

ENERGIZE YOUR CHAKRAS FOR SPIRITUAL HEALTH & WELLBEING

HOW BALANCED ARE YOUR CHAKRAS?

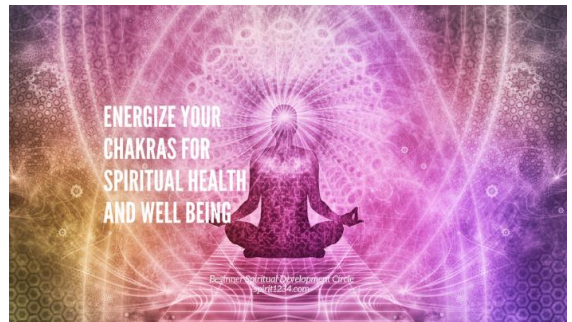
With this quiz, you will discover how your Chakra Energy system can influence your wealth, health, relationships, happiness, and so much more!

The word chakra is a Sanskrit word meaning wheel or disk. Imagine a wheel-like spinning vortex of energy. How you use and master your energy is described in the ancient system of the chakras.

There are seven main chakras starting from the base of the spine through to the crown of the head. Consider a chakra as a center of force within the body that is a connection point between metaphysical and biophysical energies.

These invisible wheels of energy keep us vibrant and healthy. They correspond to different areas of your body and different aspects of your spiritual growth.

Once you become aware of the different vibrational frequencies of your chakra energy system, you then have an opportunity to focus on that area of your life!



INSTRUCTIONS:

Inside each section of the wheel, determine where you are on a scale from 0 to 10, with 10 being the best and 0 being the worst. Mark a dot along the meridian of that section of the wheel.

For example, the innermost part of the wheel spoke where it is at its narrowest would be a "0" and the outermost widest section of the wheel would be a "10".

YOUR CHAKRA ENERGY SYSTEM

8th Chakra

I am the Light.

I allow and channel God Conscious Energy through me.

1st Chakra

I am grounded.

I feel secure, unshakable, and financially stable.

7th Chakra

I transform my life!

I know my life's purpose and am connected to Source Energy.

2nd Chakra

I am creative.

I feel passionate, sexual, and have fun in my life!

6th Chakra

I see clearly!

I use my intuition with confidence and wisdom.

3rd Chakra

I am happy!

I feel balanced, joyful and intelligent.

5th Chakra

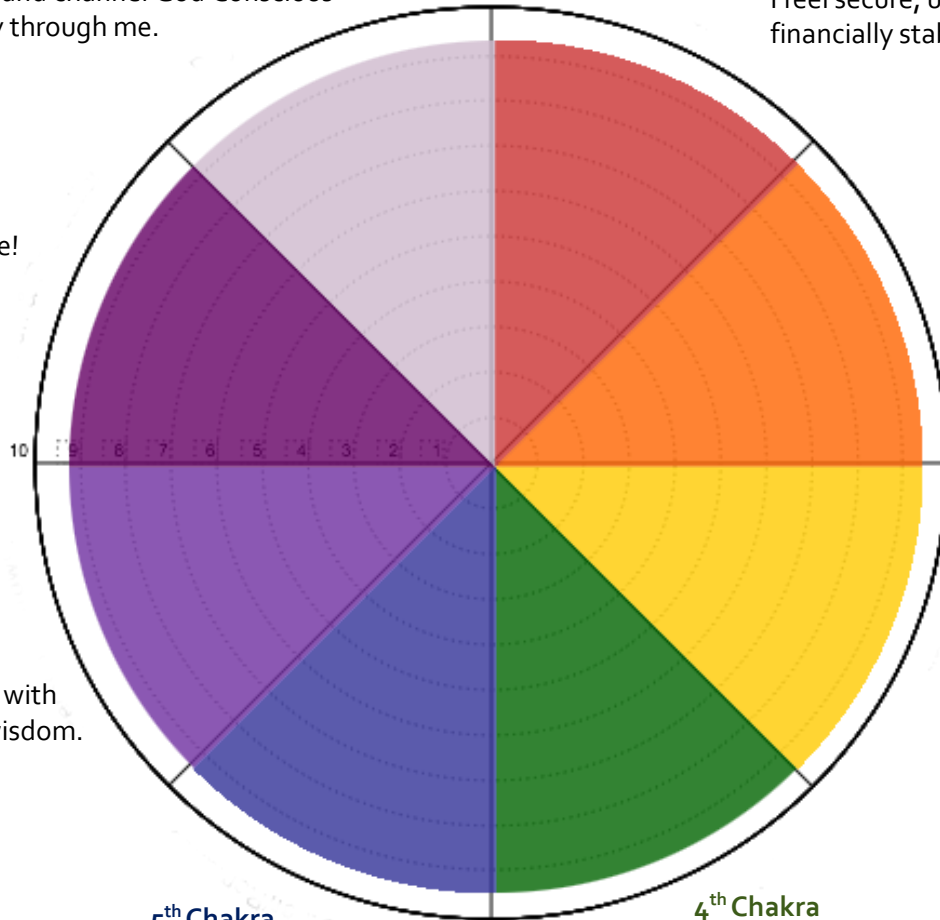
I am self-expressed!

