

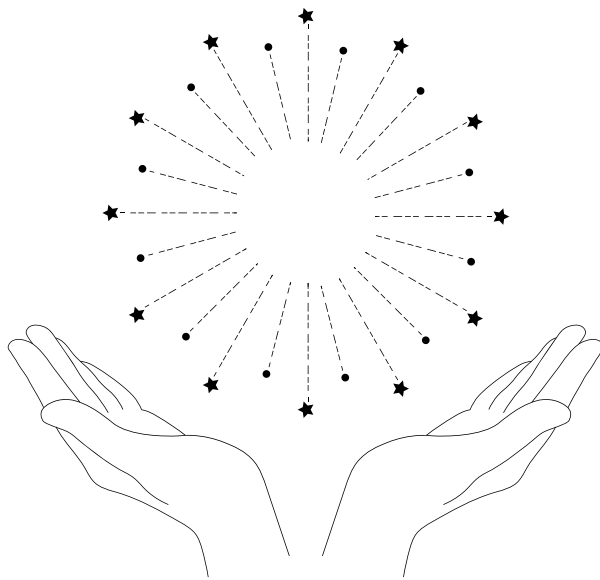
CHAKRA

Planner

WHAT ARE CHAKRAS?

Chakras are energy centers in your body that relate to different parts of your physical, emotional, and spiritual health. The word "chakra" comes from Sanskrit and means "wheel" or "disk," representing the spinning energy at each chakra point. There are seven main chakras, which are lined up along your spine from the base to the top of your head.

Each chakra has a specific color, element, and qualities linked to it. When your chakras are balanced, energy moves smoothly, helping you feel healthy, full of life, and connected. But if there's a blockage or imbalance, it can cause issues with your physical, emotional, or spiritual well-being



Why Work with Chakras?

Understanding and working with your chakras can help you:

- **Enhance Self-Awareness:** Gain deeper insight into your emotions, behaviors, and thoughts.
- **Achieve Balance:** Align your physical, emotional, and spiritual health for overall well-being.
- **Release Blockages:** Identify and clear energy blockages that may be holding you back.
- **Improve Relationships:** Cultivate healthier connections with yourself and others by addressing the energy centers related to communication, love, and self-worth.
- **Spiritual Growth:** Deepen your connection with your higher self and the universe.

CHAKRA SYSTEM

6th Chakra



Third Eye Chakra

(Ajna)

Intuition & insight
to see

7th Chakra



Crown Chakra

(Sahasrara)

Spiritual connection &
enlightenment
to know

4th Chakra



Heart Chakra

(Anahata)

