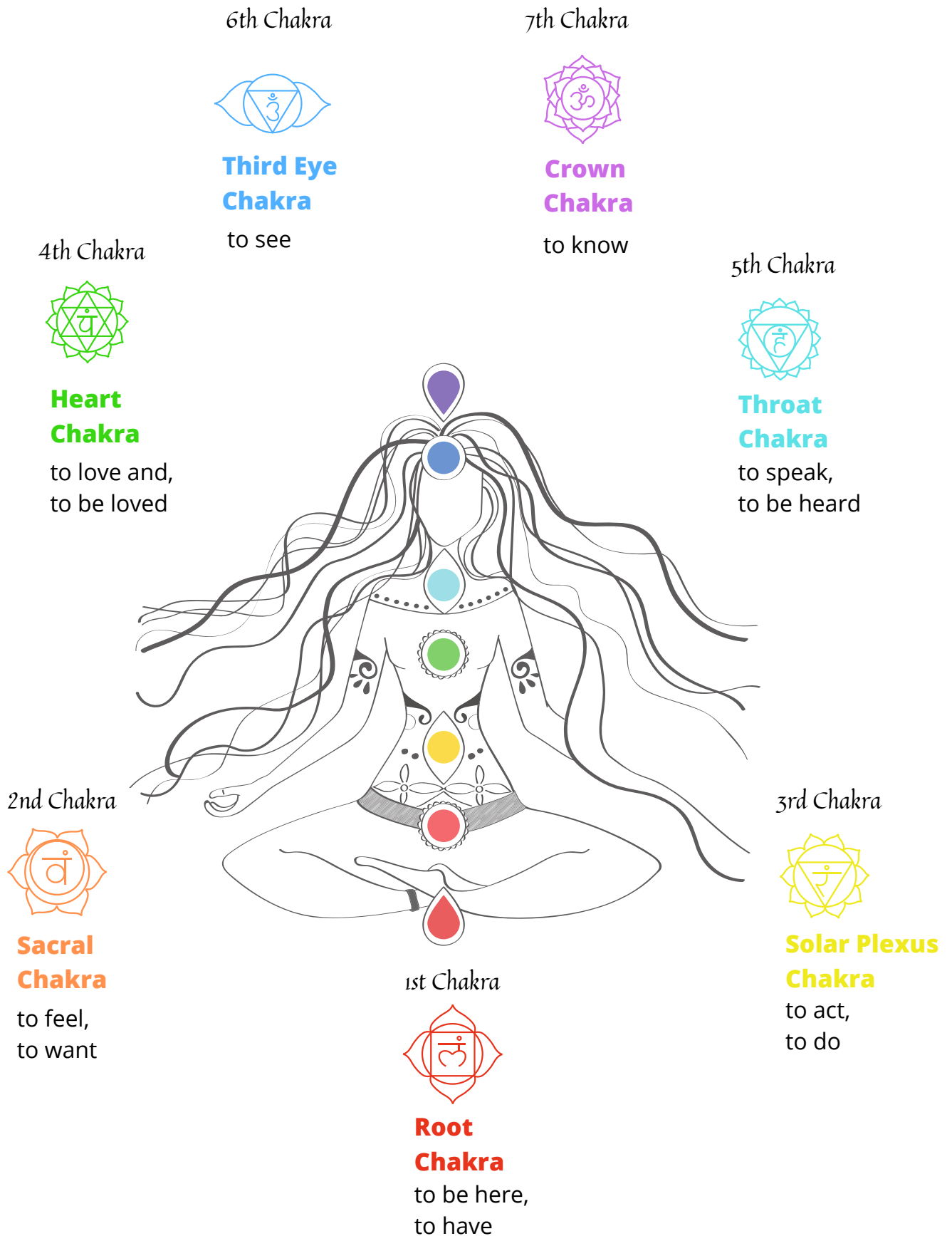


CHAKRA SYSTEM



CHAKRA DIALOGUE

Love yourself and practice a positive internal dialogue with all 7 Chakras.
Develop positive energy to send out to the world with the help of
15-minute meditation.

