



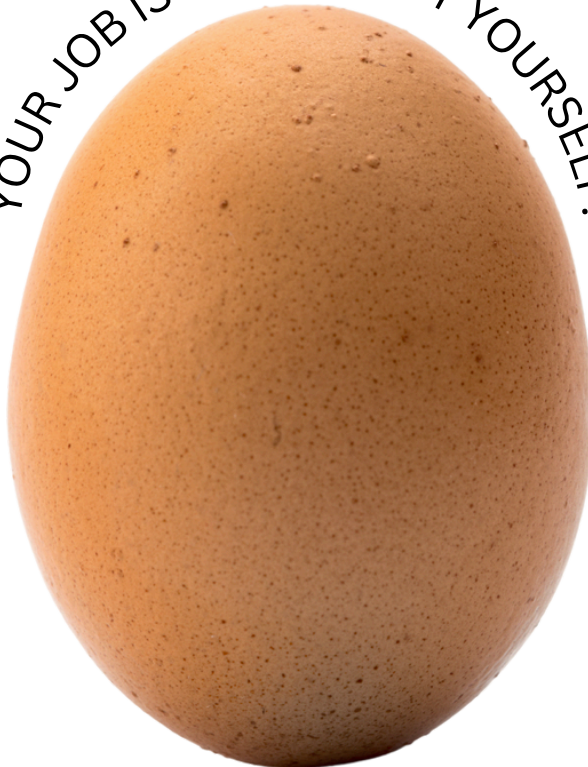
CHAKRA WELLNESS

MADE SIMPLE

It is your responsibility to monitor and maintain the health of your aura and protect yourself from energetic attacks. When you feel attacked, drained, and weakened, it's not a coincidence. These are signs that your aura has been compromised and you need to take action to stop the attack, and clean up your aura.

Keeping your energy field strong and in good shape is essential for your overall well-being!

YOUR JOB IS TO PROTECT YOURSELF!



THOUGHTS & WORDS THAT RAISE ENERGY

"I LOVE..." (PLACES, PEOPLE THINGS; WHATEVER)

"I AM BALANCED"

"I AM POWERFUL"

"I AM VALUABLE"

"I CREATE AND MAINTAIN HEALTHY BOUNDARIES"

"I AM RESPONSIBLE"

"I AM ABLE TO HELP MYSELF AND OTHERS"

"I AM SMART"

"EVERYTHING WORKS OUT FOR ME"

"I AM ON TRACK AND MOVING FORWARD"

"I AM GOOD"

"I AM SAFE"

"I AM CAPABLE"

"I DESERVE LOVE AND RESPECT"

"I HAVE EVERYTHING TO GAIN"

"MY WANTS AND NEEDS ARE IMPORTANT"

"I LOVE MYSELF"

"I LOVE OTHERS"

"LIFE IS GOOD!"

"I AM STRONG"

"I CARE"

"I UNDERSTAND"

"I RESPECT MYSELF AND OTHERS"

"I TRUST MYSELF TO MAKE WISE CHOICES"

"I CAN"

