

# BALANCING YOUR ENERGY MASTERCLASS



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# BALANCING YOUR ENERGY MASTERCLASS

by

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*The Key to Life is Balance*  
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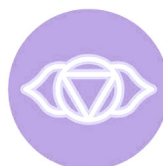
# Balancing Your Energy Masterclass

## SECTION 1: USING LIGHT



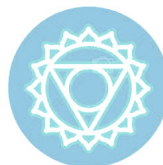
SAHASRARA

*Crown  
Chakra*



AJNA

*Third-eye  
Chakra*



VISHUDDHA

*Throat  
Chakra*



ANAHATA

*Heart  
Chakra*



MANIPURA

*Solar Plexus  
Chakra*



SVADHISHTHANA

*Sacral  
Chakra*



MULADHARA

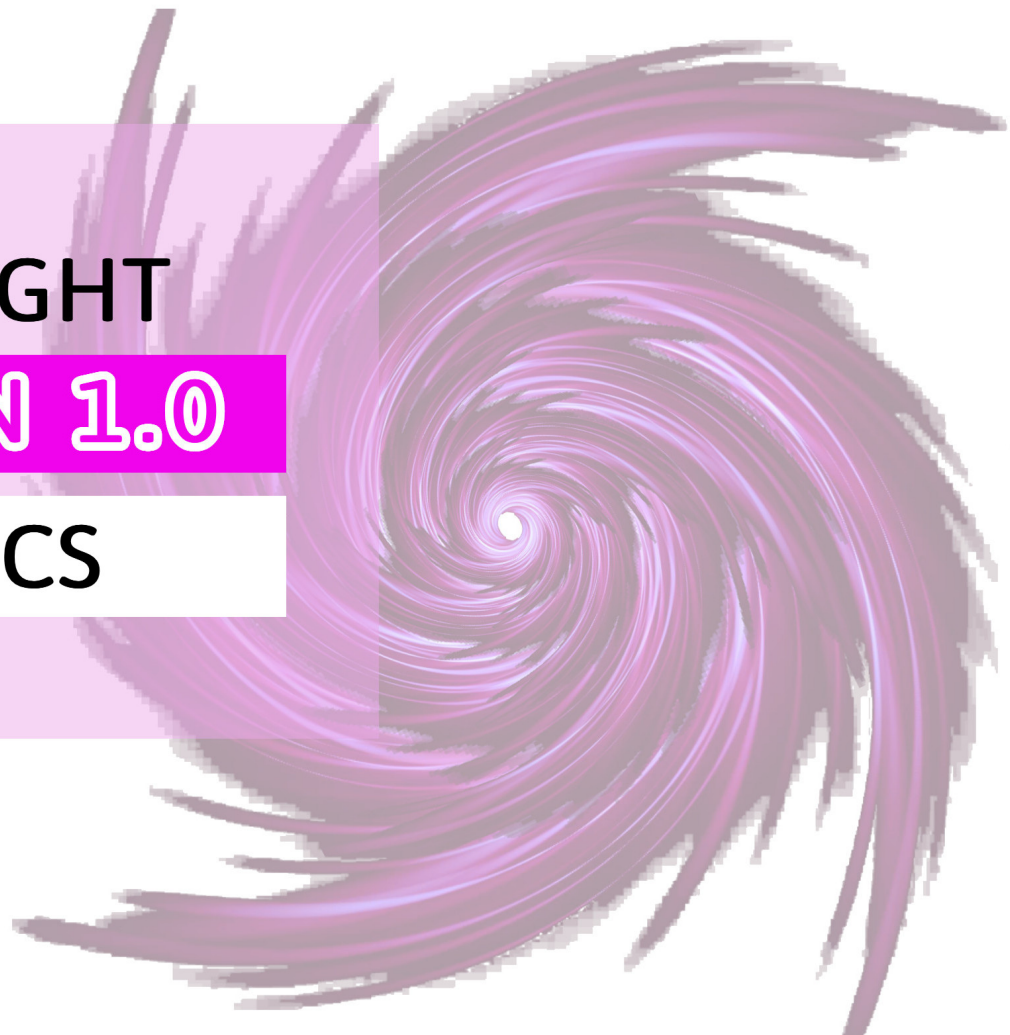
*Root  
Chakra*

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.0

THE BASICS



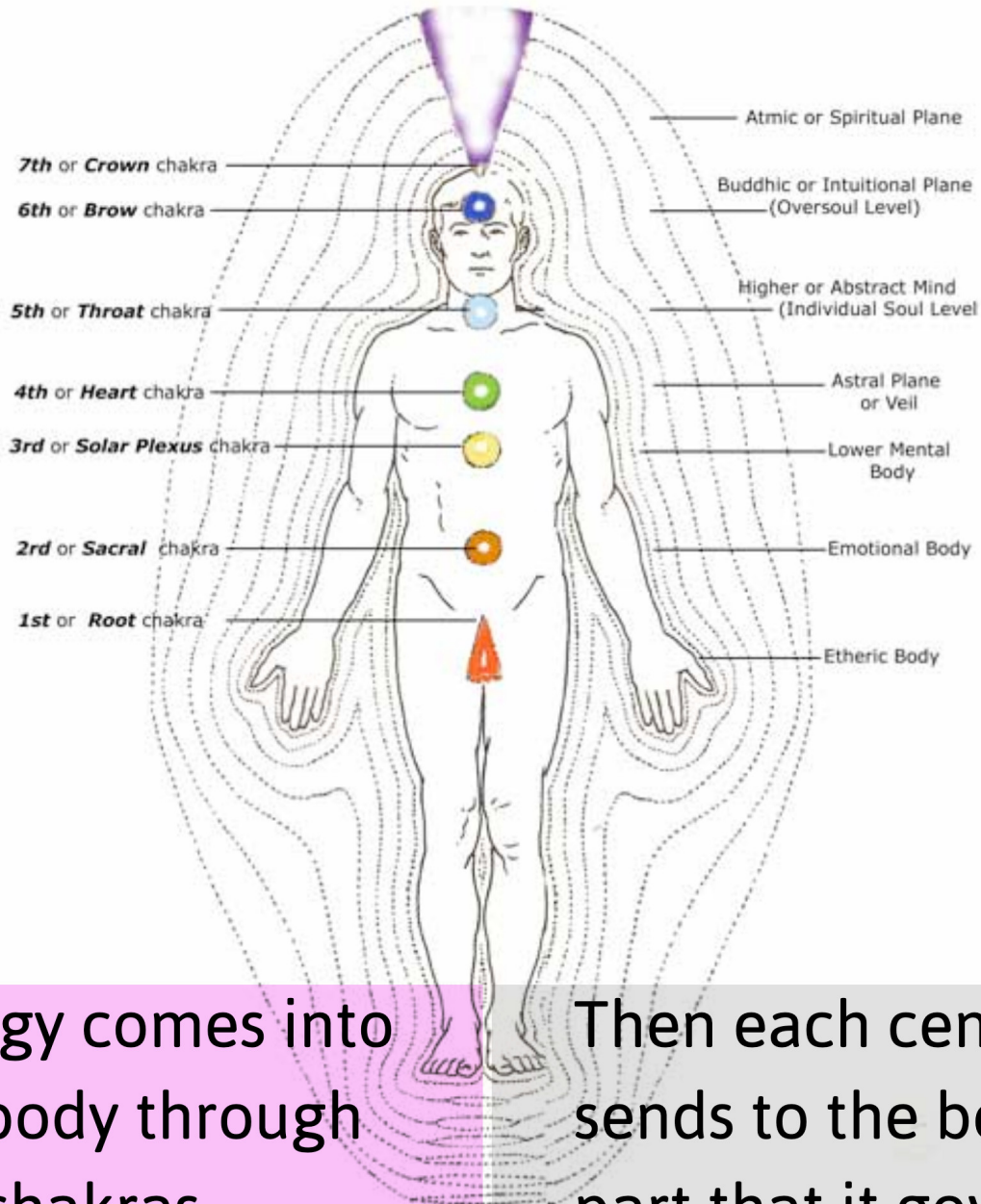
### What are the Chakras?



"Chakra" is a Sanskrit word meaning spinning wheel, or vortex.

It is a system that contains our life force energy, running up the mid-line of our body.

### The Chakra System



Energy comes into the body through the chakras, distributing these levels of energy through each center.

Then each center sends to the body part that it governs, giving them the energy to run your mind, body, and spirit.

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.1

ROOT CHAKRA



### मूलाधार Mūlādhāra "Root of Existence"



#### Your Foundation

The root chakra links us to the physical world and acts as a support system.

**Element:** Earth

**Color:** Red

**Energy:** Grounding

**Body Parts:** Bones, teeth, nails



# Balancing Your Energy: Using Light

## Lesson 1.1

## Root Chakra

**Overactive**

**emerald and sapphire**

slow movements  
overeating  
material fixation  
excessive spending

**Blocked**

**red jasper and hematite**

fear anxiety  
anorexia  
restlessness  
difficulty creating and  
manifesting your dreams

**Balanced**

**red carnelian**

grounded-ness, good physical  
health, sense of safety, ability to  
be still, present in the moment

# Balancing Your Energy: Using Light

## Lesson 1.1

## Root Chakra

### GROUNDING

#### Root vegetables

carrots, potatoes, parsnips,  
radishes, beets, onions, garlic, etc.

#### Protein-rich food

eggs, meats, beans, tofu, soy  
products, peanut butter

#### Spices

horseradish, hot paprika, chives,  
cayenne pepper

#### Oils

Cedarwood, myrrh, patchouli

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.2

SACRAL CHAKRA



### स्वाधिष्ठान Svādhiṣṭhāna "where your being is established"



#### Your Emotions

The sacral chakra is the energy center for our emotions, wants, and needs.

Element: Water

Color: Orange

Energy: Pleasure

Body Parts: low back, bladder, and reproductive organs

# Balancing Your Energy: Using Light

## Lesson 1.2

## Sacral Chakra

**Overactive**

**emerald**

sexual addictions  
mood swings  
poor boundaries  
emotional dependency

**Blocked**

**carnelian**

emotional numbness  
fear of change  
lack of desire or passion  
excessive boundaries  
boredom

**Balanced**

**moonstone**

graceful movements, ability to embrace change, emotional intelligence, healthy boundaries, passion

### SEXUAL CREATIVE CENTER

#### Sweet fruits

melons, mangoes, strawberries, passion fruit, oranges, coconut, etc.

#### Protein-rich food

Nuts, almonds, walnuts, etc. and honey

#### Spices

cinnamon, vanilla, carob, sweet paprika, sesame, caraway seeds

#### Oils

sandalwood, YlangYlang, Jasmine

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.3

SOLAR PLEXUS  
CHAKRA



## Lesson 1.3

## Solar Plexus Chakra

### मणिपूर Maṇipūra "city of jewels"



#### Your Power

The solar plexus chakra is the energy center for our volition and desire; wishes blend here.

