CHAKRAS: Ways to Activate

Back

Attitude Spiritual Authority
Intent Knowing Purpose

Experience stillness and open connectedness simultaneously, which leads to awe. Move awe down to heart and find true sacred humility, which comes out of knowing bigger picture, knowing there is a meaning. Keeps us linked to Higher Self, giving access to eyes of soul and ability to decode experiences.

Front

Feeling Connectedness
Intuition Unity

See Self clearly

Envision Higher Self

Attitude Competency
Intent Appropriate Strategy

Notice kind of pathetic, I could do better. Look at what would be better and use that to envision a better idea of what we want to be.

Attitude Self-Responsibility
Intent Valuing Truth

Sound and tone whatever is true in the moment. If scared to speak truth, use honey water. Yawn. Good posture. Listen to silence.

Attitude Free Will Intent Action

Gently roll back of heart on a yoga ball. Do tasks because you love yourself. Eat with others. Evening. Humming, soft smooth lullabies.

Attitude Self Respect
Intent Personal Authority

Plank pose. Eat yellow or hot foods. Summer weather. Fire element. Noon. Listen to electric guitar, piano.

Attitude Curiosity
Intent Support

Rock pelvis back and forth.
Scissor kicks. Label things
clearly. Listen to Latin tango,
Hawaian music.

Attitude Being Fully Present Intent Strength

Be fully present! Exercise. Stomp feet. Rock hips. Squat. Tune in to South Pole. Sunrise. Listen to African drumming.

Root

Solar Plexus

Notice negative feedback patterns very clearly and compassionately. Be clear that

Feeling

Intuition

that we never lose out.

Feeling Honesty
Intuition Authenticity

Notice lower self and Higher Self truth. Speak truth if important. Be proud of yourself. Acknowledge accomplishment without comparison. Yay, I am so proud of myself that I am God.

Feeling Preciousness
Intuition Compassion

feelings of love for

Tune in to feelings of love for anything that leads you to feel love in your heart. Look at something green or rosy pink.

Feeling Clarity
Intuition Value of Self

Have simple clear thoughts. Look at something yellow. Say, I am thinking yellow.

Feeling Pleasure
Intuition Healthy Desire

Go into pleasure! Notice something pleasurable, no matter how small, and take it in for 15 seconds. Do this whenever you are feeling lack of pleasure.

Feeling Relief
Intuition Trusting