I communicate clearly, and am a good listener.

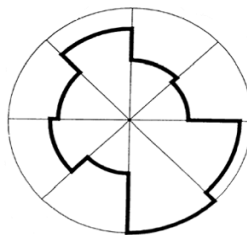
4th Chakra

I am loved, deeply loved.

I forgive easily. I am confident, prosperous and successful!



Once you have identified each of your energy frequencies, connect the dots.



If this were a wheel on your car – would your movement forward be smooth or bumpy?

YOUR CHAKRA ENERGY SYSTEM

Based on the results of your Chakra Energy Quiz, you now have an idea of where to focus your attention. Where you focus your attention is where your energy goes.

When you have anxiety, worry, upset, you can often feel this feeling in your body. We'll now take a look at each of the chakra energy systems individually. See if you can identify where you may feel discomfort in your body, along your energy centers. This is your body telling you where to focus your attention!

As you focus your awareness on each of the different chakra centers, practice the corresponding affirmations **out loud**, using sound vibrations to disrupt any negative beliefs.

The sound of our voice creates hypnotic commands wherever we focus our energy. Our thoughts create our world and manifest in people, circumstances, and events. Therefore, use these prosperity commands to help align your life with Divine Intelligence.

There is no need AT ALL for undesired aspects of reality to be projected into the future. Observe and identify those beliefs that do not serve you and let them go.

Create new ideas and possibilities to come in waves. Choose powerfully, beliefs that serve you, calling upon Divine Love to assist you and energize the different areas of your life to include health, wealth, relationships, success, and prosperity. Here are some sample affirmations to try:

I NOW AM RICH, SUCCESSFUL, PROSPEROUS AND VICTORIOUS. I SURRENDER TO AND ENJOY ALL THE BLESSINGS MY DIVINE GOD BRINGS TO ME.

I AM NOW ACTIVATED BY DIVINE LOVE AND GUIDED BY DIVINE POWER INTO MY RIGHT WORK, WHICH I PERFORM IN A PERFECT WAY FOR PERFECT PAY.

THE DIVINE PLAN OF MY LIFE NOW UNFOLDS AND TAKES SHAPE IN DEFINITE CONCRETE EXPERIENCES, LEADING TO PERFECT HEALTH, HAPPINESS, SUCCESS, AND PROSPERITY.

YOUR CHAKRA ENERGY SYSTEM

Become familiar with each of the seven major chakra systems and see if there are any areas where you may want to focus your attention. Feel free to recite **out loud**, at least once a day for twenty one days, the below affirmations to break up any negative beliefs trapped inside your body and shift your energy to higher vibrational frequencies for optimal health and well-being!

1ST ROOT CHAKRA: MULADHARA

- Element – EARTH (Male energy)
- GROUNDING, BASE SUPPORT
- Out of balance: Feels like fear, sexual addiction or anxiety, or trauma, you often find yourself in fight or flight mode.
- Deals with: Survival Issues, Physical Body, Beginnings, Individuality.
- Organs: Sex organs, pelvic floor, bladder, lower bowel, anus, procreation, elimination, sexuality and identity, prostate gland in men, in women glands that produce Estrogen and Progesterone
- Tremendous amount of creative energy exists in this first center. Think about the amount of energy used to make life and create a baby.
- In the Flow: You feel grounded, protected, and balanced. Connected to Mother Earth.
- Optimal Crystals: Onyx, Obsidian, Shungite, Black Tourmaline, Sunstone, Garnet, Red Jasper, Fire Agate



I TRUST THE PROCESS OF LIFE. I AM SAFE, GROUNDED, AND LOVED.