**Element:** Fire

**Color:** Yellow

**Energy:** Will

**Body Parts:** stomach, liver, gall bladder, and nervous system



# Balancing Your Energy: Using Light

## Lesson 1.3

## Solar Plexus Chakra

**Overactive**

**sapphire emerald**

dominating  
controlling  
arrogant  
stubborn  
attraction to sedatives

**Blocked**

**topaz yellow tourmaline**

lack of energy  
poor digestion  
tendency to be cold  
low self esteem

**Balanced**

**citrine**

being responsible  
good self discipline  
warm  
able to take risks

### SELF-ESTEEM AND SELF-LOVE

#### Granola & Grains

pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.

#### Protein-rich food

Dairy, milk, cheeses, yogurt

#### Spices

ginger, mints, melissa, chamomile

#### Oils

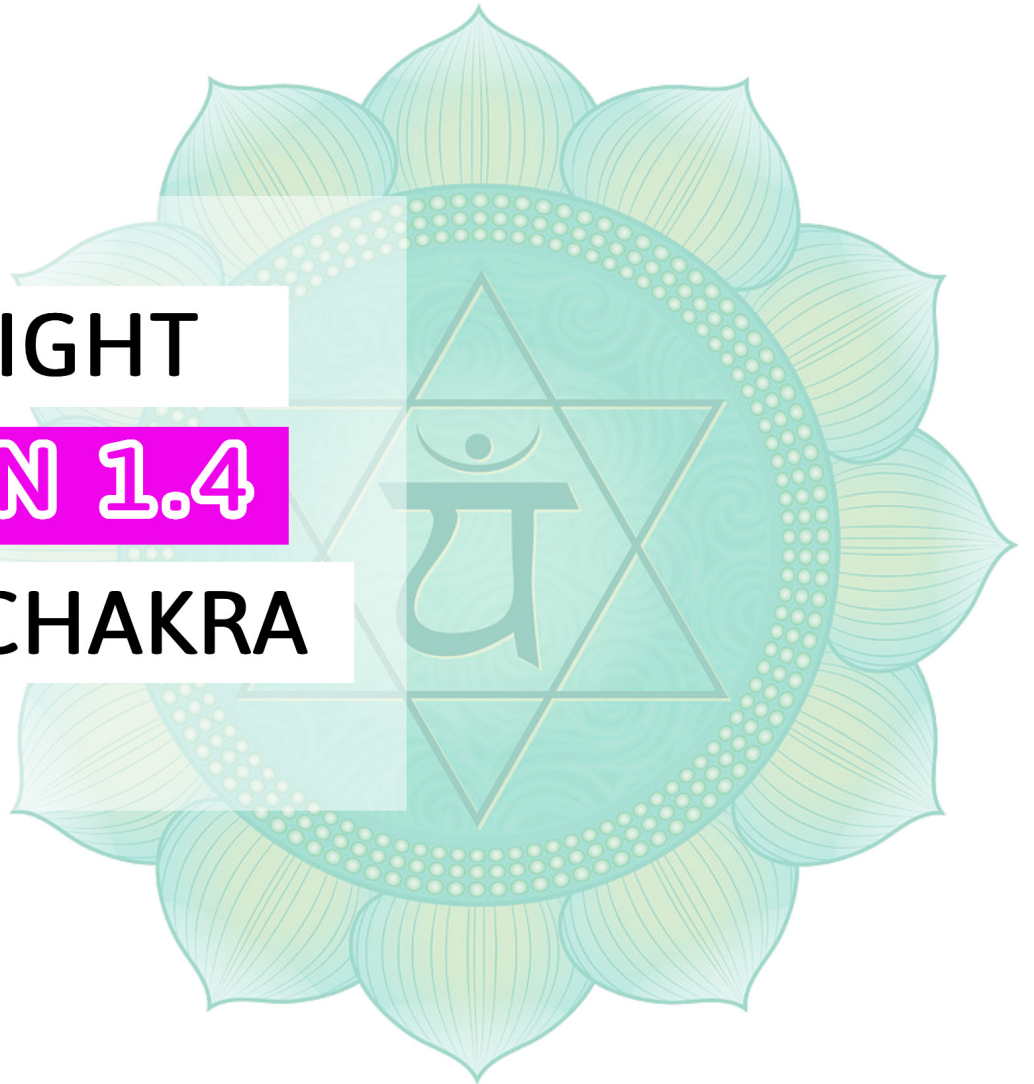
Juniper geranium Rosemary clary  
sage

# Balancing Your Energy Masterclass

USING LIGHT

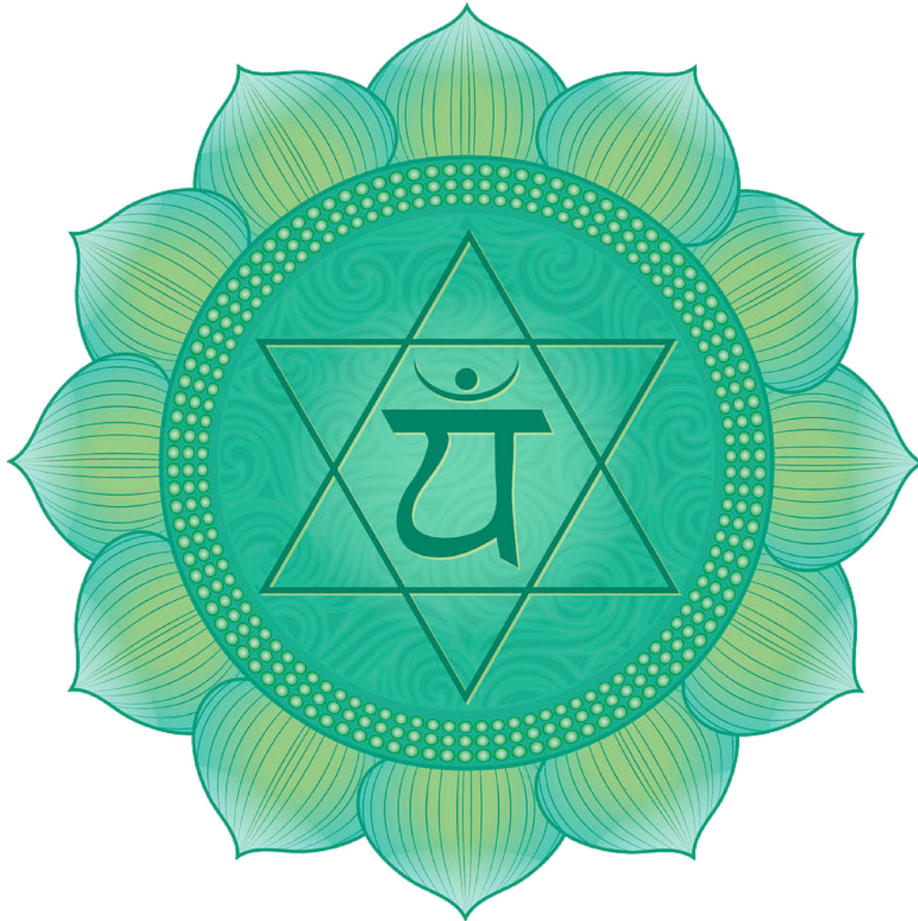
LESSON 1.4

HEART CHAKRA



अनाहत Anāhata

"unstruck, unhurt, and unbeaten"



### Your Center

The heart chakra is the center of our being and the chamber from which we give and receive love.

Element: Air

Color: Green

Energy: Love

Body Parts: heart, ribs, chest, lungs, circulatory system

# Balancing Your Energy: Using Light

## Lesson 1.4

## Heart Chakra

**Overactive**

**pink topaz**

co-dependency  
poor boundaries  
jealousy  
being a martyr or a constant pleaser

**Blocked**

**peridot**

withdrawn  
lonely  
lack of empathy  
fear of intimacy

**Balanced**

**rose quartz**

caring, compassionate, accepting  
peaceful, centered

### HEALING EMOTIONAL HURTS

#### Leafy Vegetables

spinach, kale, dandelion greens, etc.

#### Air vegetables

broccoli, cauliflower, cabbage, celery, squash, etc.

#### Liquids

Green teas

#### Spices

basil, sage, thyme, cilantro, parsley

#### Oils

rose Melissa (lemon balm) Nerol

# Balancing Your Energy Masterclass

**USING LIGHT**

**LESSON 1.5**

**THROAT CHAKRA**



विशुद्ध Viśuddha  
"especially pure"



### Your Voice

The throat chakra is about speaking your truth, freeing your creativity, and connecting through communication.

Element: Sound

Color: Light Blue

Energy: Truth

Body Parts: vocal cords, thyroid, bronchial, jaw, and neck



# Balancing Your Energy: Using Light

## Lesson 1.5

## Throat Chakra

**Overactive**

**quartz**

talking too much  
gossiping  
excessive loudness  
inability to contain or keep confidences

**Blocked**

**blue/yellow topaz**

difficulty putting things into words  
fear of speaking  
shyness  
having a weak voice

**Balanced**

**turquoise Chrysocolla**

having a full voice, clear communication,, being a good listener, good sense of timing and rhythm, lives life creatively

## Lesson 1.5

## Throat Chakra

### SPEAKING ONE'S TRUTH

Tart or tangy fruits

lemons, limes, grapefruit, kiwi

Tree growing fruits

apples, pears, plums, peaches,  
apricots, etc.

Liquids

water, fruit juices, herbal teas

Spices

salt, lemon grass

Oils

lavender chamomile peppermint

# Balancing Your Energy Masterclass

**USING LIGHT**

**LESSON 1.6**

**3RD EYE CHAKRA**



आज्ञा **Ājñā**

"Power of Understanding"



### Your Intuition

The etheric organ of consciousness that lies directly beyond and between your physical eyes.

**Element:** Light

**Color:** Dark blue

**Energy:** Inner vision

**Body Parts:** pineal gland, face, eyes, nose, sinus, pituitary

# Balancing Your Energy: Using Light

## Lesson 1.6

## 3rd Eye Chakra

**Overactive**

**emerald, sapphire**

hallucinations  
obsessions  
nightmares  
difficulty concentrating

**Blocked**

**diamond/Herkimer diamond**

lack of imagination  
difficulty visualizing  
denial

**Balanced**

**lapis lazuli**

strong intuition, insight, good  
memory and dream recall, has  
vision for life

### AWAKENING THE SENSES

#### Dark bluish colored fruits

blueberries, red grapes, black berries, raspberries, etc.

