

introduction to chakras

If you are working on creating flow in your root chakra, focus on:

- > taking time to rest, self-care and connect with yourself
- > creating stability including: making sure you have necessities, eating nutritional food, keeping organized, maintaining healthy roommate dynamics and fostering loving close relationships
- > doing something physical and get in touch with your body

If you are working on creating flow in your sacral chakra, focus on:

- > opening yourself to your creative and sexual expression
- > nurturing your partnerships, (chosen or not chosen) family and other close relationships
- > trusting and fostering that you have the energy to put your ideas and goals forth

If you are working on creating flow in your solar plexus chakra, focus on:

- > building confidence, self-worth, self-esteem and self-love
- > working to trust and validate your own version of the truth and your experience in situations
- > having faith in your creative ideas and goals, and trust that you can follow through

If you are working on creating flow in your heart chakra, focus on:

- > creating boundaries to love others in a way that doesn't drain your energy (in all spaces: work, family, friendship, partnership, etc.)
- > healing past experiences in which others have hurt you emotionally
- > thinking of ways to open your heart to others, through reaching out

If you are working on creating flow in your throat chakra, focus on:

- > speaking up and speaking your truth when it's important
- > being authentic in every form of expression and centering environments where you can be yourself
- > meditating on times in your life that you have been silenced or felt silenced, and work to heal those experiences

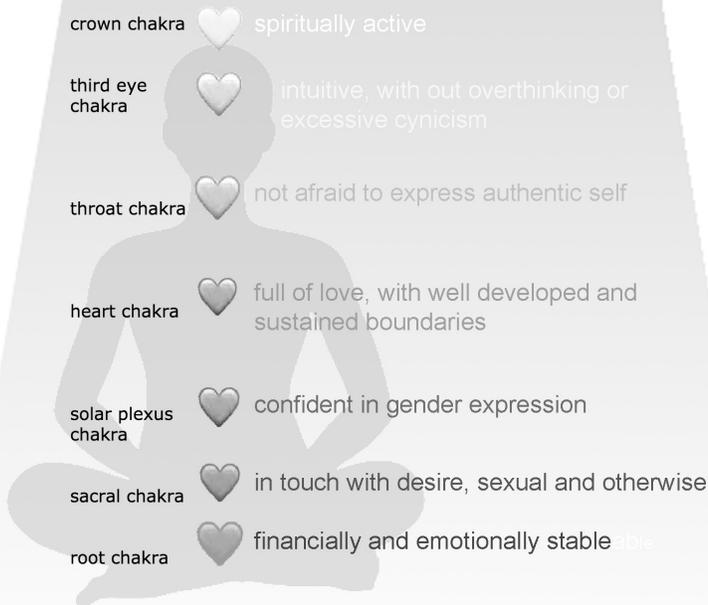
If you are working on creating flow in your third eye chakra, focus on:

- > calming down when over-thinking, and working to manage anxiety
- > find ways to balance thinking intuitively, and thinking logically
- > seeing the "bigger picture" in your experiences

If you are working on creating flow in your crown chakra, focus on:

- > creating healthy and empowered (not fearful) views of spirituality
- > forming connections that create a feeling of oneness with earth
- > allowing yourself to feel supported and loved by a higher force

which queer grl are you?



Be intuitive! When thinking about working with chakras, remember their connection with your body.

If you ever have pain or ailments that manifest in an area around one of the chakras, consider the related emotional and conceptual connections.

Don't get too stuck on any idea you find about chakras that doesn't click for you. Create your own connections with what has been written by others about chakras, and how you feel in your own body.

You know you, best.

It's important to start with lower chakra healing by focusing on the root, sacral and solar plexus chakras before you begin working with the upper chakras. It will create a healthy foundation for your energetic growth.

The chakra system comes from Vedic traditions, and is thousands of years old. It has been recognized and used by many practices (including reiki and other forms of energy healing) around the world. The chakra system continues to maintain a consistently accurate framework for mapping the energy body, in terms of both physical manifestations and emotional/spiritual manifestations.

The 7 major chakras mentioned here, are spinning wheels of energy, starting at the root of the spine and moving up to the crown of the head, as shown in the image above. The body also holds many minor chakras as well.

Have fun exploring <3