I speak my truth with clarity and courage.”
- “My voice is strong, clear, and powerful.”
- “I communicate with ease and confidence.”
- “I express myself authentically and creatively.”

## Third Eye Chakra (Ajna)

- “I trust my intuition and inner wisdom.”
- “I see clearly and perceive the world with insight.”
- “I am connected to the wisdom of the universe.”
- “My mind is open, flexible, and focused.”

## Crown Chakra (Sahasrara)

- “I am connected to the divine and all that is.”
- “I am open to higher wisdom and spiritual insight.”
- “I honor the divine within me and in others.”
- “I am at peace and one with the universe.”

# CHAKRA BREATHWORK

## **Root Chakra (Muladhara) – Grounding Breath**

Ground your energy and bring stability to your mind and body.

### **Instructions:**

- Sit comfortably with your spine straight and feet flat on the ground.
  - Close your eyes and take a deep breath in through your nose, visualizing red energy filling your lower abdomen and pelvis.
  - Exhale slowly through your mouth, releasing any tension and visualizing roots extending from your body into the earth.
  - Repeat for 5-10 breaths, focusing on feeling connected to the ground beneath you.
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## **Sacral Chakra (Svadhithana) – Pelvic Breath**

Enhance creativity, passion, and emotional flow.

### **Instructions:**

- Sit or lie down comfortably, placing your hands gently on your lower abdomen.
  - Inhale deeply through your nose, allowing your breath to expand your lower belly.
  - As you exhale, gently contract your abdominal muscles, pushing out all the air.
  - Visualize a warm orange light swirling in your pelvic region, enhancing creativity and emotional balance.
  - Repeat for 5-10 breaths, focusing on the sensation of expansion and contraction.
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## **Solar Plexus Chakra (Manipura) – Power Breath**

Increase confidence and willpower by energizing the Solar Plexus.

### **Instructions:**

- Sit up straight and place your hands on your upper abdomen, just above the navel.
- Inhale deeply through your nose, filling your upper abdomen with air and expanding your rib cage.
- Hold your breath for a few seconds, feeling the energy building in your solar plexus.
- Exhale through your mouth with a strong “HA” sound, releasing any self-doubt or fear.
- Repeat 5-7 times, imagining a bright yellow light radiating from your Solar Plexus Chakra.

# CHAKRA BREATHWORK

## **Heart Chakra (Anahata) – Heart Opening Breath**

Open the heart space and cultivate love and compassion.

### **Instructions:**

- Sit comfortably with your back straight and shoulders relaxed.
  - Place one hand over your heart and the other on your lower abdomen.
  - Inhale deeply through your nose, imagining green energy filling your chest and heart area.
  - As you exhale slowly, visualize this energy expanding outward, filling you with love and compassion.
  - Repeat for 5-10 breaths, focusing on the sensation of your heart expanding and opening.
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## **Throat Chakra (Vishuddha) – Ujjayi Breath (Ocean Breath)**

Enhance communication and self-expression by activating the Throat Chakra.

### **Instructions:**

- Sit comfortably with your spine straight and eyes closed.
- Inhale deeply through your nose, slightly constricting the back of your throat as if you were fogging up a mirror.
- Exhale through your nose with the same throat constriction, creating a soft, oceanic sound.
- Focus on the vibration and sound of your breath, imagining a blue light glowing in your throat.
- Continue for 5-10 breaths, allowing the sound to soothe and clear your Throat Chakra.

# CHAKRA BREATHWORK

## **Third Eye Chakra (Ajna) – Alternate Nostril Breathing (Nadi Shodhana)**

Balance both hemispheres of the brain and enhance intuition and clarity.

### **Instructions:**

- Sit in a comfortable position with your back straight.
  - Use your right thumb to gently close your right nostril. Inhale deeply through your left nostril.
  - Close your left nostril with your right ring finger and release your thumb from your right nostril, exhaling through the right nostril.
  - Inhale through the right nostril, close it with your thumb, and exhale through the left nostril.
  - Repeat for 5-7 cycles, focusing on the balance and flow of breath between both nostrils.
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## **Crown Chakra (Sahasrara) – Bhramari Breath (Bee Breath)**

Calm the mind, reduce stress, and connect with higher consciousness.