#### Liquids

red wines and grape juice

#### Spices

lavender, poppy seed, mugwort

#### Oils

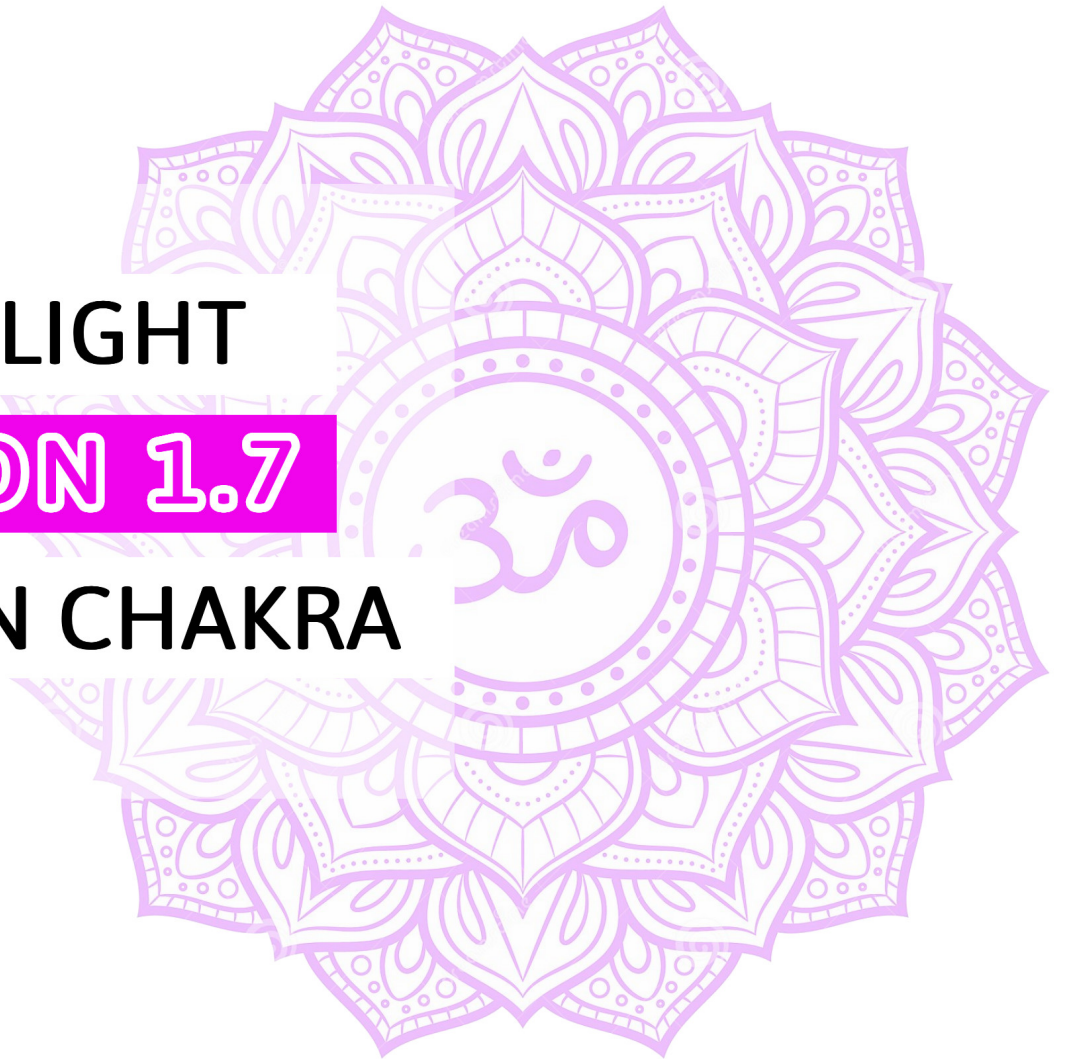
basil and frankincense

# Balancing Your Energy Masterclass

USING LIGHT

LESSON 1.7

CROWN CHAKRA



सहस्रार Sahasrāra  
"Thousand Petaled"



**Your Higher Power**

The individual point of awareness that connects you with divine intelligence.

**Element:** Mind

**Color:** Purple

**Energy:** Spirit

**Body Parts:** brain and skull



# Balancing Your Energy: Using Light

## Lesson 1.7

## Crown Chakra

**Overactive**

**Charoite sugulite**

dissociation from the body  
spiritual addiction  
confusion  
living in your head  
disconnected from your spirit

**Blocked**

**celestite**

closed mind  
learning difficulties  
rigid belief systems  
apathy  
spiritual cynicism

**Balanced**

**amethyst and clear quartz**

spiritual connection, wisdom and  
mastery, intelligence,  
open-mindedness, able to  
assimilate /analyze information

# Balancing Your Energy: Using Light

## Lesson 1.7

## Crown Chakra

### SPIRITUAL COMMUNICATION CENTER

**Air**

fasting  
detoxing

**Incense & smudging herbs**

sage, copal, myrrh, frankincense,  
juniper

**Smudging herbs**

are not to be eaten but are  
ritually inhaled through the  
nostrils or can be smoked  
through a ceremony pipe for  
purification purposes

**Oils**

Lotus waterlily Sage Juniper  
lavender

# Balancing Your Energy Masterclass

## SECTION 2: --- **USING SOUND**

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.1**

**ROOT CHAKRA**



## Lesson 2.1

## Root Chakra

Balance the Root Chakra for feeling grounded and strong within yourself, with a firm foundation on your healing journey.

Key: C | Sound: "O"

Affirmations:

I am safe

I am grounded

I am centered

I am powerful, rooted and strong

I am financially secure

I feel secure

I take care of myself

I feel no fear

I am at peace

I am stable

I am standing my ground

I am like a redwood tree with roots  
deeply securely holding me up

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.2**

**SACRAL CHAKRA**



## Lesson 2.2

## Sacral Chakra

Balance the Sacral Chakra for being emotionally balanced and feeling joy within yourself, with healthy boundaries on your healing journey.

Key: D | Sound: "OO"

Affirmations:

I am Creative

I am trusting of myself

I am joyful

I am in balance with healthy living

I feel pleasure

I am emotionally in balance

I feel my needs are met

I trust

I create boundaries for myself

I feel my inner knowingness

I create my own abundance

I am seeing the big picture in my life

I am in balance with my emotions

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.3**

**SOLAR PLEXUS  
CHAKRA**





## Lesson 2.3

## Solar Plexus Chakra

Balance the Solar Plexus Chakra for feeling balanced in your personal power and feeling strong within yourself, with a sense of strength on your healing journey.

Key: E | Sound: "AH"

Affirmations:

I am Strong

I am efficient

I am powerful

I have purpose

I have will power

I have inner strength

I have self-control

I have desire

I strive for a purpose

I feel my personal potential

I am full of vitality

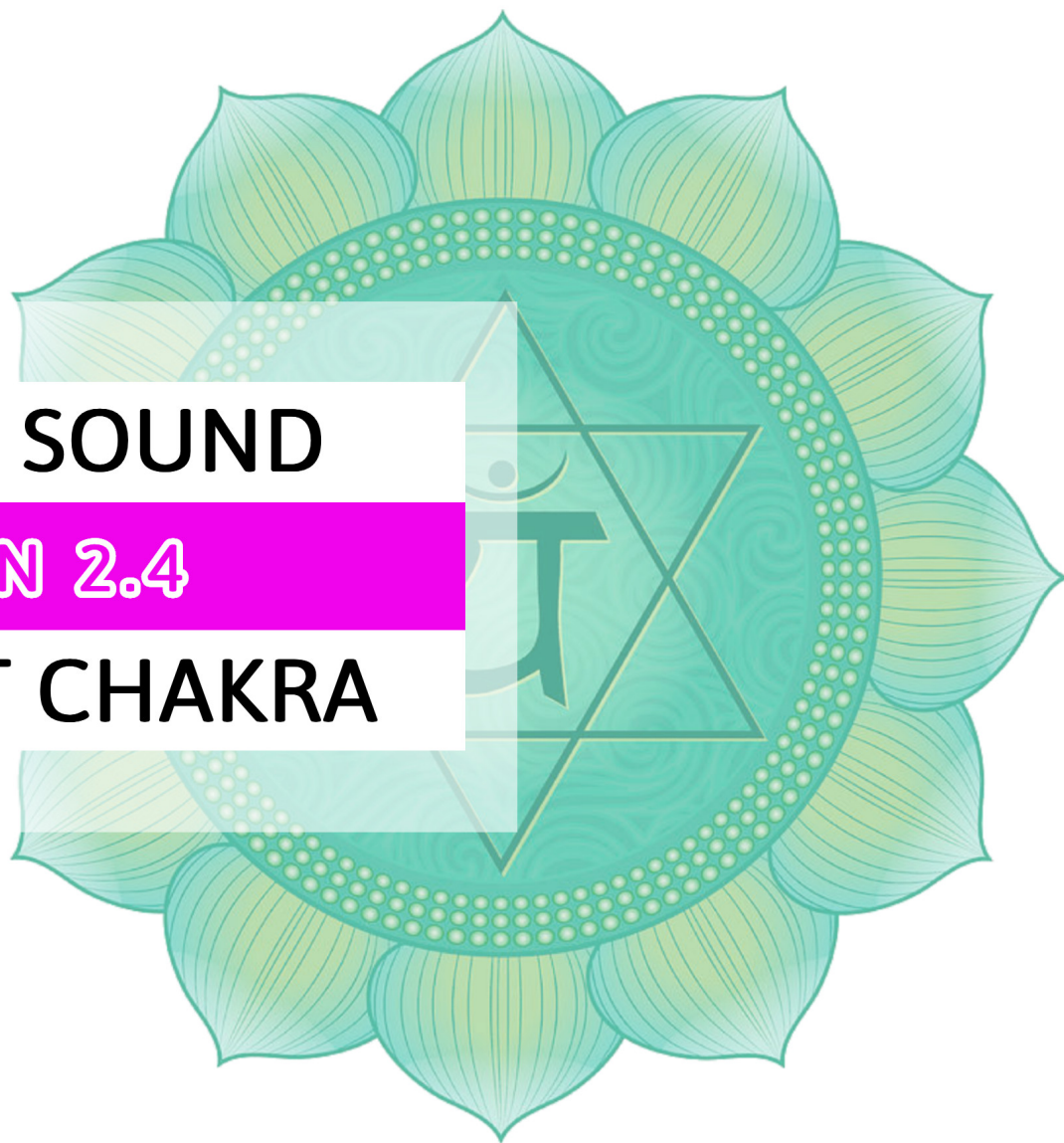
I am like the sun shining with beams of love

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.4**

**HEART CHAKRA**



## Lesson 2.4

## Heart Chakra

Balance the Heart Chakra for balancing love for yourself and feeling compassion, with a sense of giving and receiving true love on your healing journey.

Key: F | Sound: "A"

Affirmations:

I am loved

I have compassion for myself and others

I have a positive attitude

I respect myself

I have positive self esteem

I forgive myself and others

I am open to new ideas

I am able to share with others

I am love

I give love unconditionally

I have compassion for our earth

I give and receive love unconditionally

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.5**

**THROAT CHAKRA**



## Lesson 2.5

## Throat Chakra

Balance the Throat Chakra for balancing your creative power and feeling like speaking your truth, with a sense of good boundaries on your healing journey.

