

Chakras & Healing: When your doing self-healing work, whether it is therapy, exercise, emotional work, to get rid of negativity in yourself (thoughts and feelings) or making a choice to change your environment while honoring the one you're moving out of, you are performing what we like to call "balancing your inner and outer life." By stepping into love, your chakras automatically balance themselves to create harmony in your experience on earth with others, yourself and Mother Nature. It also allows others to be open along with you because you are showing them (through energetic expression) how to express just by expressing yourself.

Chakra Energy Mapping provides you a 'snap shot in time' as to your 'experienced awareness of the Love' that you are. In truth, your Chakra's is opened 100%, for God's Light is always maximal and never limited. Therefore, mapping reflects an 'in-time recognition of your awareness' of this, providing a benchmark reflection of negative energies blocking the Experience of God's Perfect Love in you.

	Chakra NAME	Date of Reading / /	Date of Reading / /	Date of Reading / /	Date of Reading / /	Date of Reading / /	Date of Reading / /	Date of Reading / /
7th	Crown Chakra	%	%	%	%	%	%	%
6th	Third Eye Chakra	%	%	%	%	%	%	%
5th	Throat Chakra	%	%	%	%	%	%	%
4th	Heart Chakra	%	%	%	%	%	%	%
3rd	Solar Chakra	%	%	%	%	%	%	%
2nd	Sacral Chakra	%	%	%	%	%	%	%
1st	Root Chakra	%	%	%	%	%	%	%

7th Top Chakra (Head Heaven Chakra): Your "Crown" Chakra is where you are able to be at peace within your mind and thoughts, or are functioning in the moment. As here, you are connected with Source and the experience, expression of Love comes into its fullness. Out of balance, anxiety attacks can happen as when your Crown Chakra isn't in alignment with your higher self, or you are not functioning in the moment, experiences of separation tend to be experienced.

6th Third Eye Chakra: As you see the world around you and your Third Eye opens to the environment that surrounds you, you will be able to see things through God's Eye. Opening your third eye and allowing yourself to be open to accept what you are receiving from your third eye is when you will truly understand gratitude.

5th Throat Chakra: Your Throat Chakra is your communication tool to the world. It allows you to be open and confident about expressing yourself in love and in the moment. This is where 'being appropriate' comes into play. Expressing yourself 'in the moment,' while natural, takes practice and balance from all your Chakras. So thinking of your throat chakra as your tool, and as long as you pause and clarify your Crown Chakra will open, your third eye chakra will take in your environment and also others emotions and your throat chakra allows you to be open and share with others what you are feeling inside is necessary, or what is truly relevant to express at any given moment. By you being in the moment and only discussing what is relevant to that moment, you become 'appropriate' and therefore they will also become appropriate to what's going on in the moment, or to what's happening in your environment at that moment in time. By you opening up your Chakra's you therefore allow others to open theirs. Mutual clarity is achieved and drama, all but self imposed, is eliminated.

4th Heart Chakra: Your Heart Chakra is where you have really succeeded in seeing the good in others and opening up that aspect in others around you. This Chakra allows you to be vulnerable with not only others, but with yourself. The feelings of love, encouragement, and acceptance lies in this chakra. It is your eternal connection to "experiencing" God within, for in it is the Eternal connection to all that is.

3rd Solar Chakra: Your Solar Chakra allows you to open yourself up to your true talents. It supports your core values and inner strength. When you are "in the moment" your Solar Chakra is your connection to your inner guidance.

2nd Sacral Chakra: Your Sacral Chakra opens up your imagination to express yourself in your environment and create a space for you inside and out. When your sacral chakra is balanced with all the others you are able to bring forth your experience in love and join in God to move through each moment by moment by allowing yourself to be Who You Are. It creates enjoyment in action. You may look at opening your sacral chakra to peek your curiosity at work.

1st Root Chakra: Root Chakra: Root Chakra is your connection to Mother Nature and all that lives. This energy moves through your body harmoniously with earth. It 'roots' your body into earth and allows you to feel secure in your own skin. When insecurities occur, you may look to your Root Chakra first to see where they are coming from. Root Chakra is like the foundation of your core.