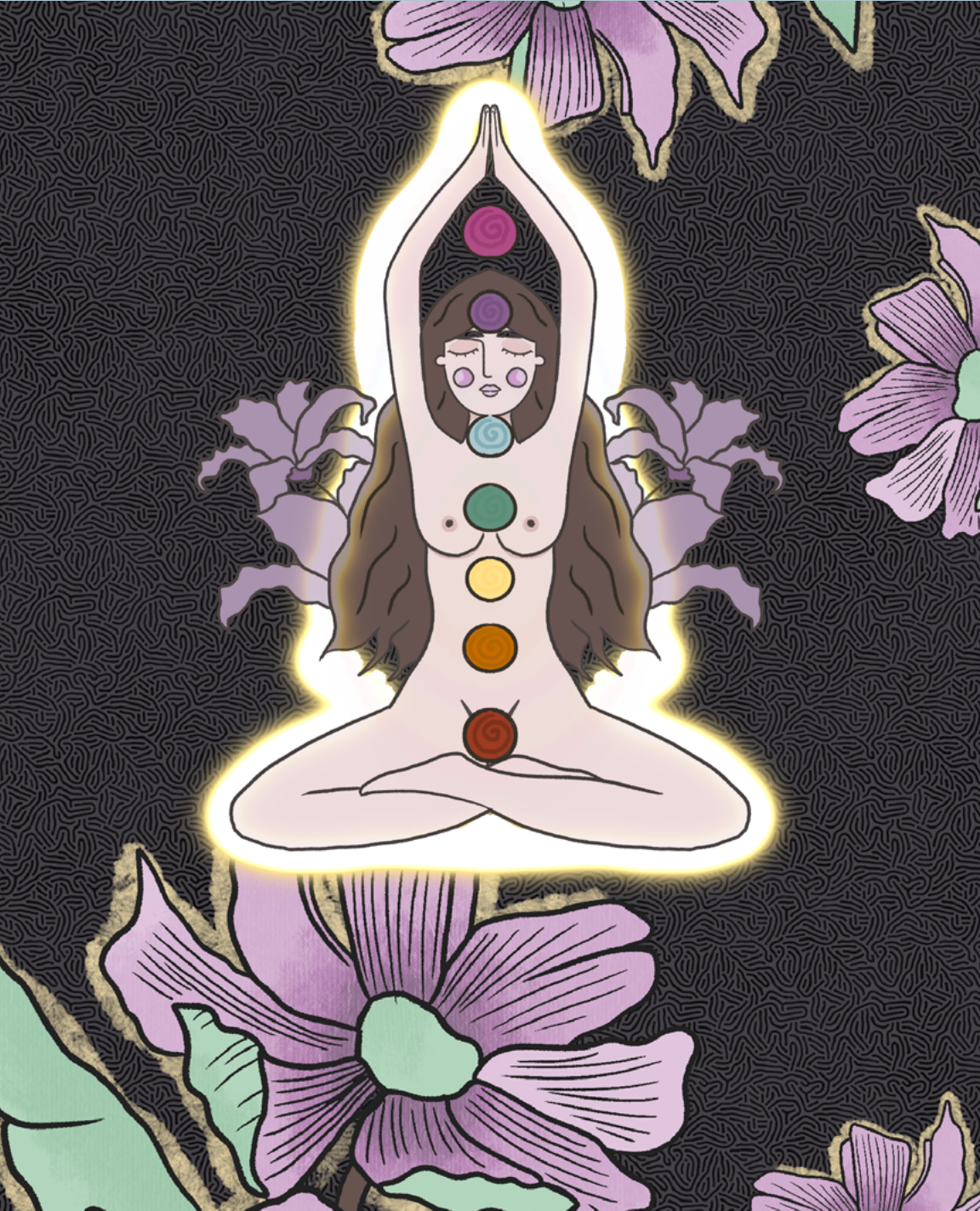


WEEK 2

# The Chakras: Getting to know my energy system.





# The Chakras: Getting to know my energy system

This week you will learn how to work with your energy as an intuitive healer, how to understand and recognize where you might have blockages, why they generate and how to release them.