Key: G | Sound: "EE"

Affirmations:

I am Impressive

I have clear expression

I have clear communication with others

I can see myself as a whole individual

I have an abundance of creativity

I have an abundance of ideas

I am able to communicate with clarity

I have clear creativity

I have free expression

I am seeing the whole of my ideas

I have clear articulation with my speech

I am in balance with the Yin and Yang,  
male and female of myself

# Balancing Your Energy Masterclass

**USING SOUND**

**LESSON 2.6**

**3RD EYE CHAKRA**



## Lesson 2.6

## Third Eye Chakra

Balance the Third Eye Chakra for balancing your Intuitive nature and feeling a connection to your higher vibe, with a new sixth sense on your healing journey.

Key: A | Sound: "MM"

Affirmations:

I am connected

I have understanding

I am connected to my intuition

I am seeing the bigger picture of my life

I am of service to good

I have awareness

I am in my imagination

I am seeing beyond the five senses

I have psychic awareness

I am focused on the good

I am open to my intuition

I am open to listening to my own six sense called intuition

# Balancing Your Energy Masterclass



**USING SOUND**

**LESSON 2.7**

**CROWN CHAKRA**



## Lesson 2.7

## Crown Chakra

Balance the Crown Chakra for connection to your higher power and feeling like a new beginning, with a sense of a spiritual connection on your healing journey.

Key: B | Sound: "NG"

Affirmations:

I am Divine

I have wisdom

I have compassion

I am loving and thoughtful

I am focused on consciousness

I am a spiritual being

I have higher values

I have spiritual understanding

I have awareness

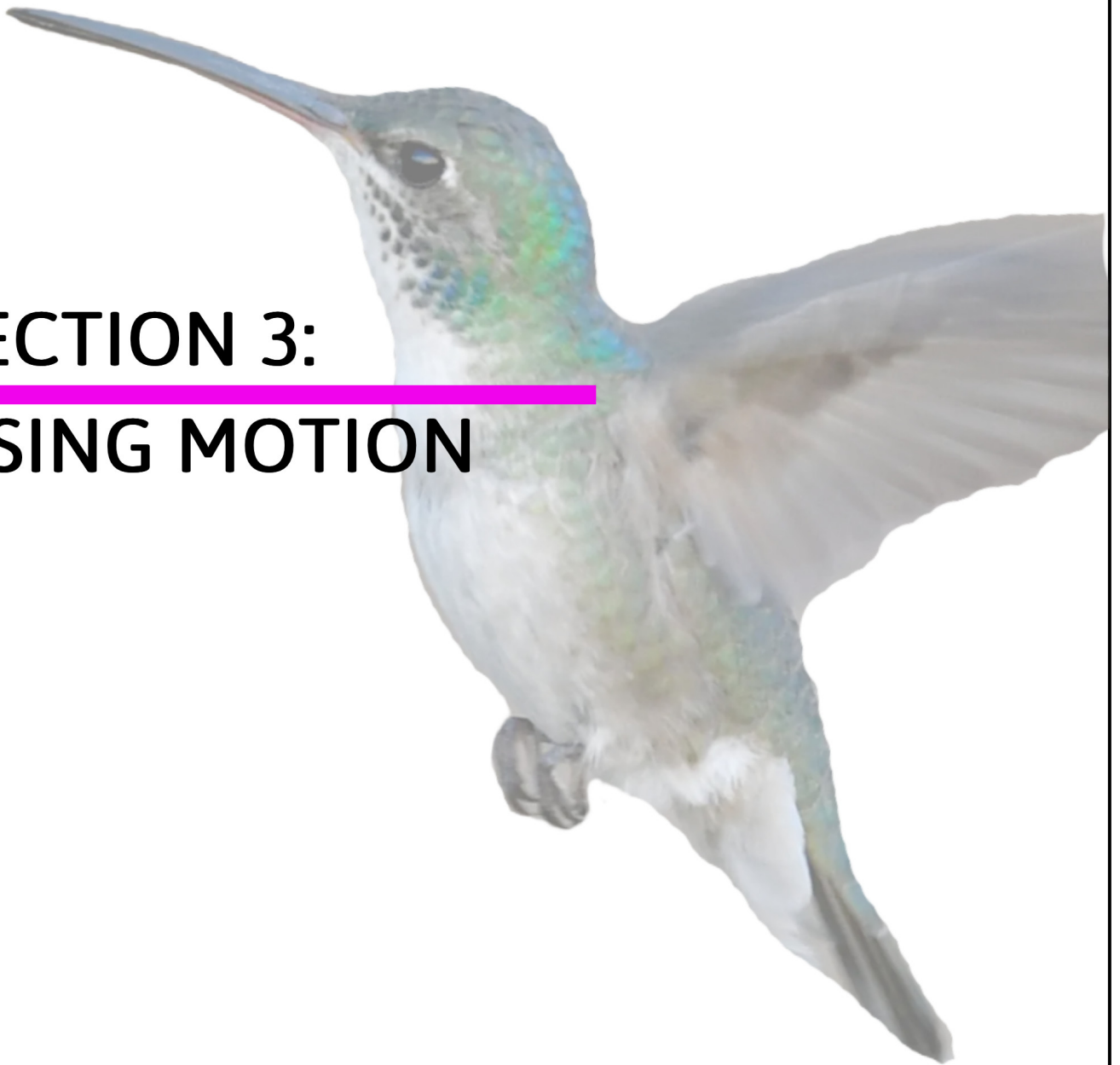
I am enlightened

I have an understanding of divinity

I am a Divine enlightened spiritual being  
focused on spreading cosmic love

# Balancing Your Energy Masterclass

## SECTION 3: --- **USING MOTION**



# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.1**

**ROOT CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.1

## Root Chakra

Stand tall, stretching your arms over your head.

Pick up the heels of the feet and lightly tap them on the ground, almost like you are bouncing on your heels. (Take in deep breaths as you do this)  
Keep it up until you feel you are grounded.

Visualize a root from your tailbone down into your feet and into the Earth.

Move to chair pose feeling grounded and strong.

### POSITION:



# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.2**

**SACRAL CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.2

## Sacral Chakra

While laying on your back slowly roll the pelvis up keeping the shoulder blades on the floor. Hold for a couple breaths, breathing into the belly.

Roll down, repeat a couple of times.

Place the feet together letting the knees fall out (butterfly legs pose).

Relax into your belly and feel it balancing out.

### POSITION:

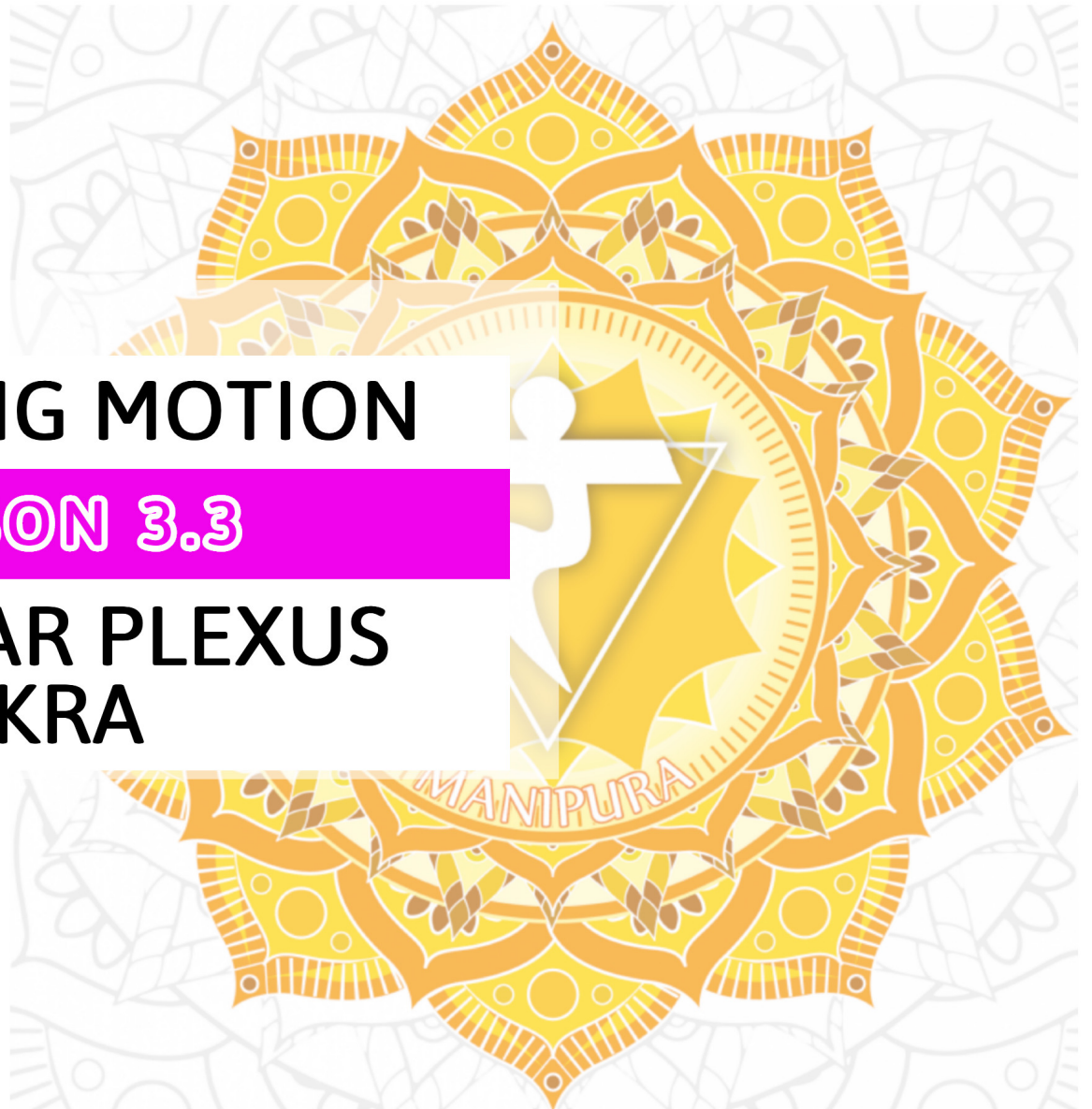


# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.3**

**SOLAR PLEXUS  
CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.3

## Solar Plexus Chakra

Awaken the Solar Plexus by doing my favorite belly dance move - belly rolls.

Take a deep breath in as you pull in the bottom of the belly, roll it up to the top and exhale as you roll it back down.

Move slowly at first then try to speed it up. Repeat a few times, then change direction.

Hold your hands over the solar plexus and feel its power.