### **Instructions:**

- Sit comfortably with your spine straight and eyes closed.
- Take a deep breath in through your nose, then exhale with a gentle humming sound, like a bee.
- As you hum, focus on the vibration in your head and crown area, visualizing a violet or white light radiating from the top of your head.
- Continue for 5-10 breaths, feeling a sense of calm and heightened awareness.

# CHAKRA YOGA POSES

## Root Chakra (Muladhara)

Grounding, stability, and security.

### Yoga Poses:

- Mountain Pose (Tadasana): Promotes grounding and stability through connection to the earth.
  - Warrior I (Virabhadrasana I): Enhances strength, stability, and confidence.
  - Squat Pose (Malasana): Opens the hips and connects with the earth, promoting a sense of grounding.
  - Child's Pose (Balasana): Provides a feeling of safety and security.
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## Sacral Chakra (Svadhithana)

Creativity, passion, and emotional balance.

### Yoga Poses:

- Goddess Pose (Utkata Konasana): Opens the hips and stimulates the pelvic region, enhancing creativity and emotional flow.
  - Bound Angle Pose (Baddha Konasana): Increases flexibility in the hips and groin area, releasing stored emotions.
  - Pigeon Pose (Eka Pada Rajakapotasana): Releases tension in the hips, opening up space for creativity and emotional release.
  - Cat-Cow Pose (Marjaryasana-Bitilasana): Encourages fluid movement of the spine, balancing emotions.
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## Solar Plexus Chakra (Manipura)

Personal power, self-confidence, and willpower.

### Yoga Poses:

- Boat Pose (Navasana): Strengthens the core, promoting confidence and personal power.
- Warrior III (Virabhadrasana III): Challenges balance and stability, enhancing inner strength.
- Bow Pose (Dhanurasana): Opens the abdominal area, energizing the Solar Plexus.
- Plank Pose (Phalakasana): Builds core strength and stimulates personal willpower.

# CHAKRA YOGA POSES

## Heart Chakra (Anahata)

Love, compassion, and emotional healing.

### Yoga Poses:

- Camel Pose (Ustrasana): Opens the chest and heart, releasing stored emotions and promoting love and compassion.
  - Bridge Pose (Setu Bandhasana): Expands the heart area, facilitating the flow of love and energy.
  - Cobra Pose (Bhujangasana): Opens the chest and shoulders, stimulating the Heart Chakra.
  - Upward-Facing Dog (Urdhva Mukha Svanasana): Encourages a sense of openness and emotional expansion.
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## Throat Chakra (Vishuddha)

Communication, self-expression, and truth.

### Yoga Poses:

- Shoulder Stand (Sarvangasana): Stimulates the throat area and promotes energy flow to the Throat Chakra.
  - Fish Pose (Matsyasana): Opens the throat and chest, allowing for clearer communication.
  - Plow Pose (Halasana): Calms the mind and throat, enhancing the ability to speak one's truth.
  - Lion's Breath Pose (Simhasana): Opens the throat and releases pent-up energy, aiding in expression.
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## Third Eye Chakra (Ajna)

Intuition, insight, and mental clarity.

### Yoga Poses:

- Child's Pose (Balasana) with Forehead on the Ground: Activates the Third Eye by applying gentle pressure to the forehead.
- Downward-Facing Dog (Adho Mukha Svanasana): Promotes circulation to the head and Third Eye area, enhancing mental clarity.
- Seated Forward Bend (Paschimottanasana): Stimulates the Third Eye Chakra by bringing awareness to the forehead.
- Head-to-Knee Pose (Janu Sirsasana): Encourages introspection and insight.

# CHAKRA YOGA POSES

## **Crown Chakra (Sahasrara)**

Spiritual connection, higher consciousness, and enlightenment.

### **Yoga Poses:**

- Headstand (Sirsasana): Activates the Crown Chakra by bringing energy and focus to the top of the head.
- Lotus Pose (Padmasana): Encourages stillness and connection to higher consciousness.
- Corpse Pose (Savasana): Facilitates complete relaxation and surrender, promoting a sense of unity and oneness.
- Tree Pose (Vrksasana): Enhances balance and a feeling of connection to the divine.

# CRYSTALS AND CHAKRAS

## Root Chakra (Muladhara)

Grounding, stability, and security.