My CROWN CHAKRA said:



.....

.....

.....

.....

My THIRD EYE CHAKRA said:



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My THROAT CHAKRA said:



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.....

CHAKRA DIALOGUE

My HEART CHAKRA said:



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My SOLAR PLEXUS CHAKRA said:



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My SACRAL CHAKRA said:



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.....

My ROOT CHAKRA said:



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7 CHAKRAS

There are seven chakras and seven days. If each chakra was a day which would be which?

CHAKRA	DAY	REASON
		
		
		
		
		
		
		

CHAKRA WORKSHEET

CHAKRA Name:

.....

CHAKRA Symbol:

COLOR:

.....

NAME:

.....

KEYWORD:

.....

EMOTION:

.....

MEDITATIVE FOCUS:

.....

ESSENTIAL OILS:

.....

CRYSTALS:

.....

YOGA POSE:

CHAKRA BALANCING AFFIRMATION:

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BLOCKED CHAKRA

Do you feel any of your chakras are blocked?
Why do you think they might be blocked?

CHAKRA	BLOCKED?	HOW TO UNBLOCK?
		
		
		
		
		
		
		

CHAKRA AWARENESS

CHAKRA	BLOCKED	BALANCED	OVERACTIVE
	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.
	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.
	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.
	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
	Low libido, fear of intimacy, no creativity, isolated.	Passion, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive.	Greedy, lust for power, aggressive, materialistic, cynical.

CHAKRA MEDITATION

DATE:

Describe Your Chosen Meditation:

How did you feel while doing it?

How did you feel afterwards?

.....

.....

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NOTES:

ONE CHAKRA AT A TIME

Have you ever focused on one chakra at a time? What is this like?

Do you feel maybe one chakra is stronger than the other?

You have a stronger connection above the others?



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What are some ways that could help you do this more?

How does the strong chakra manifest?

Your notes.

PERSONAL MATRAS

Try to come up with a personal mantra or affirmation for each chakra

TRYING NEW THINGS

There are many ways to help balance chakras: journaling, colouring, meditating etc. Try one you've never tried before.

WHAT DID YOU CHOOSE? WHY?

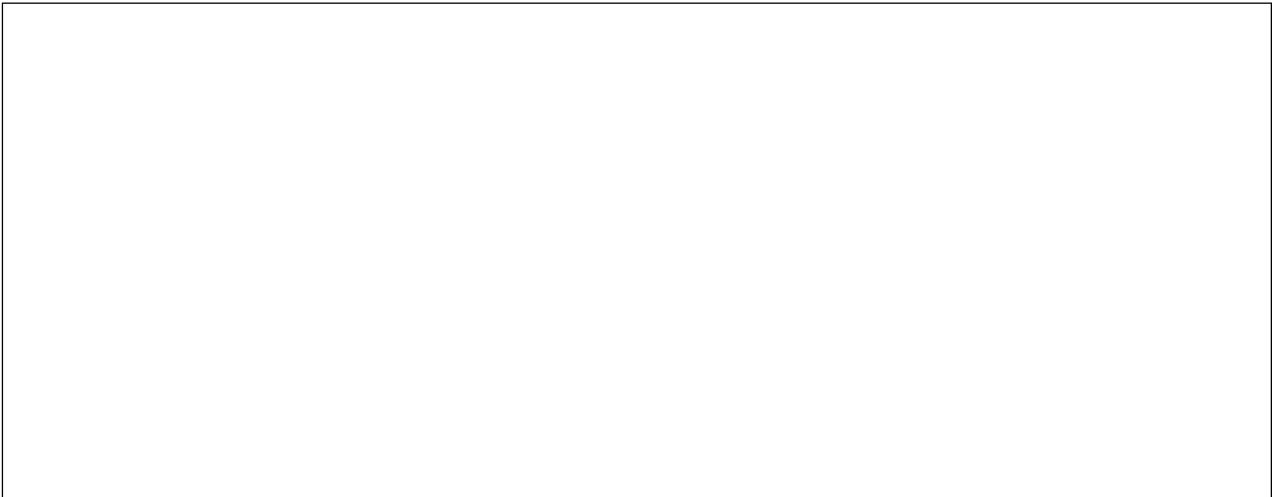
DID YOU ENJOY THE
EXPERIENCE?

