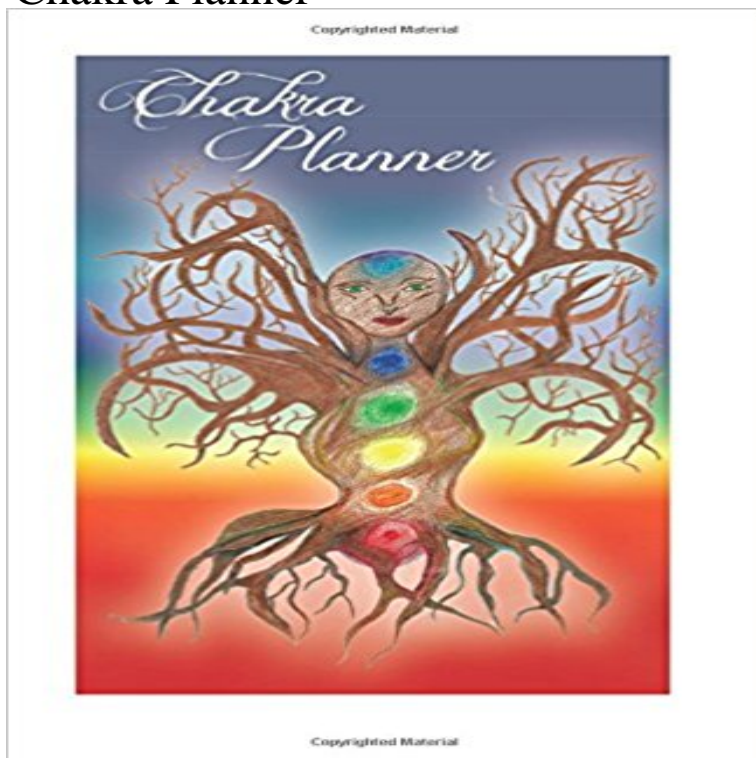


Chakra Planner



This planner was created to help you track your Chakra growth, patterns, openings, and your problem areas. Its purpose is to assist you in balancing your Chakras with monthly affirmations, a diary of your progress, and a tool box for each Chakra to help you along the path. Each month has a Chakra that you are to work on for that month. To help you keep track of your work, I've provided a diary at the end of each month. At the end of this planner is a Monthly Meditation to apply to the Chakra you are working on at the time. Although I suggest using the mediation daily, depending upon your own personal comfort level, you can do it weekly or monthly. Information on each Chakra is provided for you. Please allow me to walk you through each one. I have included the Archetypes for each Chakra as well as a month dedicated to the Archetypes. During that month, you will reflect on the Archetypes and write in your diary how the positive and negative applied to you. This will help you recognize the work that still needs to be done as well as show you what you have accomplished. The Chakra associations are for educational purposes: learning about the Chakra, their purpose and/or function, where they are located, and the physical and emotional responsibilities of each. The mantra of each Chakra means its sound. This is done in a certain note, specifically selected for that Chakra based on its location. I recommend listening to or chanting the mantra during your meditation to assist you in engaging that Chakra and thus encouraging its activation. The stones suggested for each Chakra are to be carried with you throughout the month to help you focus on that Chakra. You can also implement that stone into your meditation. The oils and incense will get your senses going so that you are physically prepared to engage with your Chakras. The oils may be placed directly on the Chakra. One

exception to this is the Root Chakra. Due to its location, oils can be instead placed at the base of your spine in the tail bone area. Be sure when using oils that it is safe for topical use -- Test it on a small area first! Incense may be used at your leisure throughout the month. I highly recommend using them during meditation. The Achievement is the goal you are striving for while working with that Chakra. Ive also included the Chakra Activations. These are suggested methods intended to assist you during the activation or opening process. All illustrations were hand drawn by the author of this planner.

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