Love & compassion
to love,
to be loved

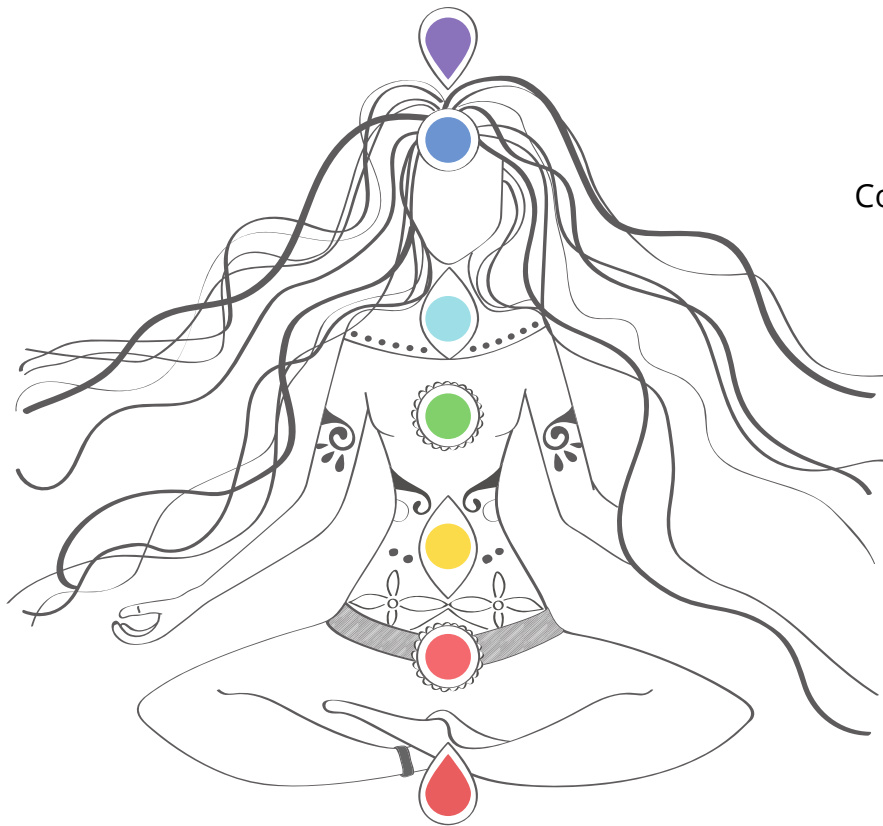
5th Chakra



Throat Chakra

(Vishuddha)

Communication & truth
to speak,
to be heard



3rd Chakra



Solar Plexus Chakra

(Manipura)

Personal power &
confidence
to act,
to do

2nd Chakra



Sacral Chakra

(Svadhithana)

Creativity & emotions
to feel,
to want

1st Chakra










Root Chakra

(Muladhara)

Grounding & survival
to be here,
to have

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

Find a quiet and comfortable place where you won't be disturbed. Sit or lie down, and close your eyes. Take a deep breath in, and as you exhale, let go of any tension in your body. Allow yourself to relax completely.

Root Chakra - Bring your attention to the base of your spine. Imagine a warm, red light glowing at this spot. Ask yourself, "Do I feel safe and secure in my life? Notice if the energy here feels strong and steady, or if it's weak or blocked.

Sacral Chakra - Shift your attention to your lower abdomen, just below your navel. Picture a bright orange light glowing in this area. Ask yourself, "Am I open to my emotions and creativity?" Feel if the energy is flowing freely or if it feels stuck.

Solar Plexus Chakra - Move your attention to your upper abdomen, just above your navel. Visualize a golden yellow light shining here. Ask yourself, "Do I feel confident and in control of my life?" Notice whether the energy feels powerful and vibrant or dim and weak.

Heart Chakra - Bring your awareness to the center of your chest. Imagine a soft green light glowing in your heart space. Ask yourself, "Am I able to give and receive love freely?" Feel if the energy here is open and expansive, or if it feels closed off.

Throat Chakra - Direct your attention to your throat. Picture a clear blue light radiating in this area. Ask yourself, "Can I express my thoughts and feelings openly?" Notice if the energy feels clear and strong, or if it's blocked or hesitant.

Third Eye Chakra - Move your awareness to the space between your eyebrows. Visualize a deep indigo light glowing here. Ask yourself, "Am I connected to my intuition and inner wisdom?" Feel whether the energy is sharp and insightful, or cloudy and unclear.

Crown Chakra - Finally, bring your attention to the top of your head. Imagine a bright violet or white light shining from this point. Ask yourself, "Do I feel connected to something greater than myself?" Notice if the energy here feels open and connected, or if it's blocked or limited.

Now take a deep breath in, and as you exhale, imagine all your chakras glowing brightly and harmoniously, with energy flowing smoothly through your entire body. When you're ready, slowly open your eyes, bringing this sense of balance and awareness with you into your day.

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:



A large, solid purple rectangular box intended for writing the dialogue with the Crown Chakra.

My THIRD EYE CHAKRA said:



A large, solid light purple rectangular box intended for writing the dialogue with the Third Eye Chakra.

My THROAT CHAKRA said:



A large, solid purple rectangular box intended for writing the dialogue with the Throat Chakra.

CHAKRA DIALOGUE

My HEART CHAKRA said:



A large, empty rectangular box with a light purple gradient background, intended for writing the dialogue for the Heart Chakra.

My SOLAR PLEXUS CHAKRA said:



A large, empty rectangular box with a medium purple gradient background, intended for writing the dialogue for the Solar Plexus Chakra.

My SACRAL CHAKRA said:



A large, empty rectangular box with a light purple gradient background, intended for writing the dialogue for the Sacral Chakra.

My ROOT CHAKRA said:



A large, empty rectangular box with a medium purple gradient background, intended for writing the dialogue for the Root Chakra.

7 CHAKRAS

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

CHAKRA	DAY	REASON
		
		
		
		
		
		
		

BLOCKED CHAKRA

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

CHAKRA	BLOCKED?	HOW TO UNBLOCK?
		