### Recommended Crystals:

- Red Jasper: Provides grounding and stability, promoting a sense of safety.
  - Hematite: Absorbs negative energy and helps with focus and concentration.
  - Black Tourmaline: Offers protection and grounding, dispelling negative energies.
  - Smoky Quartz: Transforms negative energy into positive and supports emotional grounding.
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## Sacral Chakra (Svadhithana)

Creativity, passion, and emotional balance.

### Recommended Crystals:

- Carnelian: Enhances creativity, passion, and courage.
  - Orange Calcite: Balances emotions and stimulates creativity and playfulness.
  - Tiger's Eye: Supports emotional balance and enhances motivation and willpower.
  - Sunstone: Promotes joy, enthusiasm, and positive energy.
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## Solar Plexus Chakra (Manipura)

Personal power, self-confidence, and willpower.

### Recommended Crystals:

- Citrine: Enhances confidence, personal power, and abundance.
  - Yellow Jasper: Supports mental clarity, courage, and emotional stability.
  - Amber: Provides warmth, vitality, and a sense of empowerment.
  - Golden Tiger's Eye: Balances power and confidence, helping to manifest goals.
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## Heart Chakra (Anahata)

Love, compassion, and emotional healing.

### Recommended Crystals:

- Rose Quartz: Promotes love, compassion, and emotional healing.
- Green Aventurine: Opens the heart to love, luck, and emotional balance.
- Jade: Attracts harmony, prosperity, and love.
- Rhodonite: Encourages forgiveness and emotional healing.

# CRYSTALS AND CHAKRAS

## **Throat Chakra (Vishuddha)**

Communication, self-expression, and truth.

### **Recommended Crystals:**

- Blue Lace Agate: Calms the mind and encourages clear communication.
  - Aquamarine: Promotes courage and truthful self-expression.
  - Sodalite: Enhances verbal expression and brings clarity of thought.
  - Lapis Lazuli: Facilitates honest communication and self-awareness.
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## **Third Eye Chakra (Ajna)**

Intuition, insight, and mental clarity.

### **Recommended Crystals:**

- Amethyst: Enhances intuition, spiritual awareness, and mental clarity.
  - Labradorite: Promotes insight, intuition, and psychic abilities.
  - Fluorite: Clears mental fog and improves focus and concentration.
  - Lapis Lazuli: Opens the mind to higher levels of consciousness and insight.
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## **Crown Chakra (Sahasrara)**

Spiritual connection, higher consciousness, and enlightenment.

### **Recommended Crystals:**

- Clear Quartz: Amplifies energy and enhances spiritual awareness.
- Selenite: Promotes peace, purity, and a connection to higher realms.
- Amethyst: Facilitates spiritual growth and connection to the divine.
- Lepidolite: Encourages spiritual insight and brings emotional balance.

# ESSENTIAL OILS AND CHAKRAS

## Root Chakra (Muladhara)

Grounding, stability, and security.

### Recommended Essential Oils:

- Patchouli: Provides grounding and a sense of stability.
  - Cedarwood: Encourages connection to the earth and emotional strength.
  - Vetiver: Helps calm the mind and promote a sense of being centered.
  - Sandalwood: Supports feelings of stability, security, and relaxation.
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## Sacral Chakra (Svadhithana)

Creativity, passion, and emotional balance.

### Recommended Essential Oils:

- Sweet Orange: Inspires creativity, joy, and positive energy.
  - Ylang Ylang: Enhances emotional balance and sensuality.
  - Clary Sage: Supports creativity and emotional release.
  - Jasmine: Promotes passion, desire, and intimacy.
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## Solar Plexus Chakra (Manipura)

Personal power, self-confidence, and willpower.

### Recommended Essential Oils:

- Lemon: Uplifts and boosts confidence, self-worth, and focus.
  - Ginger: Enhances motivation, personal power, and courage.
  - Peppermint: Increases mental clarity and energy.
  - Cinnamon: Encourages warmth, strength, and self-assertion.
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## Heart Chakra (Anahata)

Love, compassion, and emotional healing.

### Recommended Essential Oils:

- Rose: Opens the heart to love, compassion, and healing.
- Lavender: Calms the mind and encourages emotional healing and balance.
- Geranium: Promotes emotional stability and encourages loving thoughts.
- Bergamot: Reduces stress and anxiety, fostering a sense of love and peace.

# ESSENTIAL OILS AND CHAKRAS

## **Throat Chakra (Vishuddha)**

Communication, self-expression, and truth.