HOW DID YOU FEEL
AFTERWARDS?

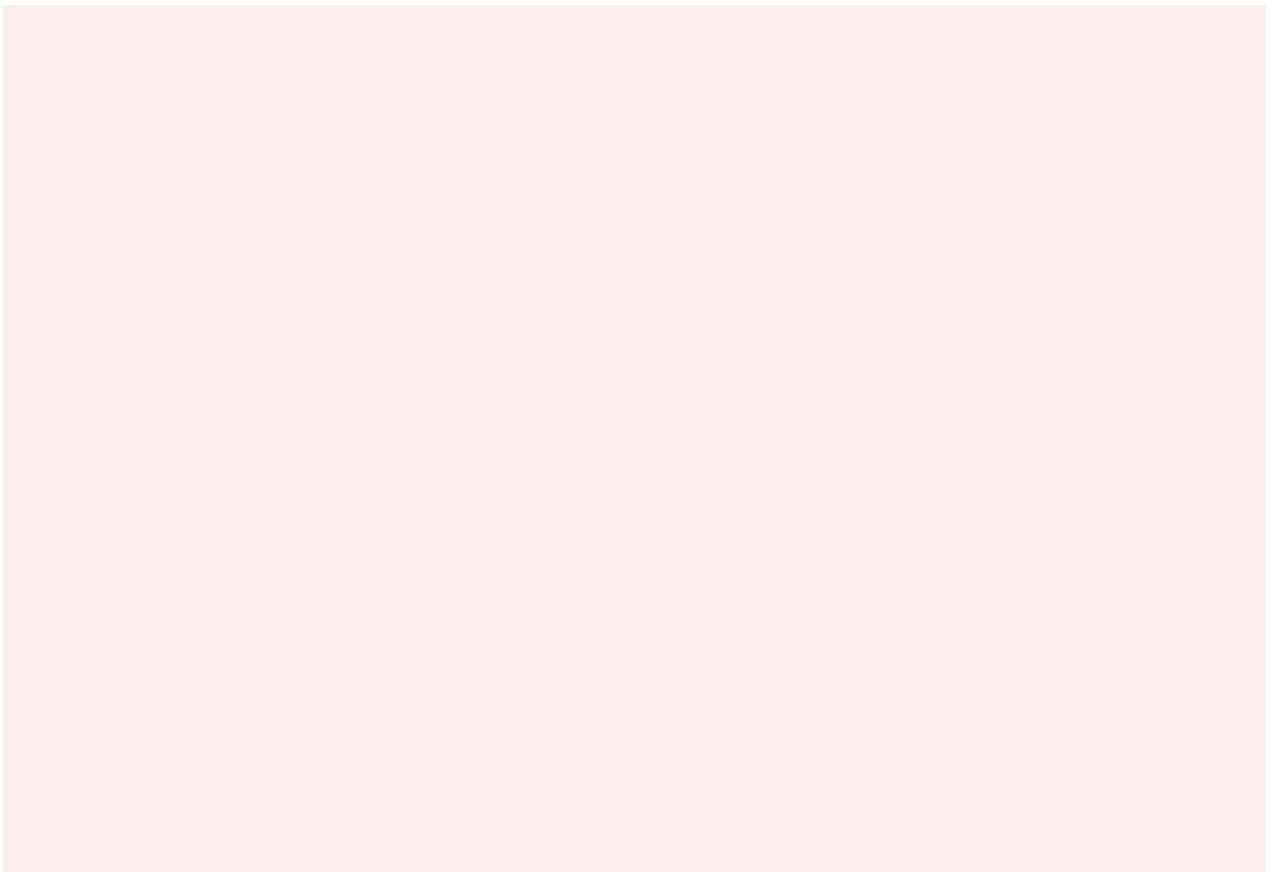
KINDNESS & GRATITUDE

Kindness and gratitude are important for balanced chakra.