I EASILY RELEASE THAT WHICH NO LONGER SERVES ME. I AM FREE.

DIVINE LOVE PROSPERS ME NOW. ALL MY NEEDS ARE TAKEN CARE OF.

THE ANGEL OF DIVINE PROTECTION GOES BEFORE ME, SHEILDS ME FROM ANY NEGATIVE EXPERIENCE, AND PREPARES MY WAY.

2ND SACRAL CHAKRA: SVADHISTHANA

- Element – WATER (Female energy)
- CREATIVITY & PASSION
- Out of balance: Feels like guilt, shame, pain, unworthiness, lack, victimization
- Deals with: Movement, sensuality, digestion & elimination, breaking down of food into energy, hormones that balance your sugar levels. Center for holding on or letting go. Consuming or eliminating.
- Organs: Digestive & Pancreatic Glands, below your naval. Governs ovaries, uterus, colon, pancreas, lower back.
- In the Flow: Creativity, Pleasure, Sexuality.
- When in balance you feel safe and secure in your environment and in the world.
- Divine Feminine: Ability to Manifest
- Orange Crystals: Carnelian, Sunstone, Goldstone, Orange Calcite, Lingam Stone



I AM THE CREATIVE POWER IN MY WORLD. I RELEASE THE PATTERN IN MY CONSCIOUSNESS THAT CREATED THIS CONDITION.

I LOVE MY BODY JUST AS IT IS. I AM FREE TO BE ME. I AM BALANCED IN MY CREATIVE FLOW OF ENERGY AND PASSION.

I LOVE AND APPROVE OF MYSELF.

THIS SITUATION DOES NOT DISMAY ME. GOD IS WITH ME TO UPHOLD AND SUSTAIN ME, AND TO MAKE ALL THINGS RIGHT. I TRUST EVERYTHING IN MY LIFE TO THE TENDER CARE OF THE UNIVERSE.

I KNOW MY FATHER'S WILL FOR ME IS HEALTH, HAPPINESS, PROSPERITY, SPIRITUAL UNFOLDMENT AND ALL THINGS GOOD.

3RD SOLAR PLEXUS CHAKRA – MANIPURA

- Element – FIRE (Male energy)
- FREE WILL & SENSE OF SELF
- Out of balance: Feels like things are out of control, impatience, ego, turning one's life force back on self, self-medication or destruction
- Deals with: How one uses their Power, gut feelings, will power.
- Organs: Adrenal gland, stomach, small intestines, spleen, liver, gall bladder, adrenal glands, and kidneys. Associated hormones include adrenaline and cortisol.
- In the Flow: Joy, Happiness, Brilliance. Associated with will, power, self-importance, self-control, drive. Center of personal power, self-esteem, directed intention.
- Use your will and your drive when balanced, you can take care of your tribe and yourself. Activated when you want something or don't feel safe.
- Yellow Crystals: Citrine, Yellow Quartz, Goldenstone Sphere, Pyrite



LIFE AGREES WITH ME. EVERY THING AND EVERY BODY PROSPERS ME NOW. THERE IS PLENTY OF SUCCESS AND PROSPERITY FOR ALL.

I AM GUIDED BY DIVINE POWER. I MANIFEST THE OUTCOME IN THIS SITUATION FOR MY HIGHEST GOOD NOW.

DIVINE LOVE MANIFESTS IN EVERY EXPERIENCE PRODUCING PERFECT HEALTH, HAPPINESS, ABUNDANCE AND SUCCESS.

I LET DIVINE HEALTH MANIFEST FOR AND IN ME NOW.

When the lower chakra energy centers are blocked, energy is unable to flow up through the energy system. When the lower chakras are open, massive amounts of energy are able to travel up the energy system to open the higher chakra centers of the heart, throat, third eye, and crown.