### **Recommended Essential Oils:**

- Chamomile: Promotes calmness and clear communication.
  - Peppermint: Clears the mind and enhances self-expression.
  - Tea Tree: Clears blockages and supports speaking one's truth.
  - Eucalyptus: Opens the throat and supports clear breathing and communication.
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## **Third Eye Chakra (Ajna)**

Intuition, insight, and mental clarity.

### **Recommended Essential Oils:**

- Frankincense: Enhances meditation, intuition, and spiritual insight.
  - Rosemary: Promotes mental clarity, memory, and focus.
  - Sandalwood: Calms the mind and opens pathways to higher consciousness.
  - Clary Sage: Enhances intuition, creativity, and inner vision.
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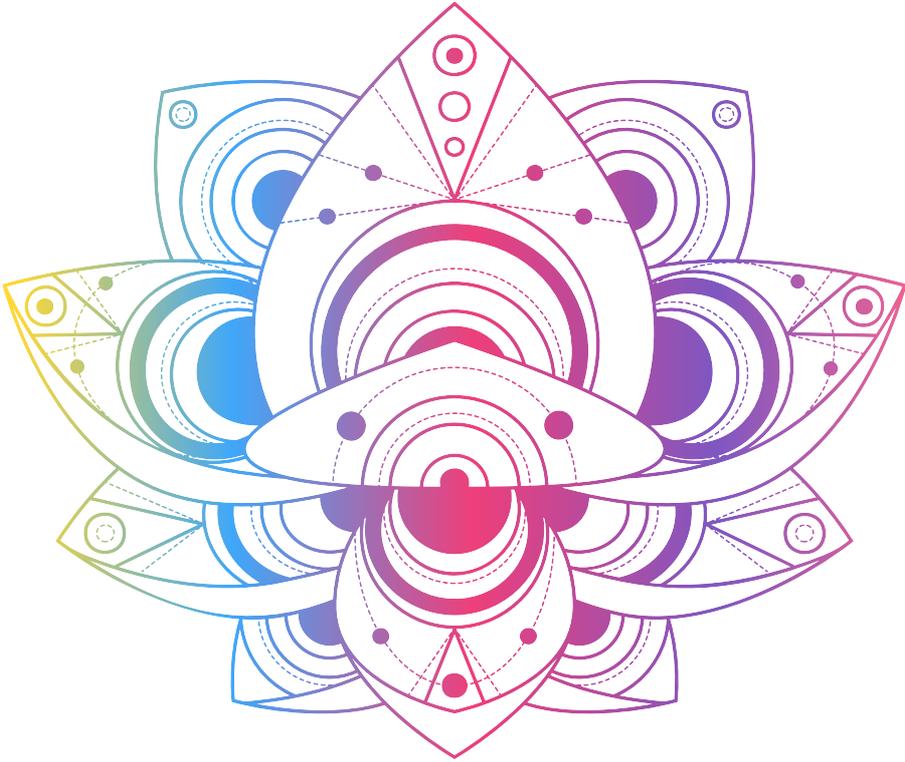
## **Crown Chakra (Sahasrara)**

Spiritual connection, higher consciousness, and enlightenment.

### **Recommended Essential Oils:**

- Lavender: Promotes peace, relaxation, and spiritual connection.
- Frankincense: Opens pathways to divine connection and higher states of consciousness.
- Myrrh: Supports meditation and spiritual awareness.
- Lotus: Encourages spiritual growth and enlightenment.

# CHAKRA JOURNALING



# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.



## CROWN CHAKRA:

What does spirituality mean to me, and how do I connect with the divine or universal energy?

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What experiences or practices help me feel connected to something greater than myself?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.



## CROWN CHAKRA:

Are there beliefs or attachments I need to release to feel more spiritually free and aligned?

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What does true inner peace and spiritual alignment feel like to me, and how can I cultivate it in my daily life?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## THIRD EYE CHAKRA



Are there times when I've ignored my intuition? What was the outcome, and what did I learn from it?

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What dreams or visions do I have for my life, and how can I begin to manifest them?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## THIRD EYE CHAKRA



What limiting beliefs cloud my perception of reality? How can I reframe these beliefs to see more clearly?