		
		
		
		
		
		

USING A PENDULUM

Read out loud the rules below to your pendulum. Then hold your pendulum over the root chakra symbol at the bottom and ask to be told if your chakra is:

Open - Clockwise

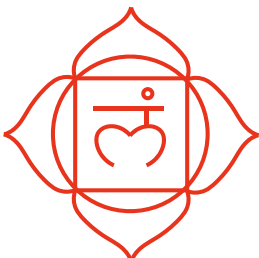
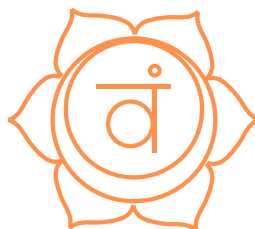
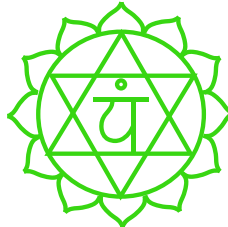
Closed - counterclockwise

Blocked - No Movement

OverActive - moving left to right

Underactive - moving up and down

Say thank you after you've received your answer, make a note and then move to the next chakra



CHAKRA MEDITATION

DATE:

Describe Your Chosen Meditation:

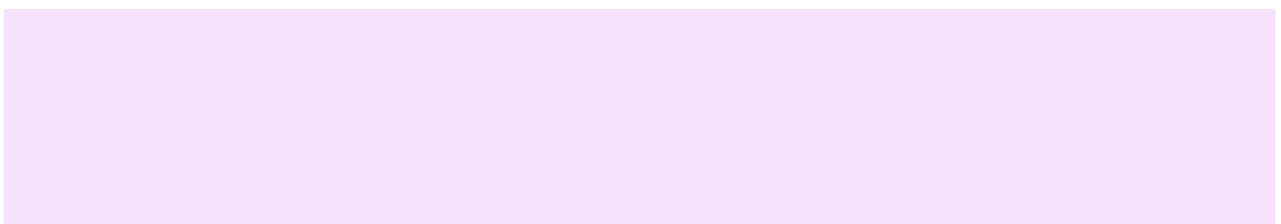
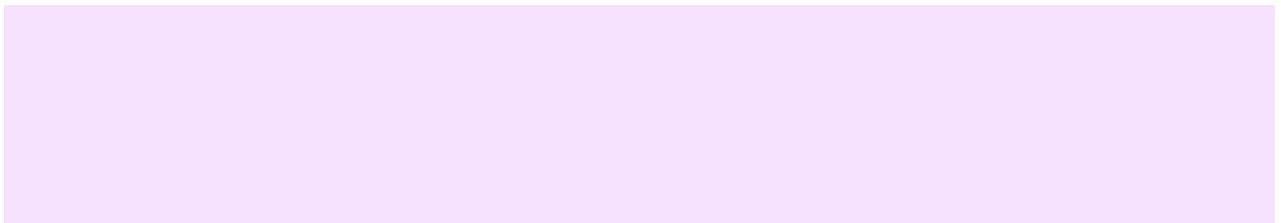
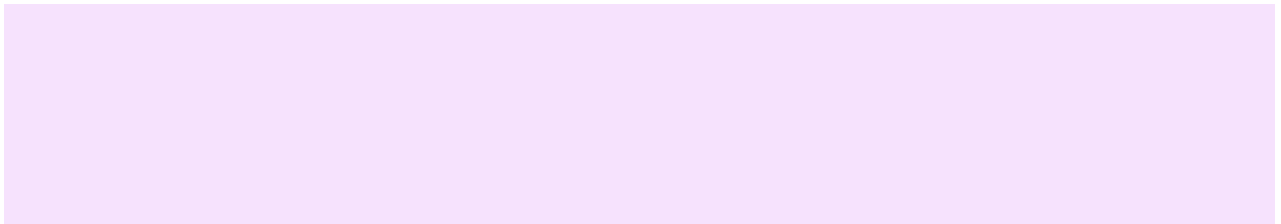
How did you feel while doing it?

How did you feel afterwards?