4TH HEART CHAKRA – ANAHATA

- Element – AIR (Female Energy)
- UNCONDITIONAL LOVE & RELATIONSHIPS
- Out of balance: Feels like grief, debt, need to forgive yourself or others
- Deals with: Clairsentient, Matters of the Heart, Prosperity, Abundance
- Organs: Located behind your breast bone. Governs heart, lungs and thymus gland. Bodies main immunity gland known as “Fountain of Youth”. Regulates the growth hormone and oxytocin. 1400 different chemicals that stimulate the immune systems health, growth, repair and regeneration of the body.
- We are now moving from survival to being aware of self and being self-less
- In the Flow: Empathy, compassion, affinity, connection. Associated with love and caring, nurturing, passion, gratitude, thankfulness, appreciation, kindness, inspiration, selfless ness, wholeness, and trust.
- The Heart chakra is where our Divinity lives, the Seat of the Soul
- Green (or Pink) Crystals: Kambamba Jasper, Pink Tourmaline, Aventurine, Moss Agate, Jade, Malachite, Serpentine, Unakite



DIVINE LOVE IS DOING ITS PERFECT WORK IN ME AND THROUGH ME NOW.

*I ALWAYS HAVE PLENTY OF MONEY. LARGE ABUNDANT OPULENT
FINANCIAL SURPRISES COME TO ME NOW*

*I CALL UPON DIVINE LOVE TO HEAL OUR RELATIONSHIP NOW. I CALL
UPON DIVINE LOVE TO STRAIGHTEN OUT AND ADJUST THIS SITUATION
NOW.*

MY GOOD, YOUR GOOD, OUR GOOD IS UNIVERSAL AND PLENTIFUL.

5TH THROAT CHAKRA – VISHUDDHA

- Element – SOUND (Male Energy)
- COMMUNICATION & LEADERSHIP
- Out of balance: Feels like criticism
- Deals with: Clairaudient gifts, Art of Speaking & Listening
- Organs: Thyroid Gland, center of your throat, salivary glands, and tissues of the neck. Hormones that govern the body's metabolism and calcium levels.
- In the Flow: Communication, Manifestation (where you speak your creations into existence), Self-Expression, Leadership.
- Center is associated with expressing the love felt in the heart center and speaking your truth through language and sound. Balanced, you voice your truth and express your love. You are able to share your thoughts and feelings.
- Blue Crystals: Kyanite, Larimar, Lapis Lazuli, Amazonite, Blue Lace Agate



I LET GOD'S LOVE GUIDE, DIRECT, AND INSPIRE ME.

I WILL NOT PUT UP WITH OR TOLERATE THIS EXPERIENCE AS NECESSARY, LASTING, OR RIGHT. I REFUSE TO ACCEPT THINGS AS THEY ARE. I AM GOD'S CHILD AND I WILL ACCEPT NOTHING BUT HIS COMPLETE GOODNESS FOR ME.

THERE IS NO CRITISISM OR CONDEMNATION IN ME, FOR ME, OR AGAINST ME. DIVINE LOVE, WISDOM, AND ORDER NOW REVEAL THE PERFECT GUIDANCE AND PRODUCE THE PERFECT RESULTS IN ME AND IN MY WORLD.

EVERYTHING AND EVERYBODY PROSPERS ME NOW.

6TH THIRD EYE CHAKRA – AJNA

- Element – LIGHT (Female Energy)
- VISION & INTUITION
- Out of balance: Feels like denial, closed minded, disconnected from Spirit
- Deals with: Clairvoyance, Visualization, See-er, Remote Viewing, Dreams
- Organs: Pineal Gland, back of your head, center of brain, sacred gland, associated with door to higher dimensions of consciousness, seeing beyond 3D reality, sense vibrational frequencies. Secretes hormones like serotonin and melatonin and metabolites responsible for body rhythms such as awake during the day and sleep at night.
- In the Flow: Imagination, Intuition, Creative Thinking, Holographic, Aware of colors and Vibrations. Sensitive to all electromagnetic frequencies beyond visible light.
- Can change chemical distributions of melatonin which changes your view of reality, both your inner world and your outer world, seeing and perceiving more each day.
- Purple Crystals: Purple Fluorite, Moonstone, Blue Goldstone, Dumortierite, Howlite



INFINITE WISDOM GUIDES ME AND I AM SUCCESSFUL IN ALL I UNDERTAKE.