CLAIMING BRILLIANCE & POWER

APPROVING & RESPECTFUL OF SELF

LIVING BIG & BRIGHT

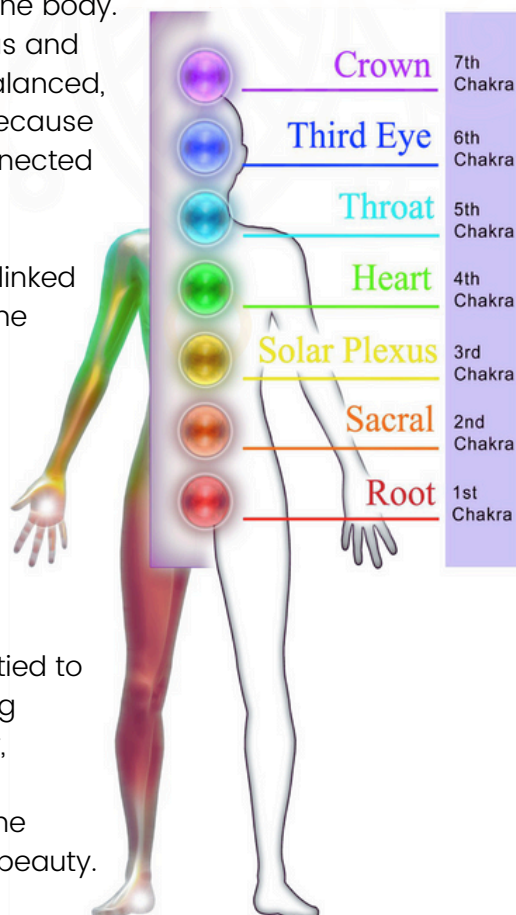
CHAKRAS

Chakras are wheel-like energetic centers that run along the trunk of the body, transmitting light energy in a vortex-like spinning motion. The word chakra comes from the Sanskrit term meaning "to churn" or "to turn" and is associated with a vortex or whirlpool. The seven chakras in the human body extend from the base of the spine to the crown of the head and are interconnected with the auric layers that surround the body. Understanding your chakras and how to keep them open, balanced, and healthy is important because they influence and are connected to everything in your body.

Physically, the chakras are linked to glands, organs, and all the body's systems.

Emotionally and mentally, they influence attributes such as consciousness, rational thinking, choice, and willpower.

Spiritually, the chakras are tied to maintaining and developing qualities like faith, harmony, intuition, recognizing truth, creativity, expansion, and the ability to create order and beauty.





CONNECT WITH A TREE

Trees demonstrate how to take up space in the world with strength and grace. Their deeply rooted presence is balanced by their openness to the sky, embodying stability and fluidity.

By respectfully connecting with trees, we can experience their calming and uplifting influence. Trees remind us to stay grounded while reaching for higher goals, helping us form profound connections with both heaven and earth. Spending time with trees regularly can inspire harmony, resilience, and a deeper sense of belonging in the natural world.

RECIPE

Root Red Smoothie

1 beet, peeled and chopped
3/4 cup fresh raspberries
1 cup frozen strawberries
2 small blood oranges
(or 1 regular orange)
1/2 cup plain yogurt
3 ice cubes

Combine all ingredients in a blender and mix until smooth.



BEETS are excellent for the root chakra because they're both red and a root veggie. Root vegetables that grow beneath the ground absorb high amounts of vitamins and nutrients from the soil and are rich in folate, vitamin C, antioxidants, and beta-carotene.





ROOT WELLNESS QUIZ

- Do I feel safe and secure in my environment?
(Yes/No)
- Do I trust that my basic needs will be met?
(Yes/No)
- Do I feel grounded and connected to the earth?
(Yes/No)
- Do I have healthy routines that create stability?
(Yes/No)

SCORE:

- 4 Yes: Your root chakra is grounded and balanced!
- 2–3 Yes: Focus on practices that strengthen your foundation.
- 0–1 Yes: Build habits that promote security and grounding.



The SACRAL chakra is ORANGE and located between the base of the spine and the navel.

It has to do with LIFE VITALITY, SELF GRATIFICATION, and PASSION.

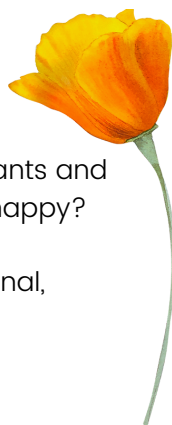
The element associated with the sacral chakra is WATER.


FILL YOUR BUCKET

What do you need more of?

What meets your needs and satisfies your wants and desires and makes your heart feel radiantly happy?

What supports you in being your unique, original, sparkly “born to be YOU” self?



THIS  IS WHAT YOU
NEED MORE OF!

Make a list of what FEELS good, then start checking things off your list. Begin with simple, manageable things you CAN DO!