How do you practice both 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 box with a light pink background and a thin black border, intended for the user to write their response to the question above.

CROWN CHAKRA

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

Ways I will help heal my Crown Chakra

.....

.....

.....

.....

.....

.....

Ways I will connect with my Crown Chakra



FOCUSING ON CROWN CHAKRA

Fill this space with anything you relate to the Crown chakra.

Write, stick, copy, color...



CROWN CHAKRA

FACT 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 ...

Ways I will help heal my Third Eye Chakra

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Ways I will connect with my Third Eye Chakra



FOCUSING ON THIRD EYE CHAKRA

Fill this space with anything you relate to the Third Eye chakra.

Write, stick, copy, color...



THIRD EYE CHAKRA FACT 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 ...

Ways I will help heal my Throat Chakra

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.....

Ways I will connect with my Throat Chakra



FOCUSING ON THROAT CHAKRA

Fill this space with anything you relate to the Throat chakra.

Write, stick, copy, color...



THROAT CHAKRA FACT 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 ...

Ways I will help heal my Heart Chakra

.....

.....

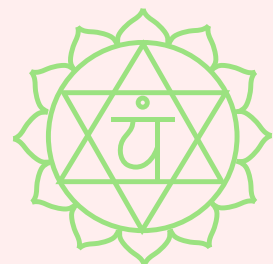
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Ways I will connect with my Heart Chakra



FOCUSING ON HEART CHAKRA

Fill this space with anything you relate to the Heart chakra.

Write, stick, copy, color...



HEART CHAKRA FACT 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 ...

Ways I will help heal my Solar Plexus Chakra

.....

.....

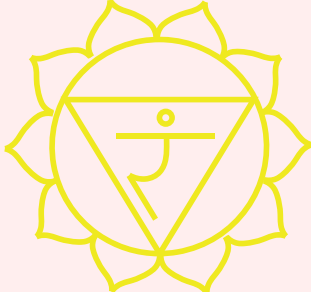
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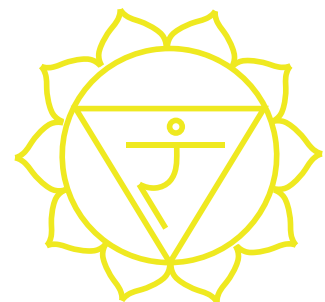
Ways I will connect with my Solar Plexus Chakra

The Solar Plexus Chakra symbol is a yellow outline of a lotus flower with eight petals. Inside the lotus is a circle containing a downward-pointing triangle. A horizontal line is drawn across the triangle, with a small circle above it. Below the horizontal line is a stylized '3' or 'j' symbol.

FOCUSING ON SOLAR PLEXUS CHAKRA

Fill this space with anything you relate to the Solar Plexus chakra.

Write, stick, copy, color...



SOLAR PLEXUS CHAKRA FACT SHEET

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

AFFIRMATIONS

EMOTIONS

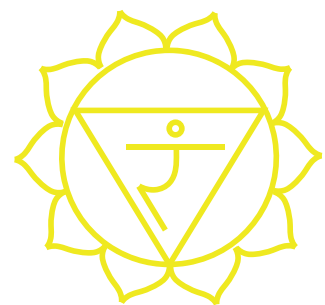
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



SACRAL CHAKRA

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

Ways I will help heal my Sacral Chakra

.....

.....