NOTES:

PERSONAL MATRAS

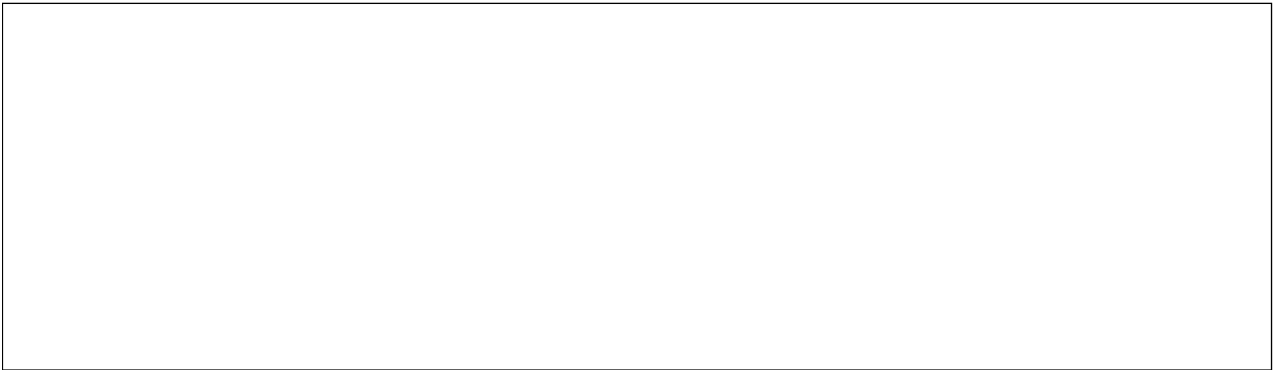
Try to come up with a personal mantra or affirmation for each chakra



TRYING NEW THINGS

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

WHAT DID YOU CHOOSE? WHY?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question 'WHAT DID YOU CHOOSE? WHY?'. It occupies the central portion of the page.

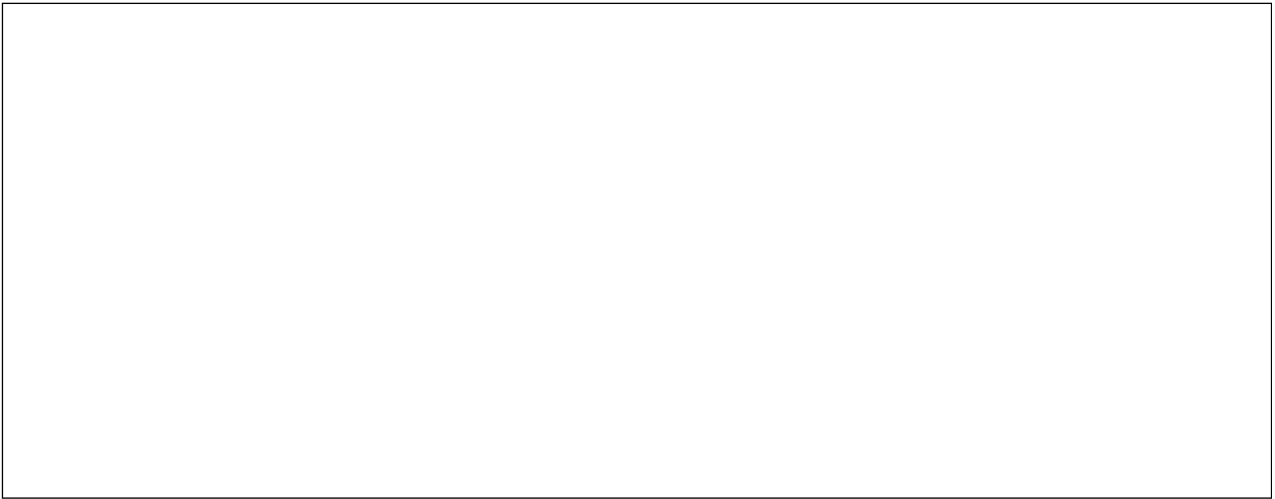
DID YOU ENJOY THE
EXPERIENCE?

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, solid purple rectangular area, 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

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...



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 manifests?

Your notes.

THIRD EYE CHAKRA FACT SHEET

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

AFFIRMATIONS

EMOTIONS

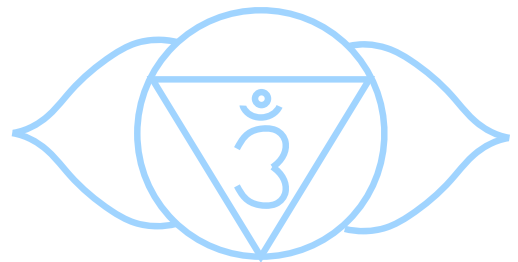
FOODS

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

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

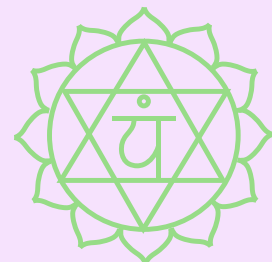


HEART CHAKRA

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

Ways I will help heal my Heart Chakra

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

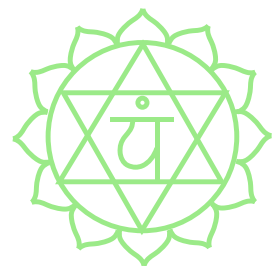
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS

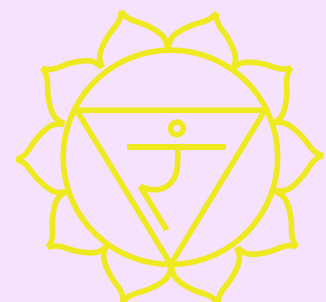


SOLAR PLEXUS CHAKRA

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

Ways I will help heal my Solar Plexus Chakra

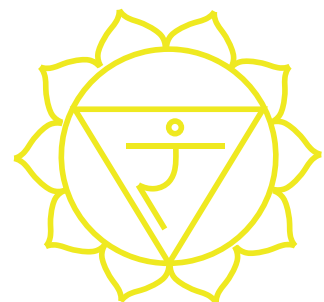
Ways I will connect with my Solar Plexus Chakra



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

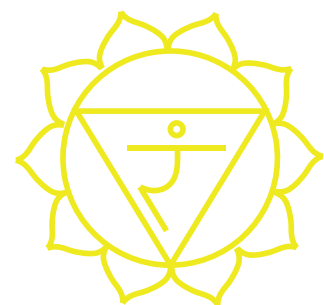
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS

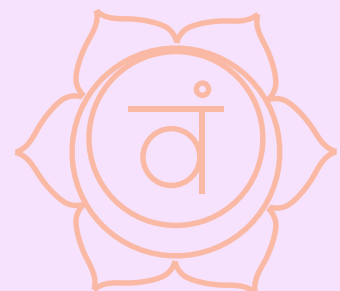


SACRAL CHAKRA

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

Ways I will help heal my Sacral Chakra

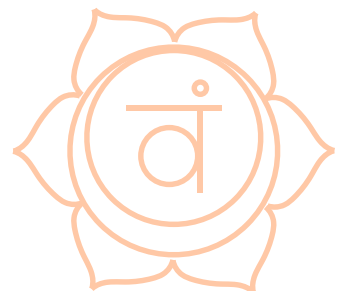
Ways I will connect with my Sacral Chakra



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

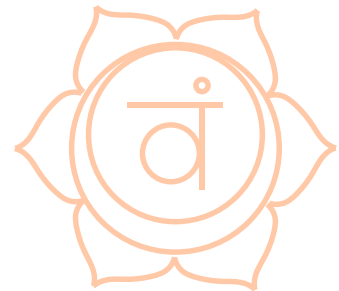
FOODS

YOGA POSES

ESSENTIAL OILS

AREAS OF LIFE

CRYSTALS

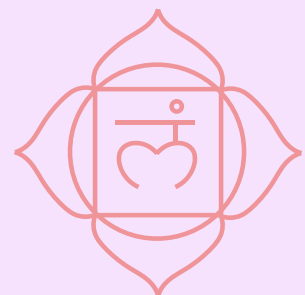


ROOT CHAKRA

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

Ways I will help heal my Root Chakra

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

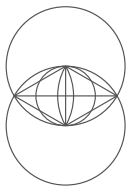


MONEY

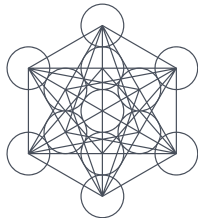


HEALTH

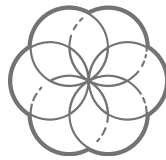
SELECT A LAYOUT



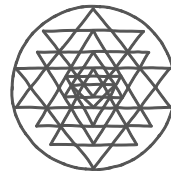
VESICA PISCIS
New Beginnings



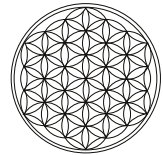
METATRON'S CUBE
Energy



SEED OF LIFE
Growth

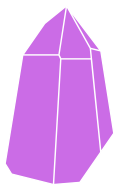


SRI YANTRA
Balance

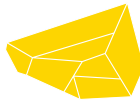


FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition



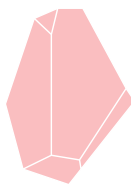
CITRINE
Abundance



SODALITE
Expression



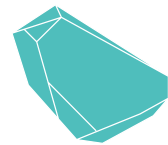
QUARTZ
Ultimate Healer



ROSE QUARTZ
Love





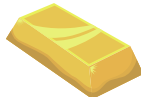


















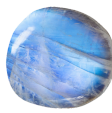

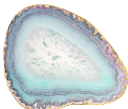


CARNELIAN
Creation



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 ...