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What practices help me connect with my intuition and inner wisdom?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## THROAT CHAKRA



Do I feel comfortable speaking my truth and expressing myself authentically? Why or why not?

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Are there situations where I feel unable to express my thoughts or emotions? What holds me back?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## THROAT CHAKRA



What words or phrases describe my unique voice? How can I use my voice to inspire and connect with others?

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Write a letter to someone (without sending it) expressing any unspoken thoughts or feelings.

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## HEART CHAKRA



What are three acts of kindness I can offer to others this week?

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How do I practice self-love and self-care? What can I do to nurture my heart more deeply?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## SOLAR PLEXUS CHAKRA



What are my greatest strengths, and how do I use them to achieve my goals?

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How do I typically respond to challenges and obstacles? Do I feel confident in my ability to overcome them?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## SACRAL CHAKRA



How do I express my creativity? What activities or hobbies ignite my creative spark?

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In what ways do I honor and respect my own boundaries and desires?

How do I feel about my body and my sensuality? What could I do to feel more comfortable and connected with my body?

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What is my relationship with pleasure and joy? Do I allow myself to experience them fully?

# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## SACRAL CHAKRA



In what ways do I honor and respect my own boundaries and desires?

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How do I feel about my body and my sensuality? What could I do to feel more comfortable and connected with my body?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## ROOT CHAKRA:



What makes me feel safe, secure, and grounded in life?

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Are there any areas of my life where I feel ungrounded or fearful? What contributes to this feeling?

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# CHAKRA JOURNAL

Journaling as a practice that supports a positive internal dialogue with all 7 Chakras.

## ROOT CHAKRA:



How do I relate to my home, finances, and physical health? What changes could I make to feel more balanced in these areas?

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What roots me to the present moment, and how can I cultivate more grounding practices in my daily routine?

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# ADDITIONAL TOOLS



# 7 CHAKRA TRACKER

CHAKRA		
		
		
		
		
		
		
		

# CHAKRA WORKSHEET

CHAKRA Name:

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CHAKRA Symbol:

COLOR:

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NAME:

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KEYWORD:

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EMOTION:

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MEDITATIVE FOCUS:

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ESSENTIAL OILS:

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CRYSTALS:

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YOGA POSE:

CHAKRA BALANCING AFFIRMATION:

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# CHAKRA WORK

CHAKRA	BLOCKED?	HOW TO UNBLOCK?
		
		
		
		
		
		
		

# CHAKRA MEDITATION

DATE:

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Describe Your Chosen Meditation:

How did you feel while doing it?

How did you feel afterwards?

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NOTES:

# CHAKRA WORKSHEET



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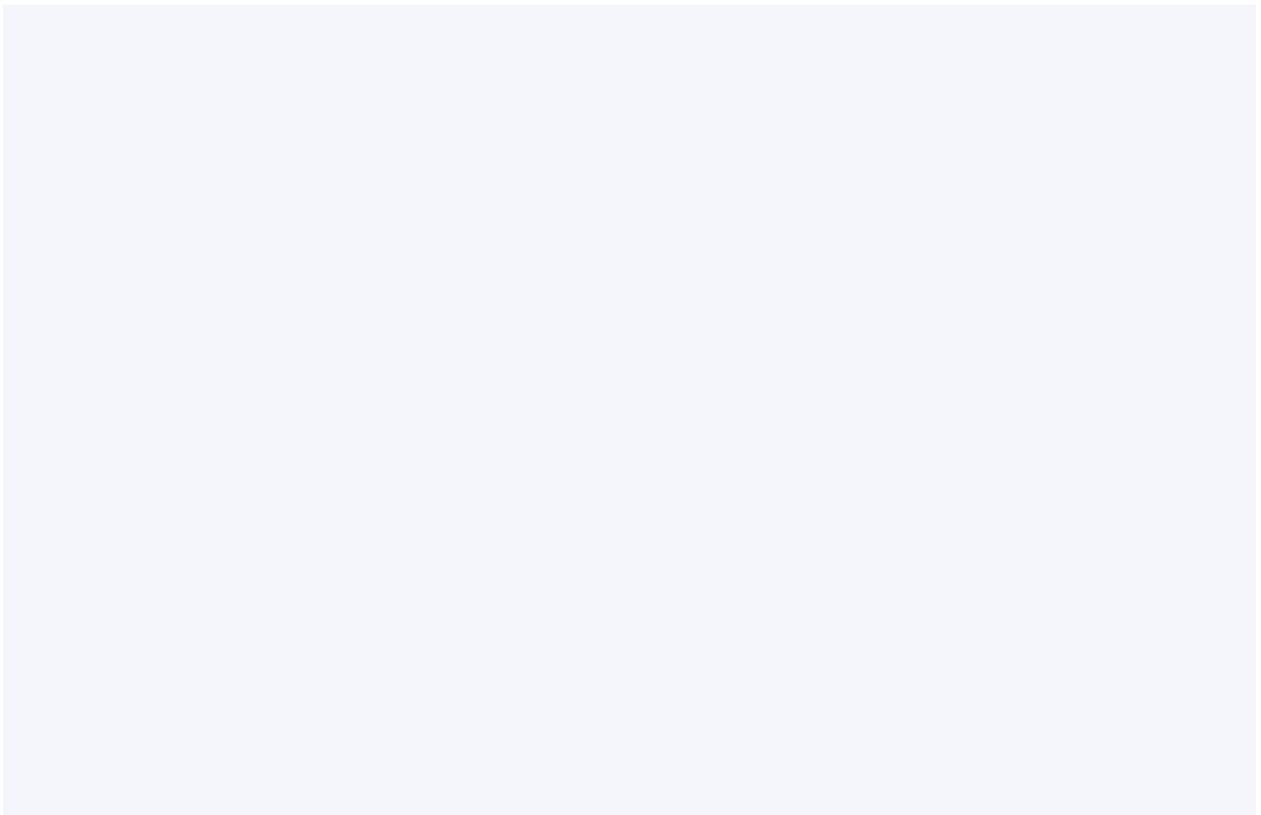
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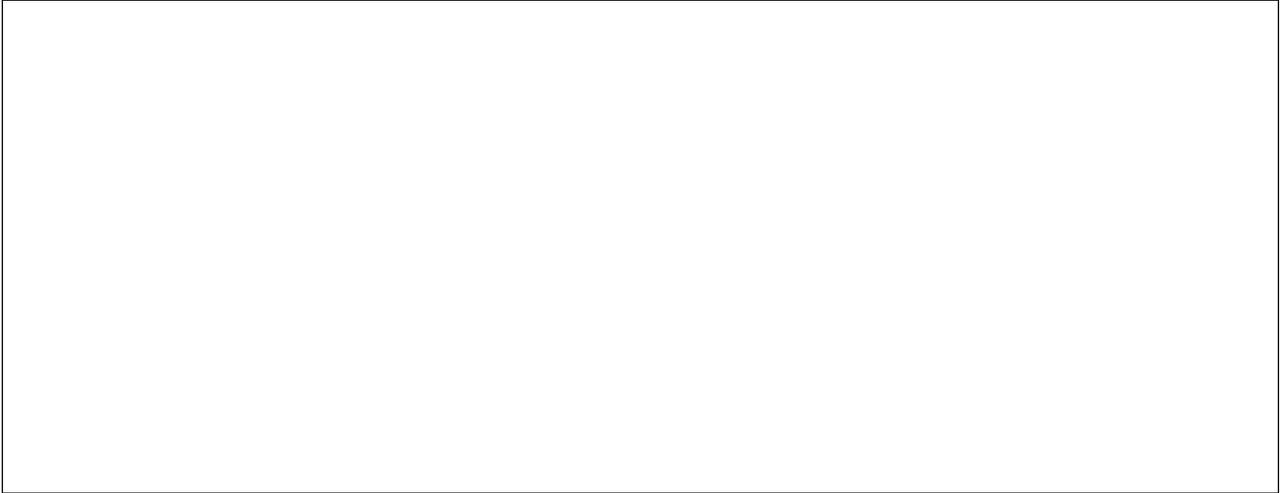
# PERSONAL MANTRAS