## • TOOLS •

- 🌸 Energy Work
- 🌸 Oracle reading

## • MEDITATION •

- 🌸 How to perceive which chakra needs more attention

## • EXERCISES •

- 🌸 How to recognize my energetic blockages?
- 🌸 The 4 levels of perception
- 🌸 Chakra healing

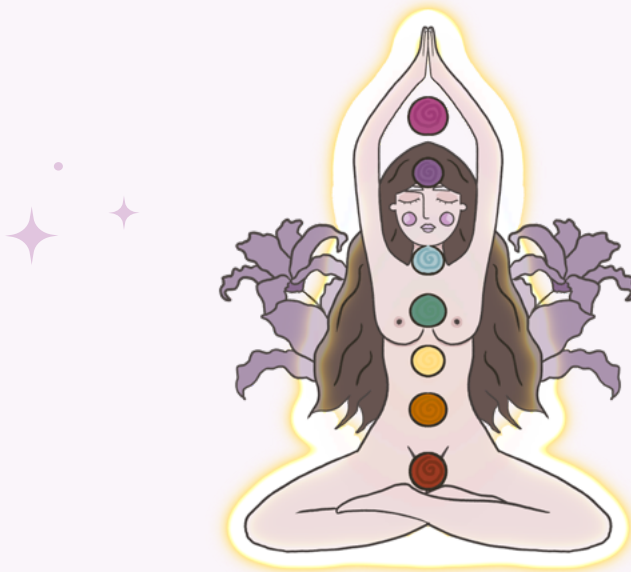
# WHAT ARE THE CHAKRAS AND HOW DOES MY ENERGY SYSTEM WORK?



Chakras are energetic portals of light located in the spine, from the coccyx (tailbone) to the crown (top) of the head.

## Basic knowledge for intuitive healing:

1. What are the portals of light and what does each one mean?
2. How to recognize blockages?
3. How to release energy from a specific situation in your life?



# Exercise 1



How to recognize my energetic blockages.

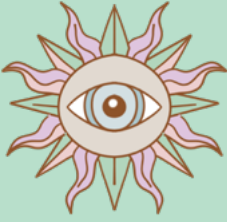
The 4 levels of perception.

Physical Body  
Emotional Body  
Energy Body  
Mythical body

Choose a situation that you would like to heal at this moment. Here are some questions to guide you:

- 1 Do I have any physical ailments?
- 2 How am I feeling emotionally?
- 3 What memories, beliefs, thoughts or ideas came up?
- 4 Do any images come in relationship to that situation?
- 5 Where is this feeling located in my body?





## Exercise 2

Draw the following questions on your body.

1

Do I have any physical ailments, where?

2

Color the aura of your emotions?

3

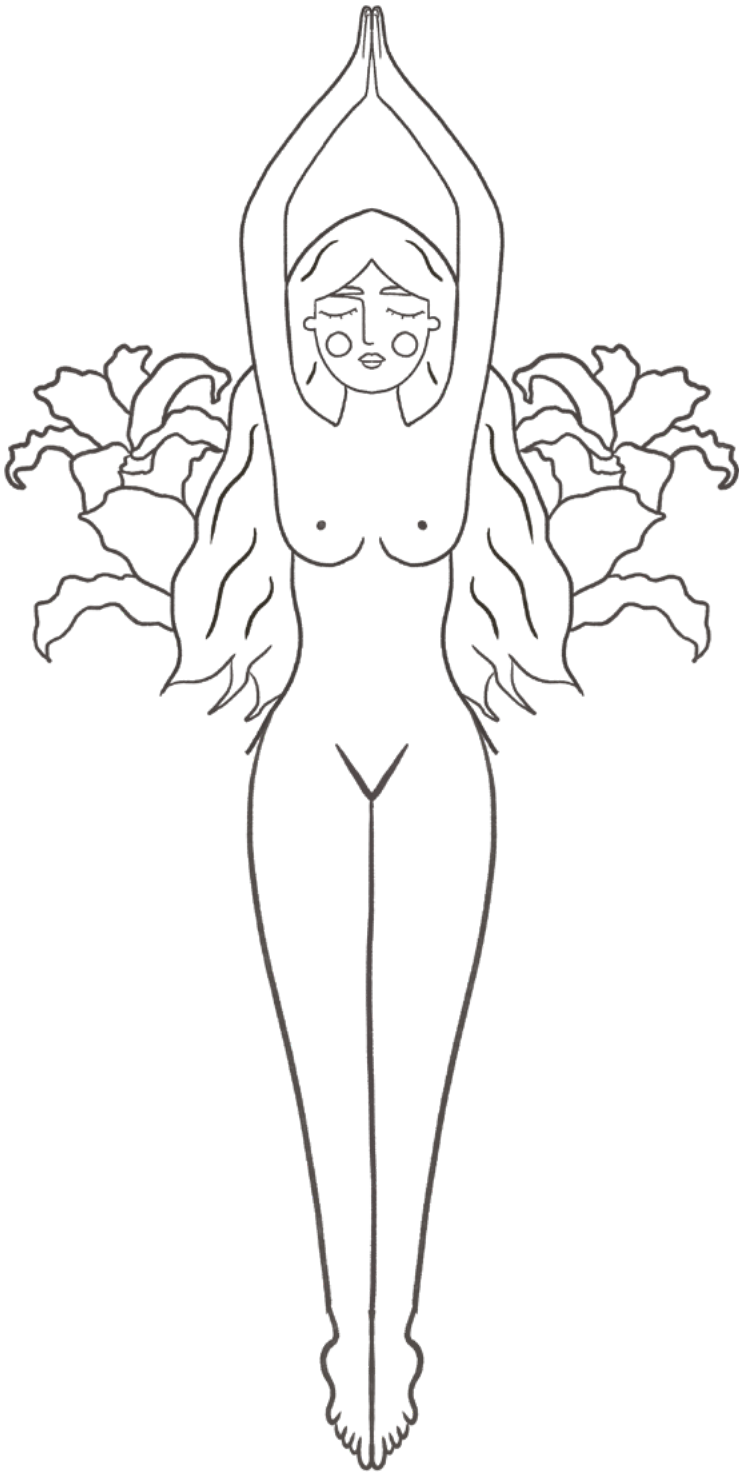
Draw any thoughts you have / symbols or elements inside the body.