### POSITION:



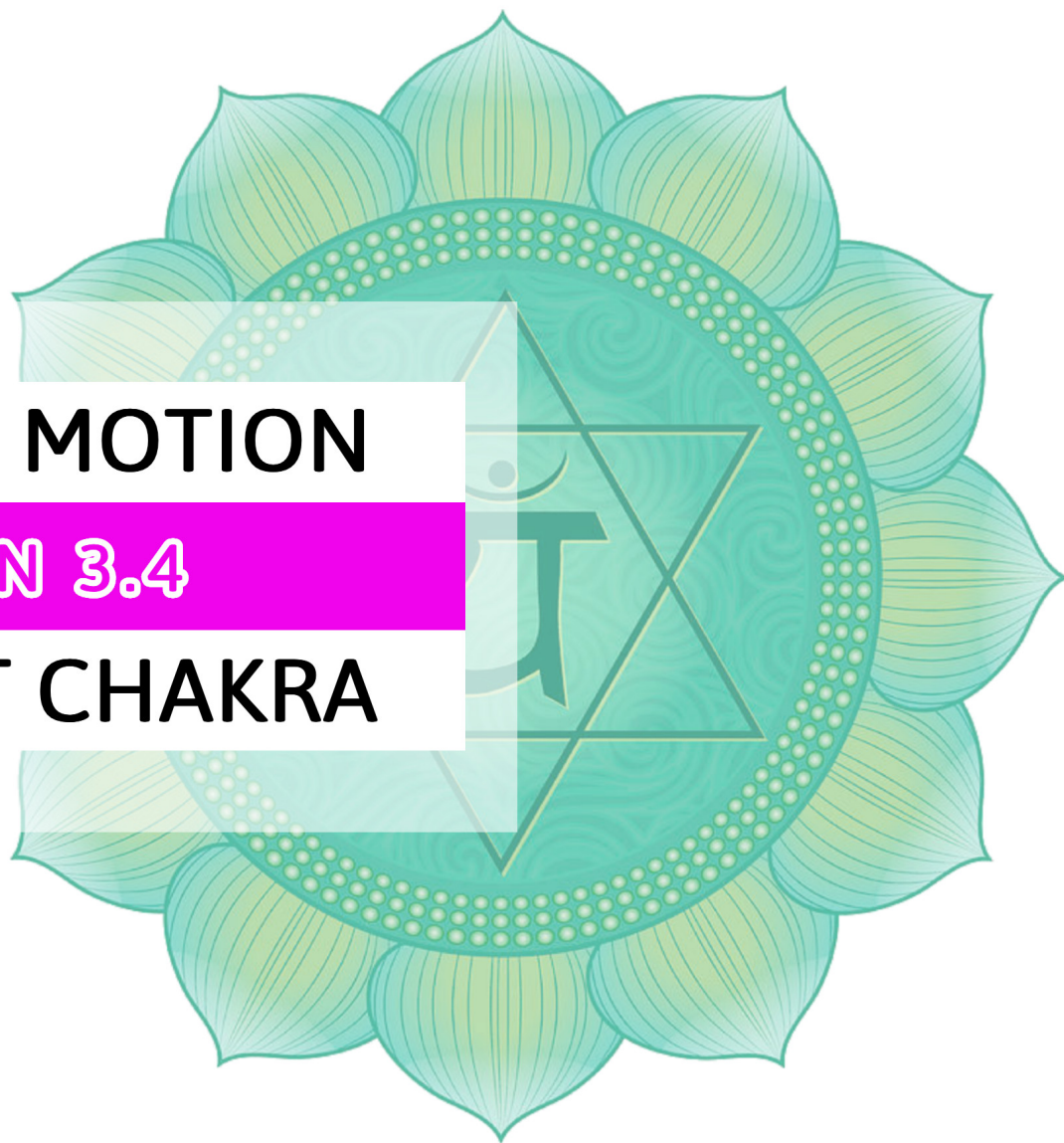


# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.4**

**HEART CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.4

## Heart Chakra

Opening up the heart chakra.

Lying on front of your body, forearms outside the breastbone. Exhale as you lift the chest up and open the shoulders back.

Feel the heart opening up and expanding, feel all that unconditional love pouring outward.

**POSITION:**

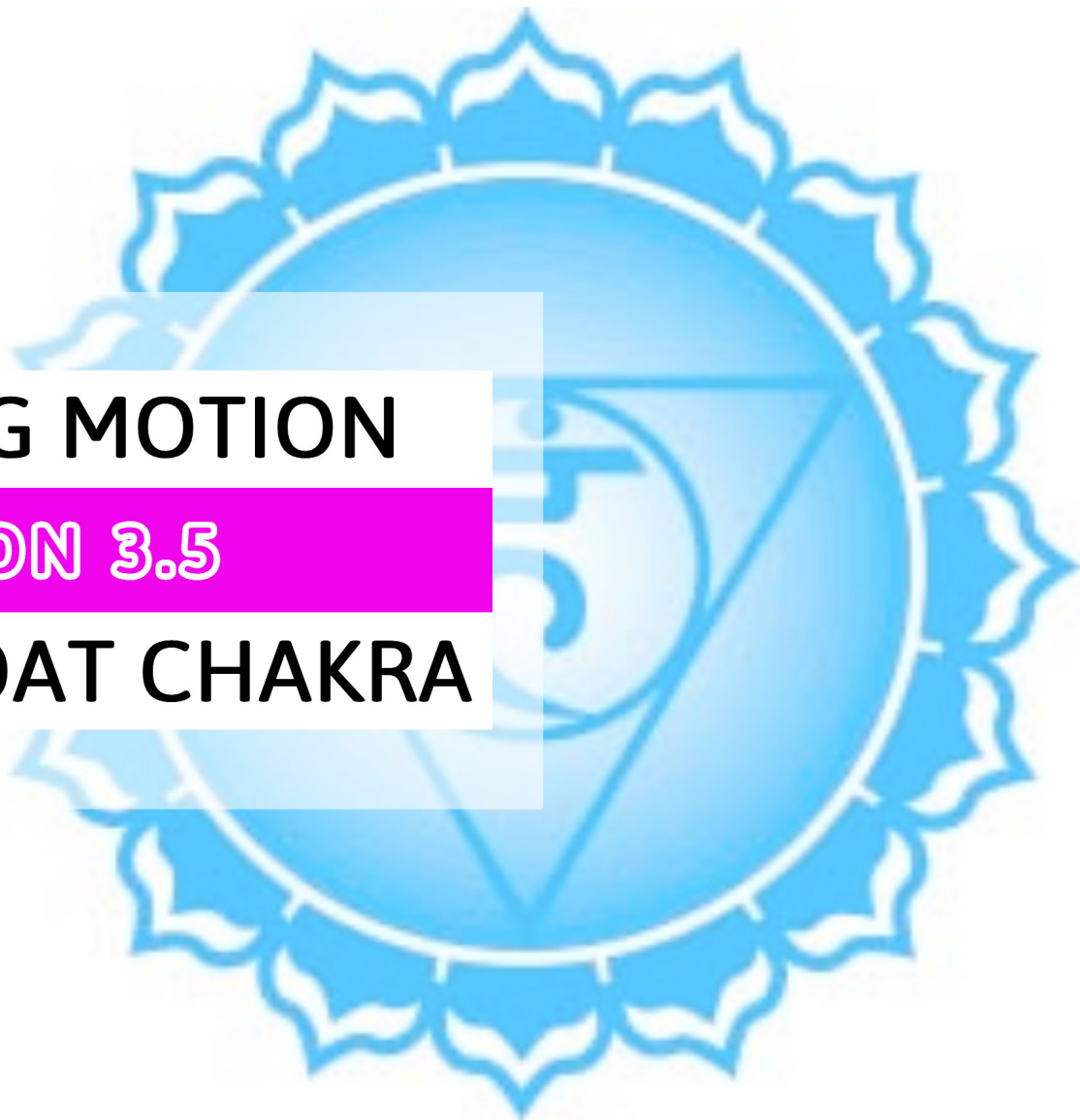


# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.5**

**THROAT CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.5

## Throat Chakra

Opening up the throat chakra.

Start by tilting the head back and expanding through the throat. Rolling the head from left to right slowly, hum the word "OM".

Feel your truth rising up and freeing your creativity.

### POSITION:

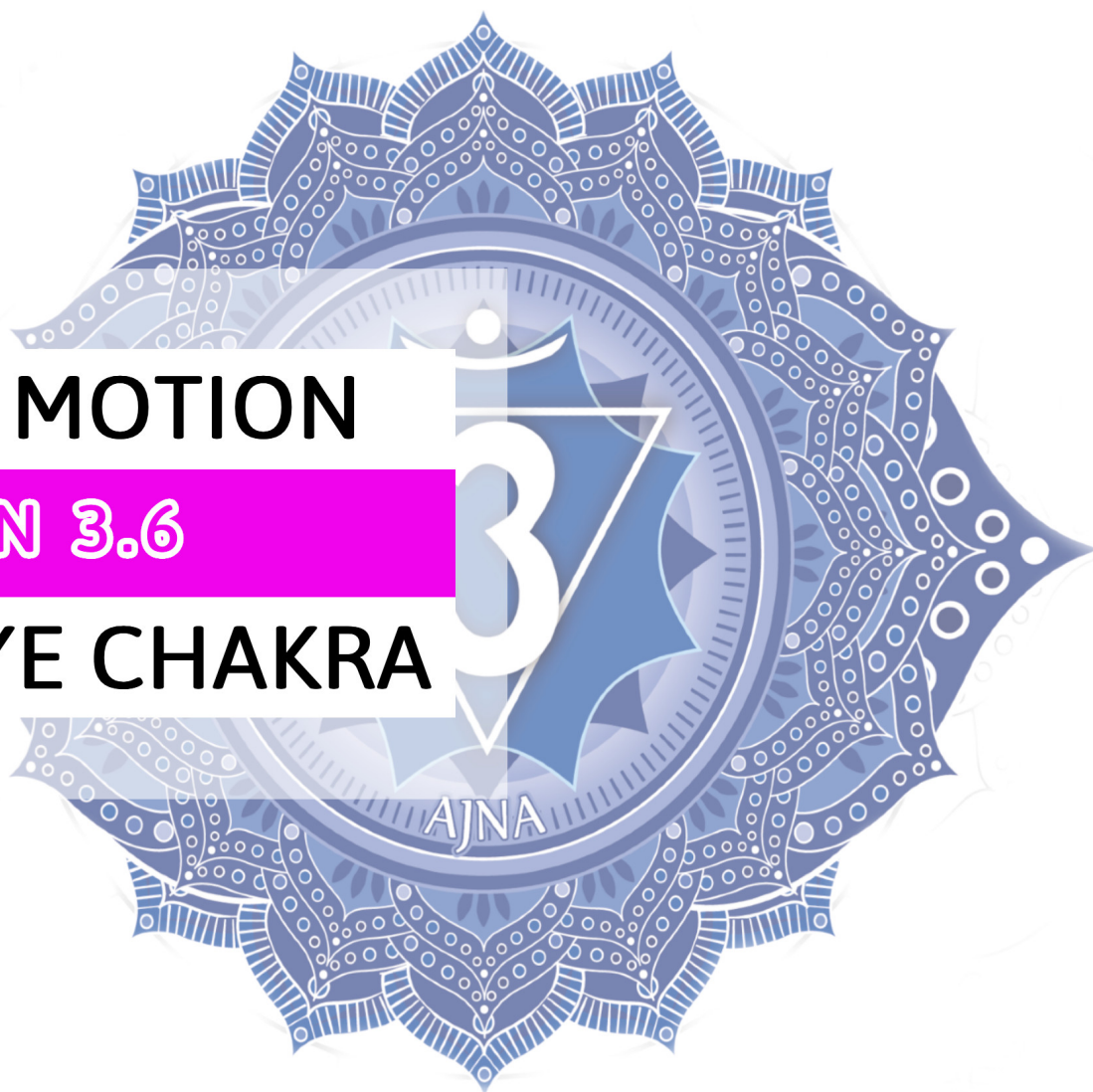


# Balancing Your Energy Masterclass

**USING MOTION**

**LESSON 3.6**

**3RD EYE CHAKRA**



# Balancing Your Energy: Using Motion

## Lesson 3.6

## 3rd Eye Chakra

Opening up the third eye chakra.