Create your own personal mantra or affirmation for each chakra

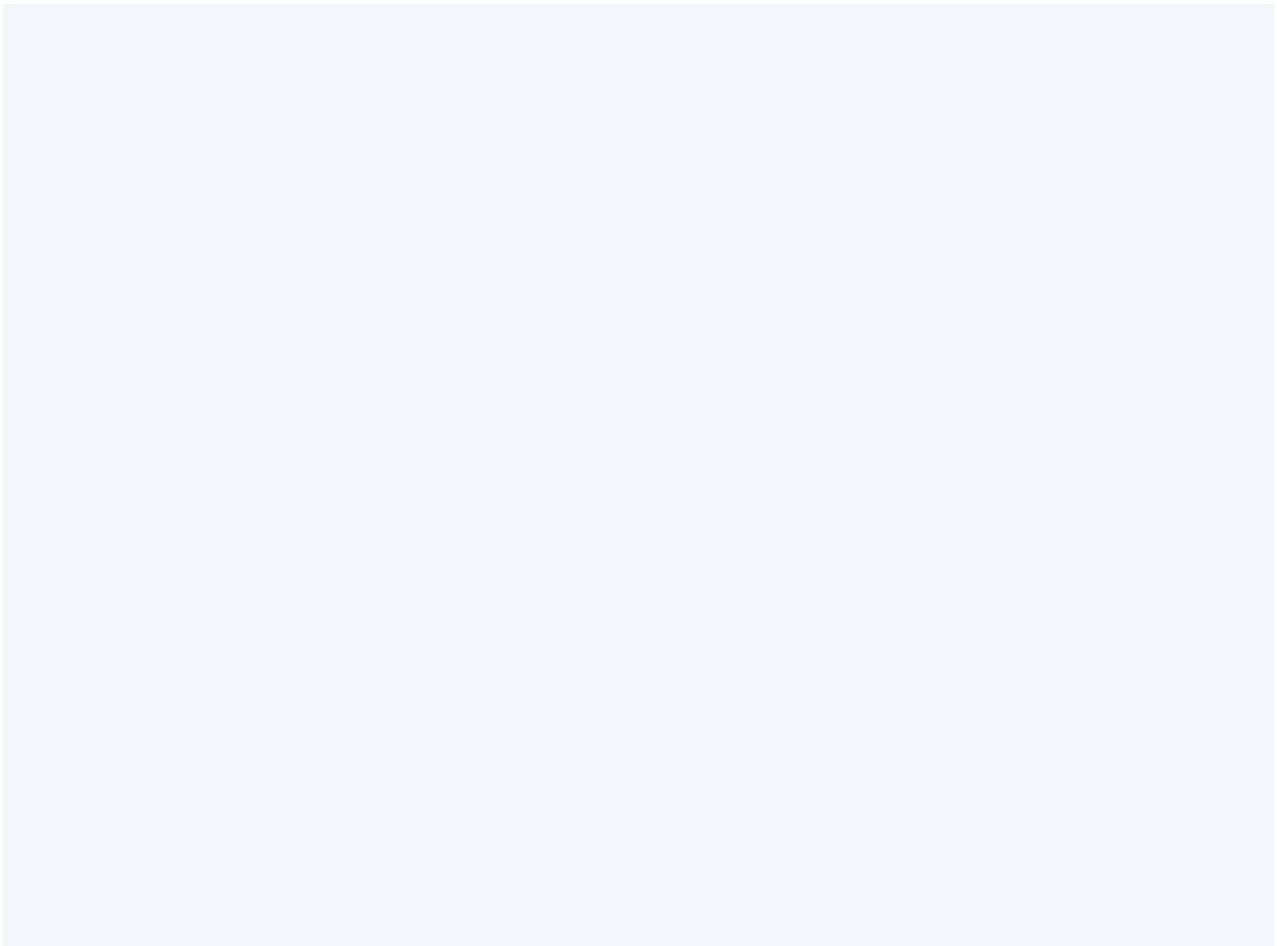
# KINDNESS & GRATITUDE

Kindness and gratitude are important for balanced chakra.

How do you practice kindness & gratitude in your daily life?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

How can you incorporate them more into each day?

A large, empty rectangular area with a light blue gradient background, intended for the user to write their response to the question above.

# CROWN CHAKRA

I want to work with the Crown Chakra because ...

Describe your current connection with your Crown Center

.....

.....

.....

.....

.....

.....

Ways I will connect with my Crown Chakra



# CROWN CHAKRA



# CROWN CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to the Crown chakra

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# THIRD EYE CHAKRA

I want to work with the Third Eye chakra because ...

Describe your current connection with your Third Eye Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Third Eye Chakra



# THIRD EYE CHAKRA



# THIRD EYE CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to the Third Eye chakra

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# THROAT CHAKRA

I want to work with the Throat chakra because ...

