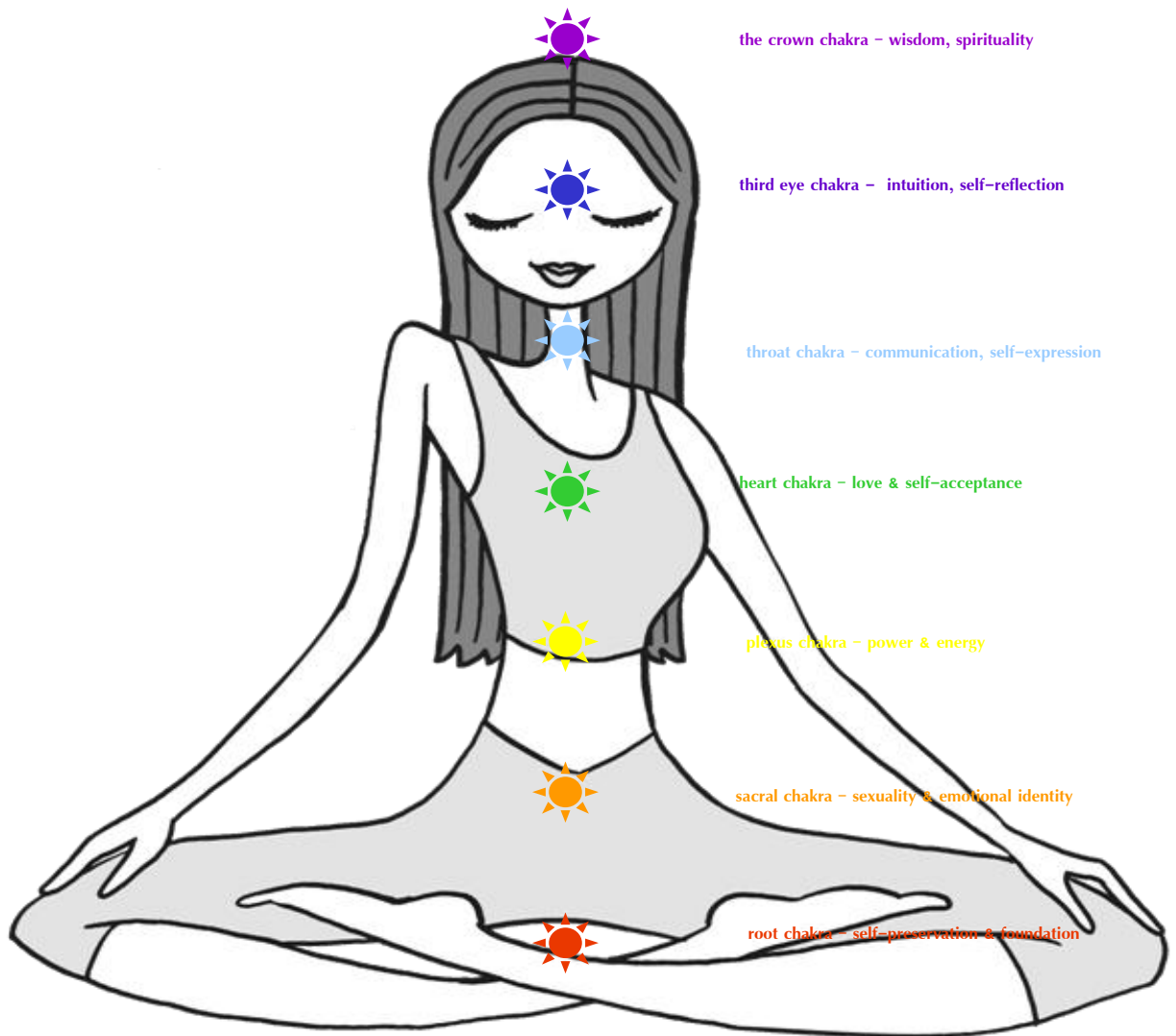


The center of the body contains seven major chakras, or energy centers, positioned vertically along the spine from the groin to the crown of the head. Each of the chakras is responsible for distributing energy to different organs, nerves and muscles and is said to spin at a different frequency. When each chakra spins at the right frequency the body functions at optimal condition. The lowest chakra corresponds to fundamental needs, and as you move up the body they correspond to higher-level functions and desires.