Take charge of your life today by doing what it takes to make your days fulfilling and rewarding.

Remember, no one else can decide what belongs in your bucket—it’s entirely up to you. And you are the only one who can fill it.

So, start filling it!



GEMSTONES

STRENGTHENING

For deficient energy

CARNELIAN
ORANGE CORAL
ORANGE CALCITE
ORANGE AGATE
JASPER



FOR RECOVERY FROM LONG TERM IMBALANCES

AMBER . GOLD . TOPAZ



WEAKENING

For excess energy

SODALITE
BLUE LACE AGATE
BLUE FLUORITE



YOGA POSES



*"I am on fire and
infused with positive
creative energy"*

DHAUNUR ASANA
(ha-NOOR-ah-sa-na)
Bow Pose

*"I love and accept myself
completely"*



PUIPURMA NAVASANA
(par-ee-POOR-nah-nah-VAHS-anna)
Full Boat Pose

REFLECTION

- How comfortable am I with outwardly expressing my love and appreciation for others?
- Who needs me - how can I serve them?
- Is there something I need to let go of, or someone I need to forgive?

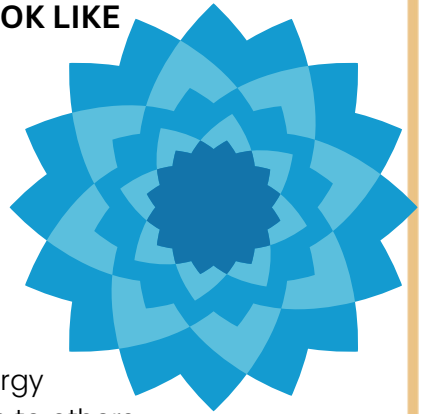


EXCESS ENERGY CAN LOOK LIKE

Arrogant
Addictive
Dogmatic
Excessive talking
Dishonest
Lying
Manipulative
Self-righteous
Controlling + dominant sexual energy

DEFICIENT ENERGY CAN LOOK LIKE

Afraid to speak out
Holds back
Timid
Inconsistent
Unreliable
Weak willed
Creative blocks
Conflicted about beliefs
Wound up or fearful sexual energy
Difficulty communicating needs to others



THROAT CHAKRA SYSTEMS

Thyroid	Shoulder
Parathyroid	Arms
Esophagus	Hands
Neck	Hearing (inner + outer)



AROMAS



COMMUNICATION BLEND

2 drops Fennel
4 drops Wild Orange
8 drops Lemongrass
Fractionated Coconut Oil

Add essential oils to a 10 mil. roller bottle and fill to the neck with fractionated coconut oil. Place roller on bottle and shake. Roll on throat and bottoms of feet.



ADDITIONAL OILS

ROMAN CHAMOMILE . CORIANDER
PEPPERMINT . JUNIPER BERRY



PRACTICE LOOKING WITHIN

Find a quiet space and select someone or something to focus on, whether nearby or far away. Close your eyes and direct your thoughts toward them, tuning into their energy. Silently ask, “What’s going on?” and pay attention to the impressions or feelings that arise in your mind. Trust what you receive without dismissing it. With practice, you’ll sharpen your ability to perceive deeper insights and connect with their inner state.





The third eye chakra represents intuition, vision, and clarity. What does your inner wisdom want you to see more clearly in your life right now?



The crown chakra, located at the top of the head, connects you to divine wisdom and universal consciousness. This chakra is your gateway to higher understanding and spiritual enlightenment. When balanced, it fosters unity, peace, and clarity. An imbalanced crown chakra can create feelings of disconnection or aimlessness. Strengthening this chakra helps align your thoughts and elevate your spiritual awareness.

HARMONIZING THINGS TO DO

WRITE A HEART-TO-HEART LETTER TO GOD

Find a quiet, peaceful space to center yourself. Apply Frankincense, Patchouli, and Eucalyptus to the bones behind your ears, the back of your neck, and your forehead. Then, apply Lavender, Myrrh, and Lemon to your throat. With a pen and paper, begin your letter to God by writing:
“Dear God, I feel...”