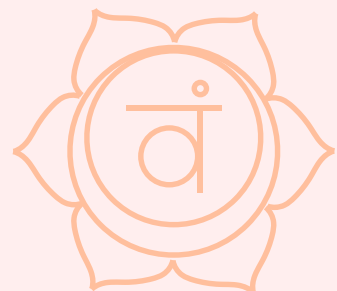
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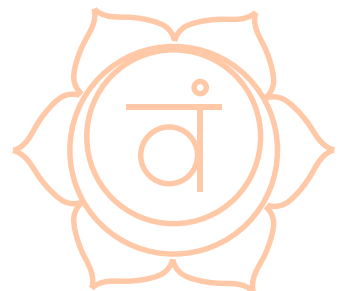
Ways I will connect with my Sacral Chakra



FOCUSING ON SACRAL CHAKRA

Fill this space with anything you relate to the Sacral chakra.

Write, stick, copy, color...



SACRAL CHAKRA FACT SHEET

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

AFFIRMATIONS

EMOTIONS

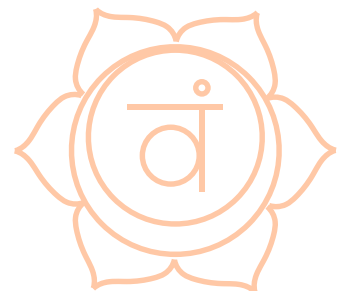
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



ROOT CHAKRA

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

Ways I will help heal my Root Chakra

.....

.....

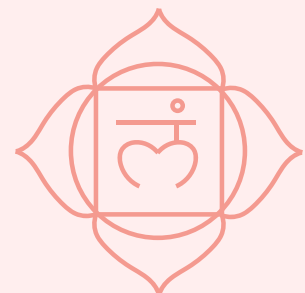
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Ways I will connect with my Root Chakra



FOCUSING ON ROOT CHAKRA

Fill this space with anything you relate to the Root chakra.

Write, stick, copy, color...



ROOT CHAKRA FACT SHEET

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

AFFIRMATIONS

EMOTIONS

FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS



HEALING WORKSHEET

Crystal healing:

1. Hold your crystals
2. Recite your affirmations

3. State: "I will heal from ... "

4. "I commit to ..."

5. "My heart is healed, protected and open. So let it be"

MY AFFIRMATIONS:

.....

.....

.....

.....

MY CRYSTALS TO WORK WITH:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

What is it that you need healing from/to overcome?

.....

.....

.....

Of the things you can control, what will you commit to doing, now?

.....

.....

.....

CREATE A CRYSTAL GRID

SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

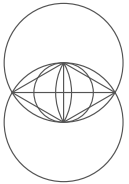


MONEY

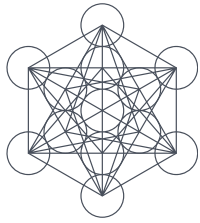


HEALTH

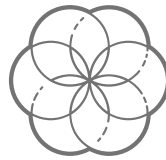
SELECT A LAYOUT



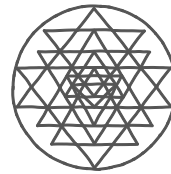
VESICA PISCIS
New Beginnings



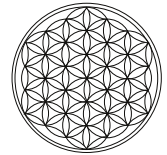
METATRON'S CUBE
Energy



SEED OF LIFE
Growth

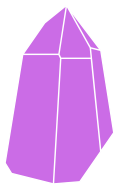


SRI YANTRA
Balance



FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition



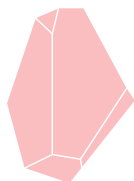
CITRINE
Abundance



SODALITE
Expression



QUARTZ
Ultimate Healer



ROSE QUARTZ
Love





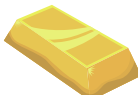

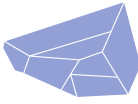





















CARNELIAN
Creation



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

7 CHAKRA AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

JOURNALING