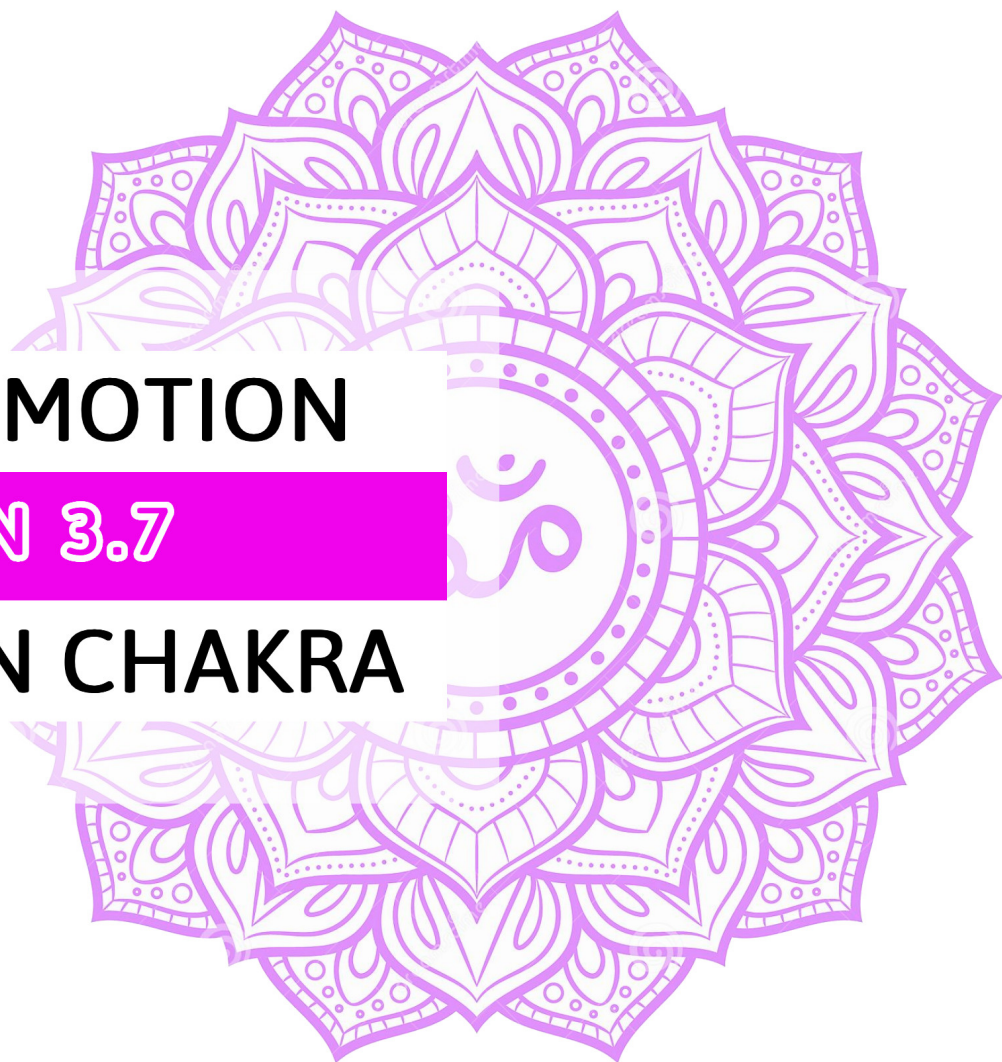
Taking the palms and applying them to the center of the forehead.

Connect with the third eye and feel your intuition.

**POSITION:**



# Balancing Your Energy Masterclass



**USING MOTION**

**LESSON 3.7**

**CROWN CHAKRA**

# Balancing Your Energy: Using Motion

## Lesson 3.7

## Crown Chakra

Opening up the crown chakra.

Holding the hands up cupped together, open your connection to source through your crown chakra.

Feel your spirit and remind yourself of who you truly are.

**POSITION:**





# Balancing Your Energy Masterclass

## SECTION 4: --- **USING ACTION**



# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.1**

**ROOT CHAKRA**



### Root Chakra – Key Concepts:

- Safety
- Security
- Physicality
- Abundance
- Basic Human Needs
- It is your foundation

### Root Chakra – Activities:

The Root Chakra loves to root in security and comfort. Use the next page to outline and make a plan for cozying up your living space.

Deep cleaning helps to clear out dirt and dust, that hold on you energy. Especially negative energy.

# Balancing Your Energy: Using Action

## Lesson 4.1

## Root Chakra

Write out areas in your living space that could use a deep clean.

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Plan here some tiny and affordable changes here that would instantly improve your living space.

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Make a plan of a homemade gift you can make. Get supplies and make it. Then gift it to someone for no reason.

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After your deep clean, sit in your space and visualize roots from the root chakra rooting you and your space together while listening to the Root Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.

# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.2**

**SACRAL CHAKRA**



### Sacral Chakra – Key Concepts:

- Pleasure
- Creativity
- Sexuality
- Needs
- Emotions
- Passion
- Inspiration

### Sacral Chakra – Activities:

The Sacral Chakra is the part that ignites the soul. It is your inspiration and feeds your passions. Use the next page to find your creativity and connect with your passion.

Example: Write about something you love to cook or bake. Then go get the ingredients and make it!

# Balancing Your Energy: Using Action

## Lesson 4.2

## Sacral Chakra

Write about something you love to cook or bake. Then go get the ingredients and make it!

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---

Write about an activity you have only done once that you would like to do again. How, when and where will you execute this activity?

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Make a plan of a homemade gift you can make. Get supplies and make it. Then gift it to someone for no reason.

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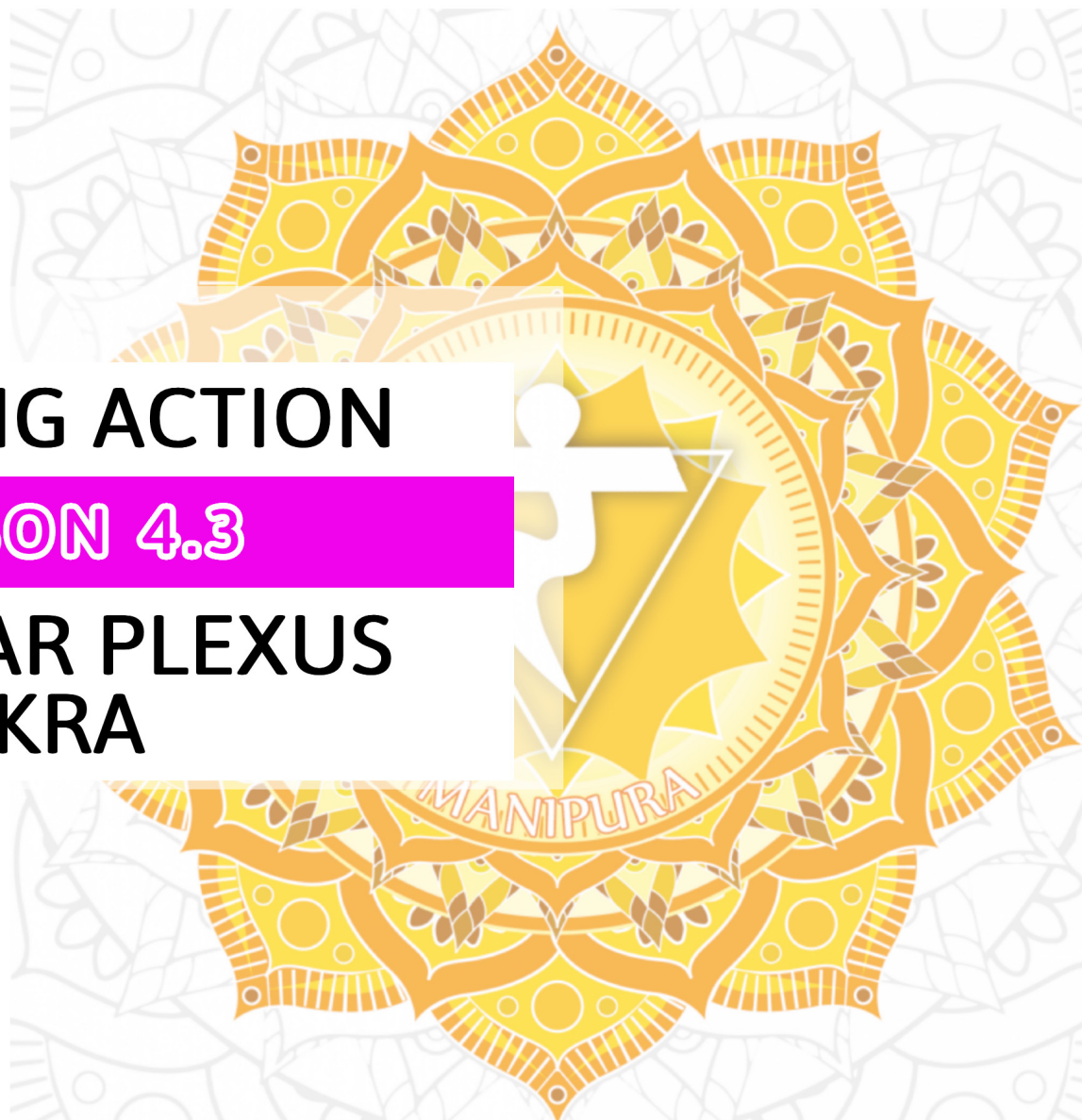
After you complete these tasks or if you get stuck, listen to the Sacral Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.

# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.3**

**SOLAR PLEXUS  
CHAKRA**





### Solar Plexus Chakra – Key Concepts:

- Personal Power
- Identity
- Opinion
- Intellect
- Action
- Ambition
- Will

### Solar Plexus Chakra – Activities:

The Solar Plexus will help you to see your potential. Like the sun it gives us the fuel of fire. Use this page to light yourself on fire with action.