Describe your current connection with your Throat Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Throat Chakra



# THROAT CHAKRA



# THROAT CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to  
the Throat chakra

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# HEART CHAKRA

I want to work with the Heart chakra because ...

Describe your current connection with your Heart Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Heart Chakra



# HEART CHAKRA



# HEART CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to the Heart chakra

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# SOLAR PLEXUS CHAKRA

I want to work with the Solar Plexus chakra because ...

Describe your current connection with your Solar Plexus Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Solar Plexus Chakra



# SOLAR PLEXUS CHAKRA



# SOLAR PLEXUS CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to  
the Solar Plexus chakra

AFFIRMATIONS

EMOTIONS

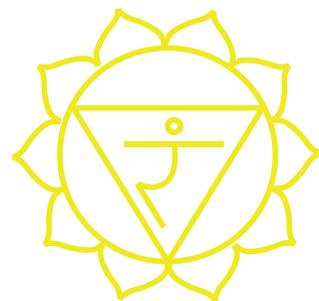
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# SACRAL CHAKRA

I want to work with the Sacral chakra because ...

Describe your current connection with your Sacral Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Sacral Chakra



# SACRAL CHAKRA



# SACRAL CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to  
the Sacral chakra

AFFIRMATIONS

EMOTIONS

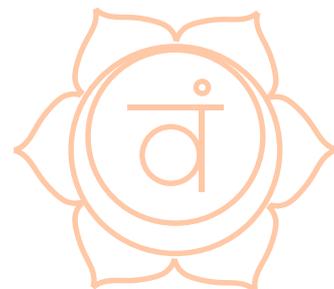
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# ROOT CHAKRA

I want to work with the Root chakra because ...

Describe your current connection with your Root Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Root Chakra



# ROOT CHAKRA



# ROOT CHAKRA REFERENCE SHEET

Fill these boxes with facts & information you relate to the Root chakra

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



# CRYSTAL WORKSHEET

Crystal Name:

Meaning and Characteristics
-----------------------------

Plan for using
----------------

Crystal Name:

Meaning and Characteristics
-----------------------------

Plan for using
----------------

Results

.....

.....

.....

Notes

.....

.....

.....

# CREATE A CRYSTAL GRID

## SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

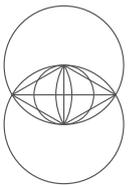


MONEY

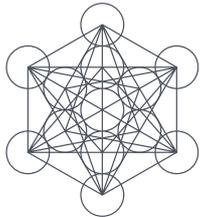


HEALTH

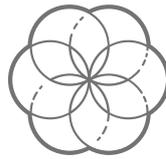
## SELECT A LAYOUT



VESICA PISCIS  
New Beginnings



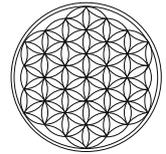
METATRON'S CUBE  
Energy



SEED OF LIFE  
Growth



SRI YANTRA  
Balance



FLOWER OF LIFE  
Connection

## SELECT YOUR CRYSTALS



AMETHYST  
Intuition



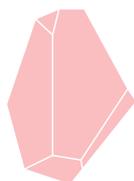
CITRINE  
Abundance



SODALITE  
Expression



QUARTZ  
Ultimate Healer



ROSE QUARTZ  
Love



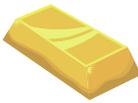
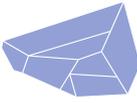
CARNELIAN  
Creation



AVENTURINE  
New Beginnings

# CHAKRA STONES CHART

Please find below the best healing crystals for balancing chakras.  
Balance and harmonize your 7 chakras with these stone sets.

CHAKRA	CRYSTAL SETS		
 CROWN	 DIAMOND	 QUARTZ	 GOLD
 THIRD EYE	 LAPIS LAZULLI	 AMETHYST	 PURPLE FLUORITE
 THROAT	 TURQUOISE	 AQUAMARINE	 AZURITE
 HEART	 MALACHITE	 EMERALD	 PINK QUARTZ
 SOLAR PLEXUS	 YELLOW CITRINE	 CHRYSOBERYL	 TIGERS EYE
 SACRAL	 CITRINE	 CARNELIAN	 MOONSTONE
 ROOT	 FIRE AGATE	 RED JASPER	 HEMATITE