

LIVING IN OUR CHAKRAS

Module 2

HELPFUL TIP:

This exercise is fun to do right after the guided meditation.

Be sure to pay attention to how your body feels during the meditation, especially the areas near your chakra centers.



GET STARTED RIGHT AWAY

This activity will help you to become even more in-tune with your chakras. You can use your intuition journal to document your findings! With the guided meditation from module 2 in mind, I would like you to begin to explore your chakras more in depth. This exercise will help you identify if there were any chakras that were too open, too closed or maybe you felt specific chakras just needed more attention.

Tying it All Together

While meditating you may have sensed that one or more of your chakras were too open, spinning more slowly than the others, quieter or closed-down completely. Try to remember if there was a specific message that came through when focusing on a certain chakra but then the others were more still and quiet? Was it a positive message or a message with room for growth? Sometimes you might have a childhood memory come up when focusing on certain chakras. These memories are usually presenting themselves to be acknowledged and released now.

With these targeted chakras in mind, put together a strategy to designate time for clearing or acknowledging each of the targeted chakras for at least a day. The more time dedicated to work on these chakras is better. If you can spend a week or more, that's even better! To start, just begin to

explore how you can focus or concentrate on a chakra and bring it back into alignment using your intentions and attention!

WHERE TO START?

In your intuition journal of course! In your Intuition Journal, pick the lowest chakra (going from root up to crown) and begin there. For the day, try to embody the energy of the chakra. You can do this through colors, food, symbols, pictures, affirmations, intention, mantras, rocks or stones and any way that connects you to your chakras. Below I have added a list of different ways to get in-tune with each chakra. Try them out and document your results in your intuition journal. That way you can go back and review how you connect with each chakra and how it felt to do this exercise. Be creative and have fun with this and as always, let me know if you have any questions!

HOW TO LIVE IN OUR CHAKRAS:

- ❖ **Wear the chakra's corresponding color for the day**
- ❖ **Paint your nails with the chakras color**
- ❖ **Buy items for your home of the chakra's color (such as throw pillows, dish towels, soap)**
- ❖ **Light candles or incense associated with that chakra**
- ❖ **Work or mediate with stones that go along with the chakra**
- ❖ **Use signs and symbols associated with the chakra**
- ❖ **Make a board of pictures that remind you of the chakra (this can be full of sayings, songs, symbols, people who you feel embody that chakra)**
- ❖ **Buy some flowers with the corresponding chakra's color and place them in your home where you will see them frequently**
- ❖ **Eat foods that correspond to each chakra**
- ❖ **Do yoga postures associated with the chakra**
- ❖ **Meditate on the area of the chakra and journal what comes through for you**
- ❖ **Craft your own affirmations to go along with each chakra**
- ❖ **Use mantras that target the chakra**