### Chakra Check

Check off statements that apply to you, if you check more than three statements focus on rebalancing the corresponding chakra !

First or Root Chakra	Second or Sacral Chakra	Third or Solar Plexus Chakra
<input type="checkbox"/> Feels disconnected from people or self	<input type="checkbox"/> Low sex drive	<input type="checkbox"/> Feels overwhelmed
<input type="checkbox"/> Easily distracted	<input type="checkbox"/> Blocked creativity	<input type="checkbox"/> Feels insignificant
<input type="checkbox"/> Easily confused	<input type="checkbox"/> Feels powerless	<input type="checkbox"/> Difficulty making decisions
<input type="checkbox"/> Does not feel grounded	<input type="checkbox"/> Tired	<input type="checkbox"/> Gets "pushed around" by others
<input type="checkbox"/> Gets anxious and worries a lot	<input type="checkbox"/> Depressed	<input type="checkbox"/> Feels out of control
<input type="checkbox"/> Total # Checked	<input type="checkbox"/> Total # Checked	<input type="checkbox"/> Total # Checked

Fourth or Heart Chakra	Fifth or Throat Chakra	Sixth or Third Eye Chakra	Seventh or Crown Chakra
<input type="checkbox"/> Has troubles letting go of past events and experiences	<input type="checkbox"/> Difficulty speaking up for oneself	<input type="checkbox"/> Experiences loss of focus	<input type="checkbox"/> Feels disconnected
<input type="checkbox"/> Feels unlovable	<input type="checkbox"/> Experiences miscommunication	<input type="checkbox"/> Daydreams	<input type="checkbox"/> Pessimistic
<input type="checkbox"/> Inability to get close to others	<input type="checkbox"/> Feels as though not being "heard"	<input type="checkbox"/> Has mild forgetfulness	<input type="checkbox"/> Avoids new experiences
<input type="checkbox"/> Feels lonely	<input type="checkbox"/> Difficulty being truthful	<input type="checkbox"/> Has bad dreams or nightmares	<input type="checkbox"/> Lacks inspiration
<input type="checkbox"/> Difficulty trusting others	<input type="checkbox"/> Finds receiving and assimilating information challenging	<input type="checkbox"/> Goes into a "fantasy land"	<input type="checkbox"/> Feels scattered
<input type="checkbox"/> Total # Checked	<input type="checkbox"/> Total # Checked	<input type="checkbox"/> Total # Checked	<input type="checkbox"/> Total # Checked

Once you have determined the out-of-balance chakra use the following information to support bringing your chakra(s) back in balance.

“Try the following” - provides helpful suggestions on physical and emotional activities.

“Chakra Balancing Thoughts” - provides helpful hints on where to focus your thoughts throughout the day.

Wear your bracelet as a reminder of your chakras and the activities and thoughts you are incorporating into your day.

☀️ the crown chakra – wisdom, spirituality

try the following...

- meditate
- address other imbalances

focus on the following

balancing thoughts...

- I am open to new thoughts
- I am guided by a higher power
- I accept my spiritual feelings

☀️ third eye chakra - intuition, self-reflection

try the following...

- positive visualization
- meditation
- adequate rest

focus on the following balancing thoughts...