Allow your emotions to flow freely onto the paper, expressing everything on your heart. When you've finished, write a response from God to you. Start with:
“Dear [your name],”

Let the words come naturally as you write, trusting whatever thoughts and feelings arise. These words may stir deep emotions, helping to release blocks and elevate your vibration. You'll sense when this letter is complete, leaving you feeling lighter and more connected.



EVERYTHING YOU SAY, DO, AND EXPOSE YOURSELF TO AFFECTS AND SHAPES YOU.



The CROWN chakra is your gateway to infinite wisdom and divine connection, linking you to the limitless potential of the universe. When open and aligned, it dissolves the illusion of separation, allowing you to experience profound unity and spiritual clarity.

For each chakra, select an essential oil. You can use whichever oils you like, but I suggest this group because they work well together in opening and balancing your chakras. As long as your oils are truly pure, you'll achieve good results.

Chakra energy naturally moves in a “right spin” vortex pattern, so mindfully apply essential oils to the chakras in a clockwise direction. As you apply each oil, focus on the associated attribute and energetically claim it as your own. Stay present until you can feel the truth of each statement.

Don't forget to pause and deeply breathe in the aroma of each oil!

APPLY OILS	FEEL
ROOT-Balance®	Grounded
SACRAL-Wild Orange	Creative
SOLAR PLEXUS-Bergamot	Confident
HEART-Cypress	Loving
THROAT-Lavender	Expressive
THIRD EYE-Clary Sage	Knowing
CROWN-Rosemary	Connected

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Start with the root chakra (bottoms of the feet). Apply BALANCE® essential oil and visualize yourself as a strong tree with deep, wide roots grounding you firmly into the earth. Think, say, and feel: “I am deeply rooted, centered, safe, and supported.”

SUPPORTIVE HABITS

A photograph of a person's legs, wearing a red shirt, lying on a white windowsill. The person is looking out a large window at a cityscape with various buildings under a bright sky. The text 'SUPPORTIVE HABITS' is overlaid in large red letters on the left side of the image.

Eating well isn't rocket science—it can be fun, delicious, and rewarding! Nutritious plant foods are easy to prepare and enjoy. For example, my grandkids love making “rainbow smoothies,” so I always keep a variety of frozen fruit chunks in the freezer for them. Here's how you can make one:

- Base liquid: Start by filling a blender with about two cups of water, nut milk, or coconut milk.
- Extras: Add a scoop of plant-based vanilla protein powder, a scoop of fiber, and optionally, a spoonful of plain Greek yogurt.
- Choose your colors: Select fruits or greens to represent all the chakra colors:
 - RED: Cherries, raspberries, strawberries
 - ORANGE: Apricots, peaches, oranges, tangerines
 - YELLOW: Pineapples, bananas, mangos
 - GREEN: Kiwis, green apples, green grapes, kale, spinach
 - BLUE: Blueberries
 - PURPLE: Blackberries, black grapes




- Blend: Add the chosen ingredients to the blender and mix until smooth.

Serve: Pour into glasses, garnish with fruit, and enjoy with a straw!

Using frozen fruit eliminates the need for ice, keeping the texture creamy and smooth. This simple and vibrant recipe is a delightful way to nourish your body while embracing the rainbow of chakra-supporting foods.

IMPORTANT

This is why it's so important to say no to things that drain or disrupt your energy. Protecting your alignment means making conscious choices and setting boundaries with people, situations, and habits that pull you out of balance.



By saying no to what doesn't serve you, you're saying yes to your well-being, your growth, and your ability to shine at your highest potential.

YOUR ENERGY IS PRECIOUS—GUARD IT WISELY!



**MAKE SURE YOUR POSITIVE CHOICES FAR
OUTWEIGH THE NEGATIVE ONES!**