Who can you credit for inspiring and nurturing each one of the things you love about you?

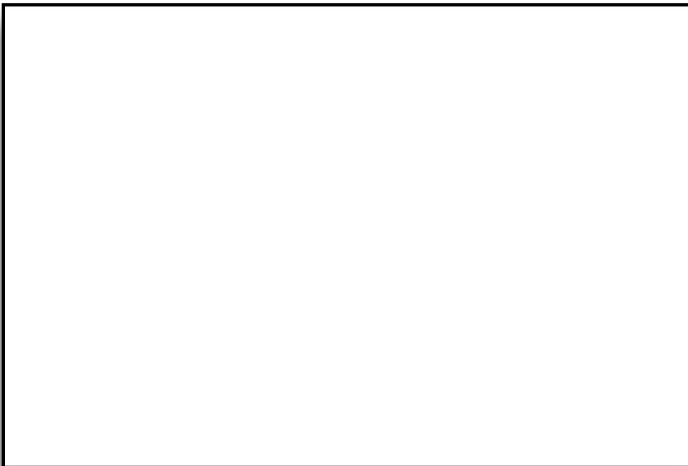
# Balancing Your Energy: Using Action

## Lesson 4.3

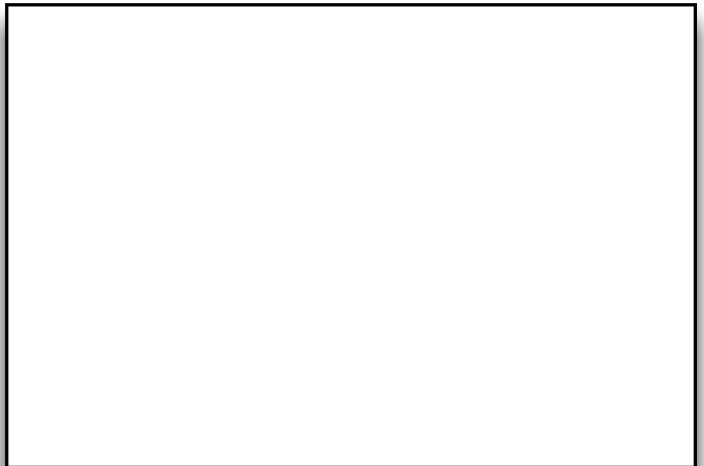
## Solar Plexus Chakra

On the next page, draw a power shield with 4 parts. In part 1 write your motto, in part 2 draw an animal you associate with (be creative use that sacral), in part 3 write one objective word that describes you and in part 4 write three adjectives that describe your best qualities. When done place this power shield where you can see it every morning.

**1. Your motto:**



**2. Your animal:**



**3. Your word:**



**4. Your adjectives:**

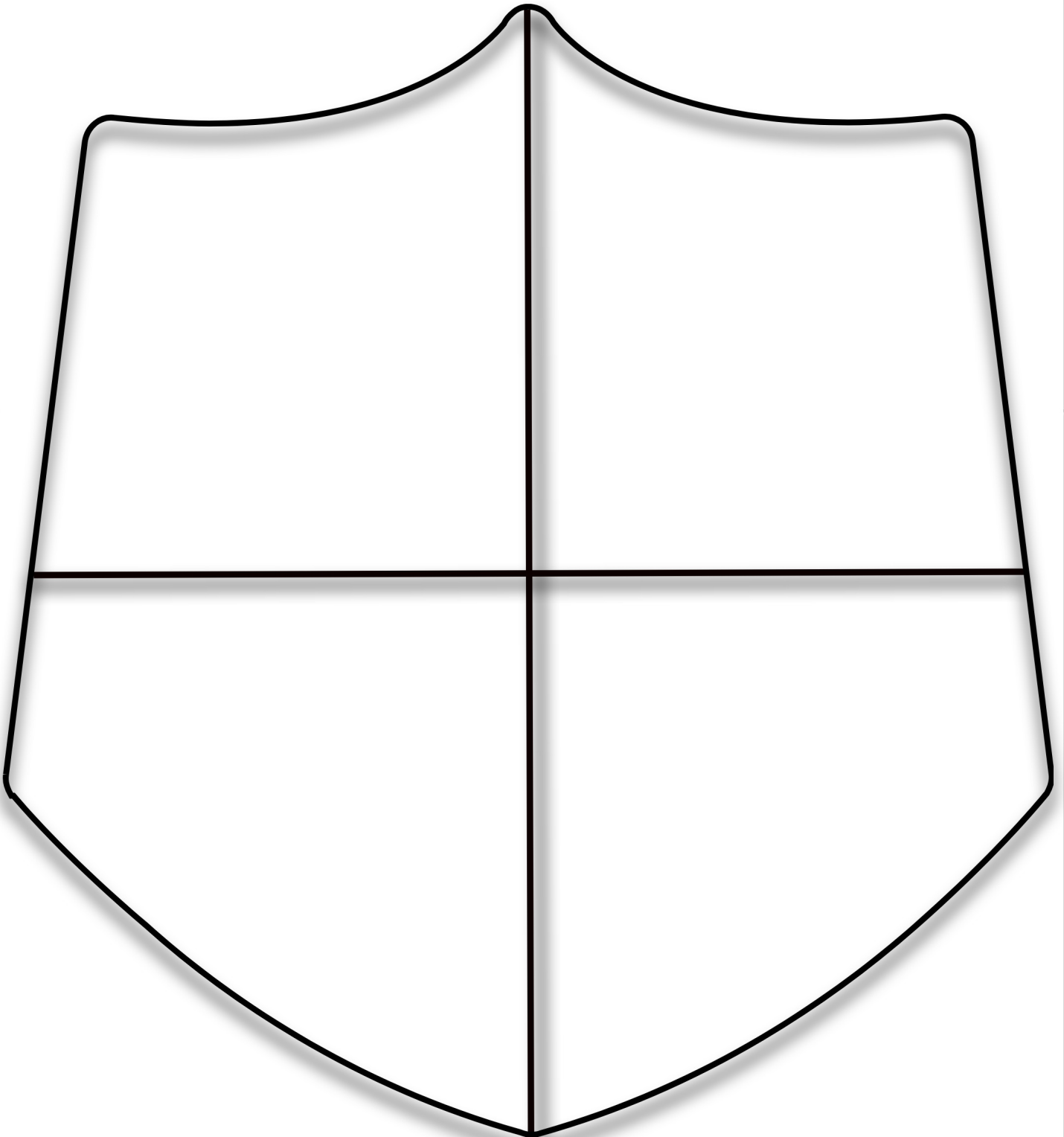


# Balancing Your Energy: Using Action

## Lesson 4.3

## Solar Plexus Chakra

### POWER SHIELD



# Balancing Your Energy: Using Action

## Lesson 4.3

## Solar Plexus Chakra

Write out four things you love about you!

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---

Who can you credit for inspiring and nurturing each one of the things you love about you?

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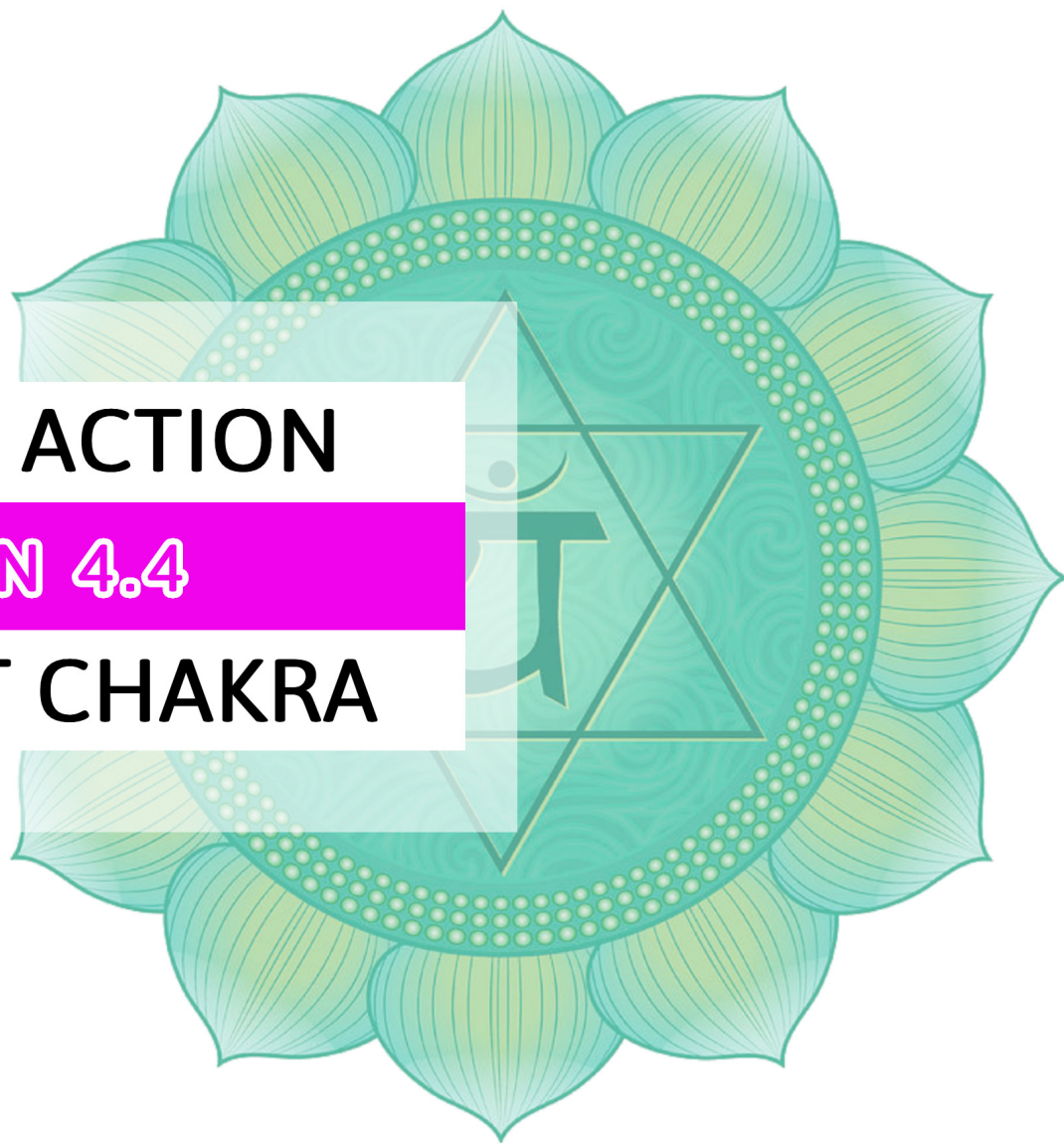
After you complete these tasks or if you get stuck, listen to the Solar Plexus Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.

# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.4**

**HEART CHAKRA**



### Heart Chakra – Key Concepts:

- Love
- Trust
- Compassion
- Empathy
- Connection

### Heart Chakra – Activities:

The Heart Chakra is the center of our being and where we hold love for ourselves. Use the next page to gain more unconditional love for yourself.

Tip: Create a gratitude list of things about you that you are grateful for.

# Balancing Your Energy: Using Action

## Lesson 4.4

## Heart Chakra

List the things about YOU that you are grateful for:

List the experiences that you are thankful for:

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Write about how, where and when you can take yourself out on a date. Go on the date and then write about observations you had about the date.

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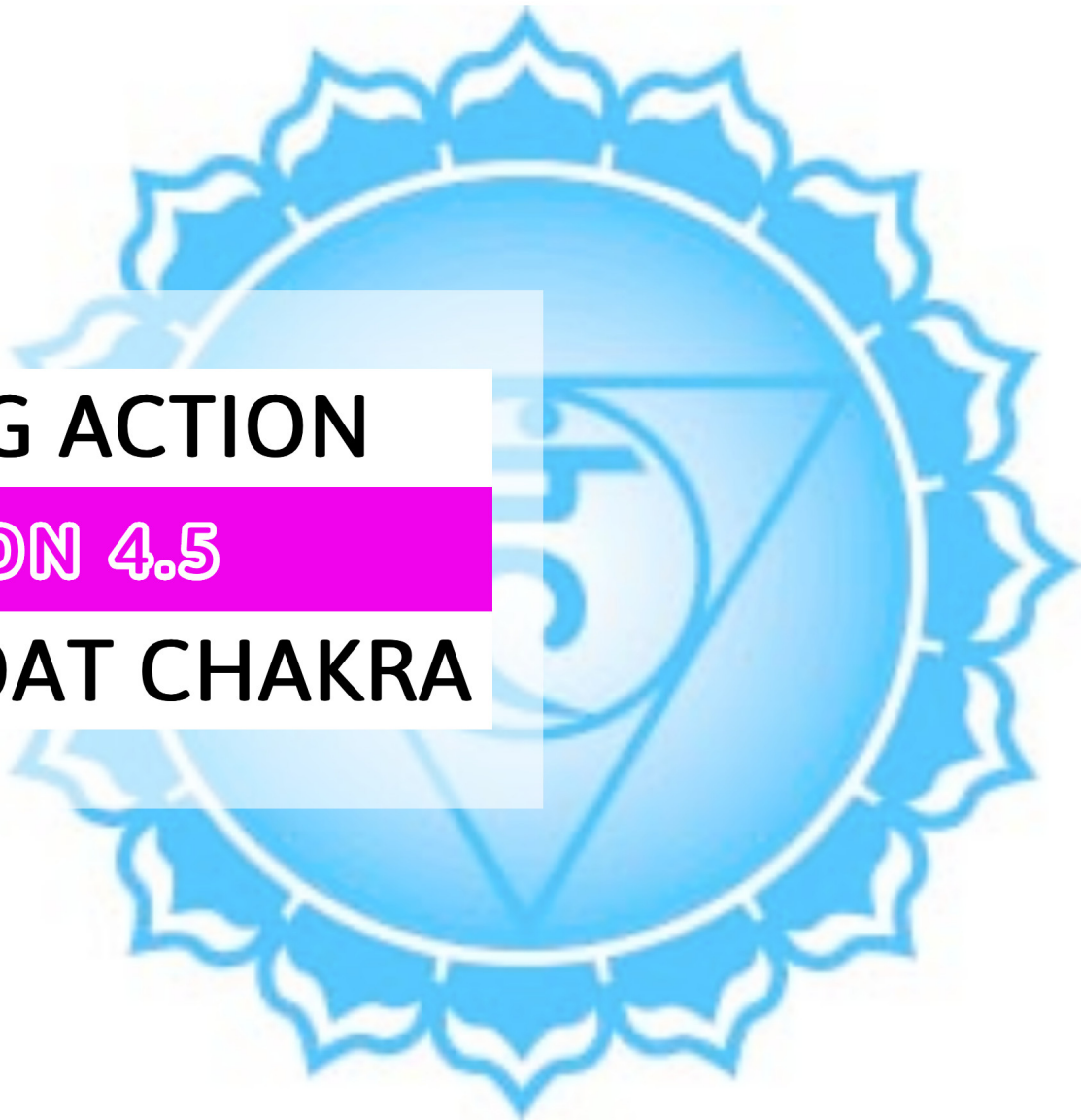
After you complete these tasks or if you get stuck, listen to the Heart Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.

# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.5**

**THROAT CHAKRA**





### Throat Chakra – Key Concepts:

- Communication
- Expression
- Honesty
- Voice
- Authenticity
- Purpose

### Throat Chakra – Activities:

The Throat Chakra is all about communication and speaking your truths. Use the next page to bring out your clear communication.

Sing in the shower, like you never have in the past. Put on that song you know all the words to and sing it like you are a star!

# Balancing Your Energy: Using Action

## Lesson 4.5

## Throat Chakra

Sing in the shower, like you never have in the past. Put on that song you know all the words to and sing it like you are a star. Write out other songs you would like to learn. Print out the words after googling the song lyrics.

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Go for a hike to the top of a hill or mountain. Shout "hello" down the canyon or valley - or howl at the moon!

Is there someone that you have been wanting to tell a truth to? Write it out here, see if it is something you can finally share. If not, write out boundaries and follow through.

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After you complete these tasks or if you get stuck, listen to the Throat Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.

# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.6**

**3RD EYE CHAKRA**



### Third Eye Chakra – Key Concepts:

- Intuition
- Psychic Perception
- Dreams
- Imagination
- Foresight
- Vision
- Manifestation
- Awareness

### Third Eye Chakra – Activities:

The Third eye is all about your intuition. An open third eye will help to guide you through life. Use these activities to help open yourself up to trusting your own intuition.

Keep a dream journal. Write down things that also come to you about people you've met - see what your intuition is telling you.

# Balancing Your Energy: Using Action

## Lesson 4.6

## 3rd Eye Chakra

Play the telephone game, when the phone rings, without looking guess who is calling. Take special rings off the phone.

Write down your scores how many correct and how many not correct. Play daily and try to beat your scores each day.

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Start paying attention to signs and symbols. What do you repeated see during the day? What might it be telling you?

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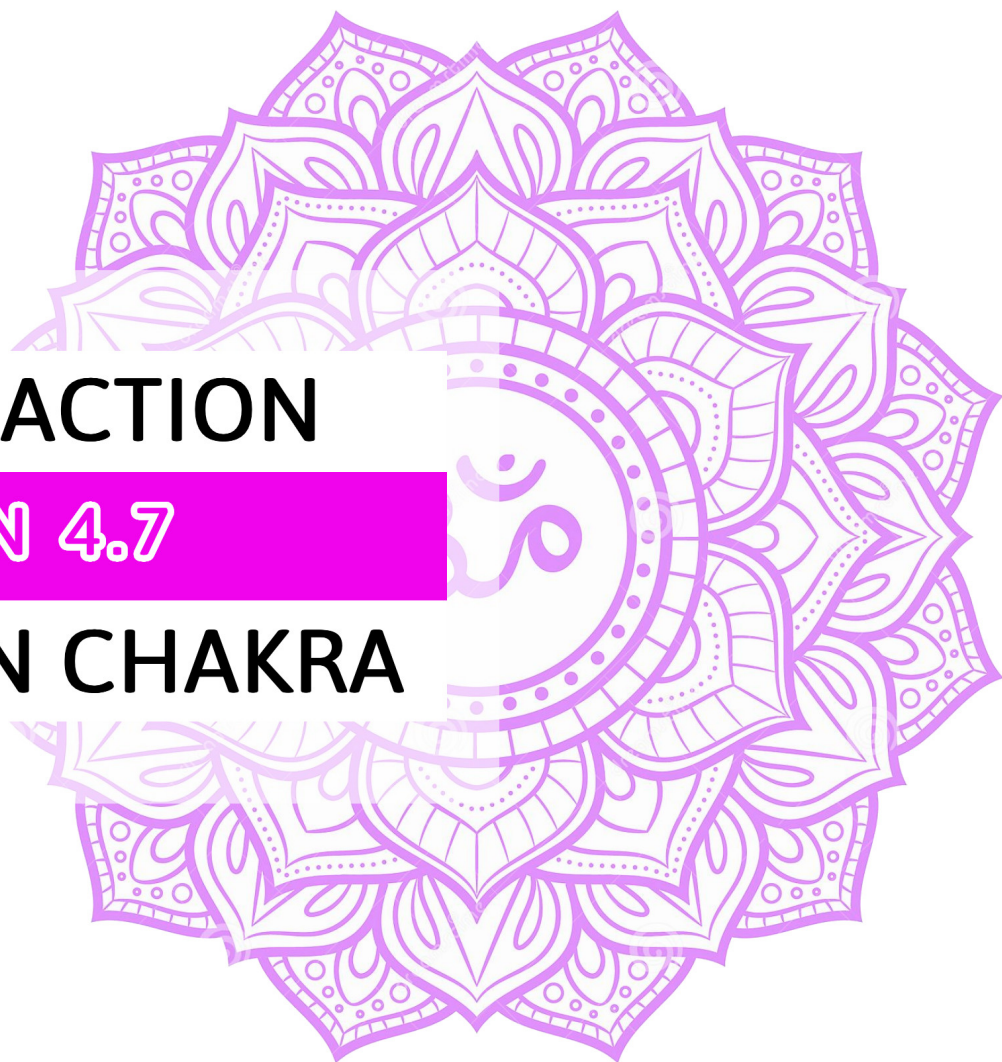


# Balancing Your Energy Masterclass

**USING ACTION**

**LESSON 4.7**

**CROWN CHAKRA**



### Crown Chakra – Key Concepts:

- Enlightenment
- Transcendence
- Consciousness
- Oneness
- Divine Connection

### Crown Chakra – Activities:

The Crown Chakra is the connection of the physical body to the spiritual energy body or soul. Linking us up to universal awareness called consciousness. Use these activities to help build that connection.

Make a list of things that no longer serve you. After letting go you make open space for new things to come in.



# Balancing Your Energy: Using Action

## Lesson 4.7

## Crown Chakra

Make a list of things that no longer serve you. After letting go you make open space for new things to come in. What will you bring in?


Write about how you can make the earth a better place to live. Big or small changes in your behaviors.


# Balancing Your Energy: Using Action

## Lesson 4.7

## Crown Chakra

Keep track of how many times you use negative language. Like these words, can't, shouldn't, have to, need, don't want to, hate and being broke. Pick one and start to change how you are saying them.

For example, saying "I can't wait for this" makes you cancel out everything in between now and the thing you can't wait for. Instead say, "I look forward to doing this". Saying you are broke until payday will keep you broke. Say instead, "I will manifest the money for that".


After you complete these tasks or if you get stuck, listen to the Crown Chakra meditation and sound healing. Or use the motion exercises or dance to help move ideas through your body.