- I trust my intuition
- I see things clearly

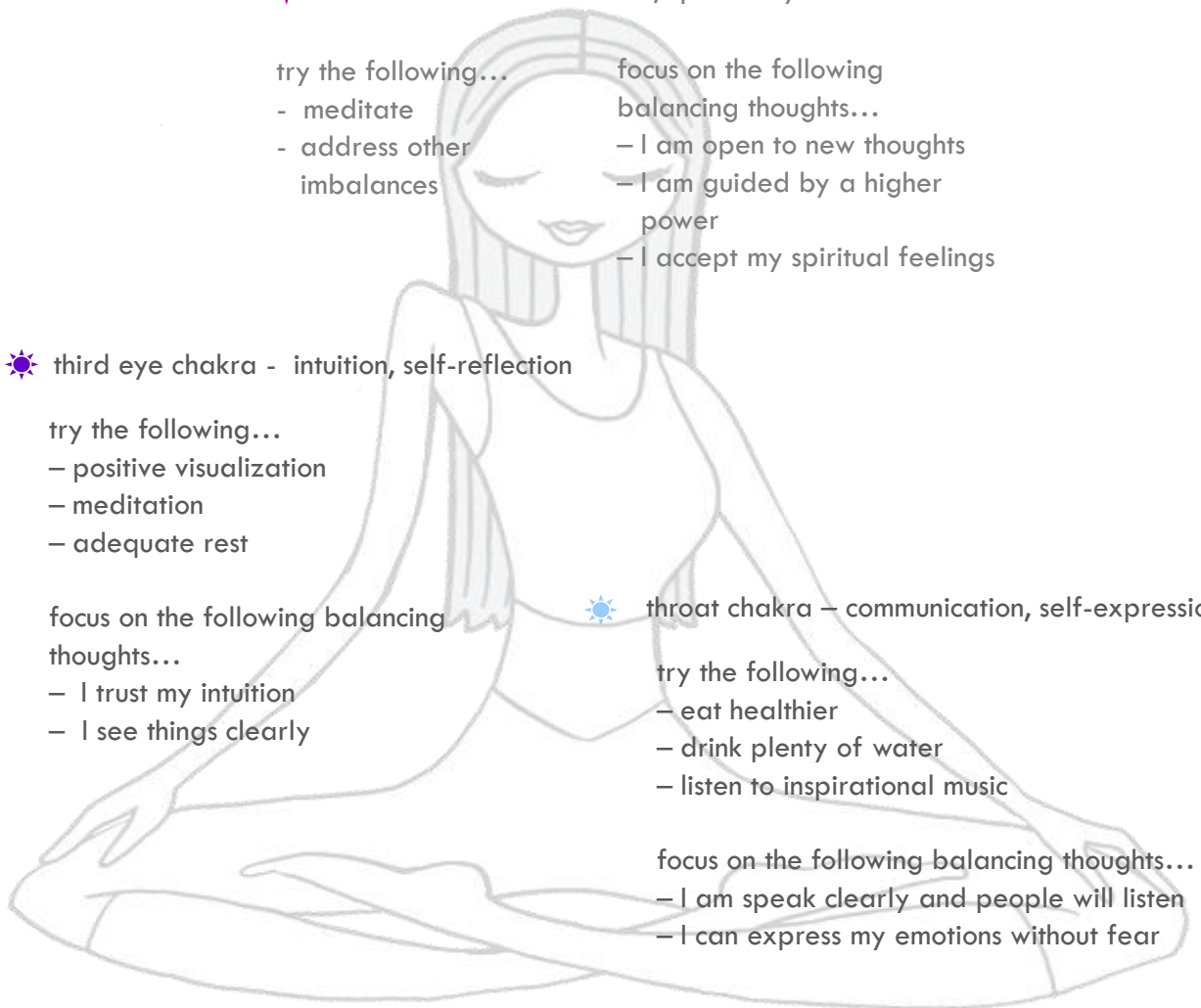
☀️ throat chakra – communication, self-expression

try the following...

- eat healthier
- drink plenty of water
- listen to inspirational music

focus on the following balancing thoughts...

- I am speak clearly and people will listen
- I can express my emotions without fear



☀️ heart chakra – love & self-acceptance

try the following...

- practice loving yourself
- give love and you will receive love

focus on the following balancing thoughts...

- I will find a loving relationship
- I will create a loving relationship

☀️ plexus chakra – power & energy

try the following...

- laugh deeply
- be brave-face your fears
- exercise, try Yoga

focus on the following balancing thoughts...

- I will focus on my tasks at hand and finish them
- I can do whatever I want to do

☀️ sacral chakra – sexuality & emotional identity

try the following...

- seek out pleasure in life
- enjoy delicious foods
- find creative stimulation

focus on the following balancing thoughts...

- I will easily socialize with my old and new friends
- I will have healthy intimate relationship with significant others

☀️ root chakra – self-preservation & foundation

try the following...

- take walks
- practice Yoga
- spend time outdoors

focus on the following  
balancing thoughts...

- I will trust myself and others
- My life will be full of prosperity
- I will maintain good health