4

Draw any images that come in relationship to that situation.

5

Where is this feeling located in my body. Make an X on the next page.





**THE  
CHAKRA'S:  
MY ENERGY  
SYSTEM**



# FIRST CHAKRA I AM



Element	Earth
Color	Red
Instinct	Survival, procreation
Aspects	Food, home, security, ability to provide for oneself
Magic	Abundance



# SECOND CHAKRA I FEEL



Element	Water
Color	Orange
Instinct	Sexuality, source of creation
Aspects	Power, money, sex, control, fears, passions
Magic	Creativity

# THIRD CHAKRA I PROJECT



Element	Fire
Color	Yellow
Instinct	Personal Power
Aspects	Courage, power, expression in the world
Magic	Autonomy, individuality, the realization of dreams, longevity

# FOURTH CHAKRA I LOVE



Element	Air
Color	Green
Instinct	Love
Aspects	Compassion, intimacy
Magic	Forgiveness, unattached love

# FIFTH CHAKRA I SPEAK



Element	Ether
Color	Blue
Instinct	Expression, manifestation
Magic	Personal power, faith



# SIXTH CHAKRA I SEE - THIRD EYE



Element	Pure Light
Color	Indigo
Instinct	Truth
Aspects	Reason, logic, empathy
Magic	Enlightenment, realization

# SEVENTH CHAKRA I KNOW



Element	Pure Energy
Color	Violet
Instinct	Universal truths
Aspects	Integrity, wisdom
Magic	Transcendence, enlightenment



# EIGHTH CHAKRA



Element	Soul
Color	Gold
Instinct	Transcendence
Aspects	None
Magic	No-time

PICK A CARD

# The Chakras



1



2



3



4



5



6



7

VIEW THE RESULTS AT THE BACK OF  
THE BOOK





## Exercise 3

1

How are your circumstances similar to the card you chose?

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# Exercise 4

## Chakra cleansing

Before doing energy work it is important to create a safe place to let out unnecessary energy.

1

Find a comfortable place.

2

Sit or lie down.

3

Find your eighth chakra with your hands and expand the energy around your body.

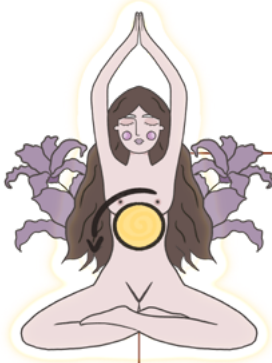
4

Create a field of light with your intention.



1

Think about the situation.

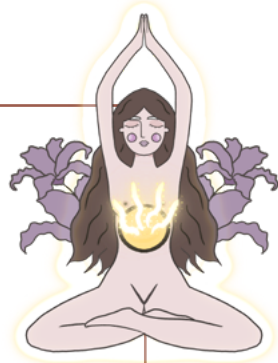


2

Bring energy into the Chakra that came up.

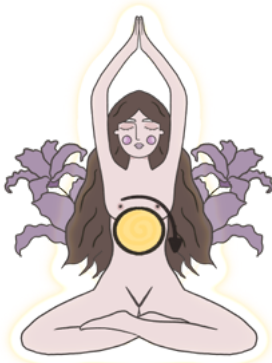
3

Open your chakra with a counter-Clockwise movement.



4

Let the energy that is no longer needed out of your system.



5

Restore using the same movement on the clockwise direction.



# Meditation 1

How to perceive which chakra needs more attention.

1. What information came up?

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2. Any physical sensations?

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3. What emotions?

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4. What visions?

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5. What type of energy came up?

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6. Where in the body was it located?

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