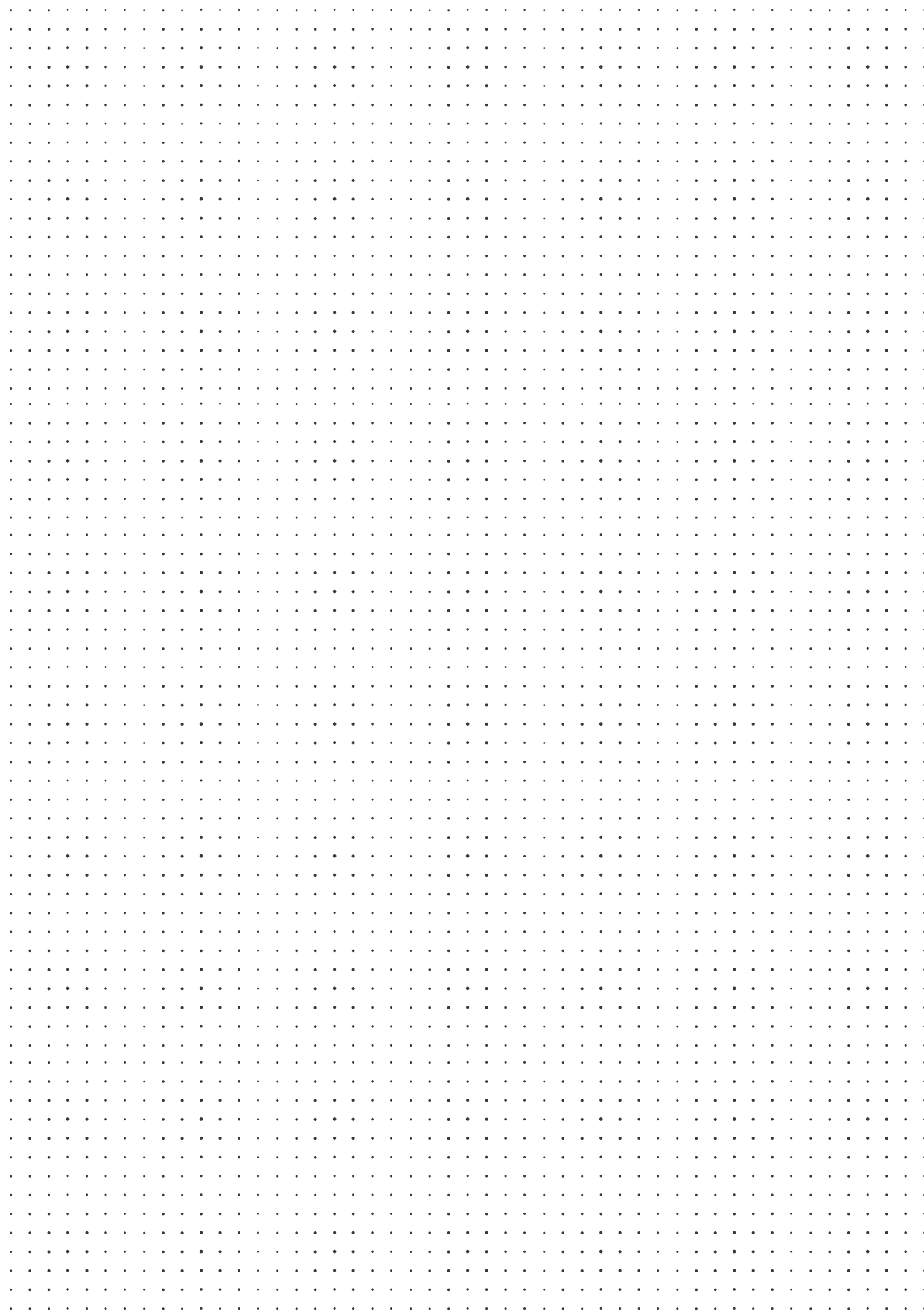
4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

JOURNALING



JOURNALING