*GOD'S LOVE IN US IS DRAWING TO US NEW IDEAS, NEW COURAGE, AND
VISIBLE DAILY SUPPLY.*

*DIVINE LOVE, EXPRESSING THROUGH ME, NOW DRAWS TO ME ALL THAT IS
NEEDED TO MAKE ME HAPPY AND COMPLETE.*

*GOD'S SPIRIT OF GOOD IS AT WORK NOW AND DIVINE RESULTS ARE
COMING FORTH!*

7TH CROWN CHAKRA – SAHASRARA

- Element - SPIRIT (God)
- DIVINE LOVE & ENLIGHTENMENT
- Out of balance: Feels like defensiveness, ego driven
- Deals with: Claircognizant, Knowing, Understanding
- Organ: Pituitary Gland, Center of your head. Master gland over all the other glands down to the sexual glands.
- In the Flow: Inspiration, Transcendence, Meditation, Connection to God Consciousness Energy
- Where your Divinity, your highest level of consciousness originates. Balance, Transformation, and connectedness. You are in harmony of all things.
- White Crystals: Selenite, Clear Quartz, Sugilite, Amethyst, Celestine



I DO NOT ACCEPT THAT MY CURRENT CIRCUMSTANCES ARE LASTING, PERMANENT, OR NECESSARY.

I ACCEPT AND CLAIM THE DIVINE SOLUTION IN THIS SITUATION NOW.

DIVINE INTUITION IS NOW SHOWING ME THE WAY. DIVINE INTUITION IS NOW WORKING IN AND THROUGH ME, IN AND THROUGH ALL CONCERNED, PRODUCING EASILY AND QUICKLY THE PERFECT OUTCOME, THE PERFECT RESULT.

I GIVE THANKS THAT MY GENIUS POWERS OF INTUITION AND CREATIVE IMAGINATION ARE RELEASED, AND THAT I ALLOW DIVINE WISDOM AND GUIDANCE TO COME THROUGH ME NOW.

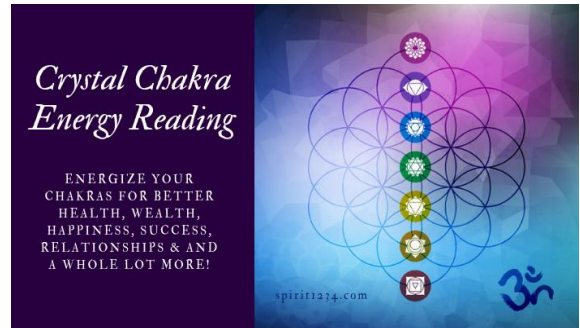
After beginning to do everything as though you were in the presence of Divine Intelligence and Intuitive Wisdom, which knows your needs, is interested, is able and happy to help you, you will find not only that your abilities are increasing more and more but also that you are being instructed from within about many things you need to know!

YOUR CHAKRA ENERGY SYSTEM

For personal guidance and support on how to work with your powerful energy centers for balance, flow, rejuvenation, and expansion; feel free to schedule your one-on-one Chakra Energy Reading & Healing at:

<https://beginnerspiritcircle.as.me/chakraenergyreading>.

Use coupon code **SAVE20** to receive 20% off.



To learn more on how to develop your psychic intuitive gifts, join our Meetup Group and check out our upcoming Beginner Spirit Classes <https://www.meetup.com/spiritcircle/>. We have fun and informative classes online that you can enjoy from the privacy of your home. We also have classes throughout MD, DC, and VA at Holistic Wellness Centers and bookstores. All levels of psychic experience are welcome!



Regina A. Luffey, Business Coach, Teacher & Mystic

Beginner Spiritual Development Circle, LLC

Alexandria, VA 22311 | Spirit1234.com

<https://www.facebook.com/womanhealthyself/>

Regina helps men and women develop their spiritual intuitive gifts, so they can easily access higher realms of consciousness using simple divination tools for guidance and direction to create a life they love full of prosperity, happiness, and success. Regina has been a natural mystic and empath all her life and has been able to detect the energy of people, places, and things since the age of 9. Regina has developed her own intuitive gifts and healing modalities while studying with many Holistic Practitioners, Spiritual Healers, Coaches, Mediums, and Psychics. Regina now practices as a Business Coach, Teacher, and Mystic at Journey's Holistic Wellness Center in Charlotte Hall, MD and the Sacred Circle Bookstore in Alexandria, VA.

DISCLAIMER: Concepts and strategies shared in this and any email communication from Regina Luffey or the Beginner Spiritual Development Circle are ideas that have worked for members of her community, holistic practitioners, health and wellness coaches, mentors, mediums, psychics, and friends. All content is for informational purposes only. Always use your own judgment and get the advice of professionals before partaking in any practice or exercise for your own spiritual health and wellbeing.