



our
chakras

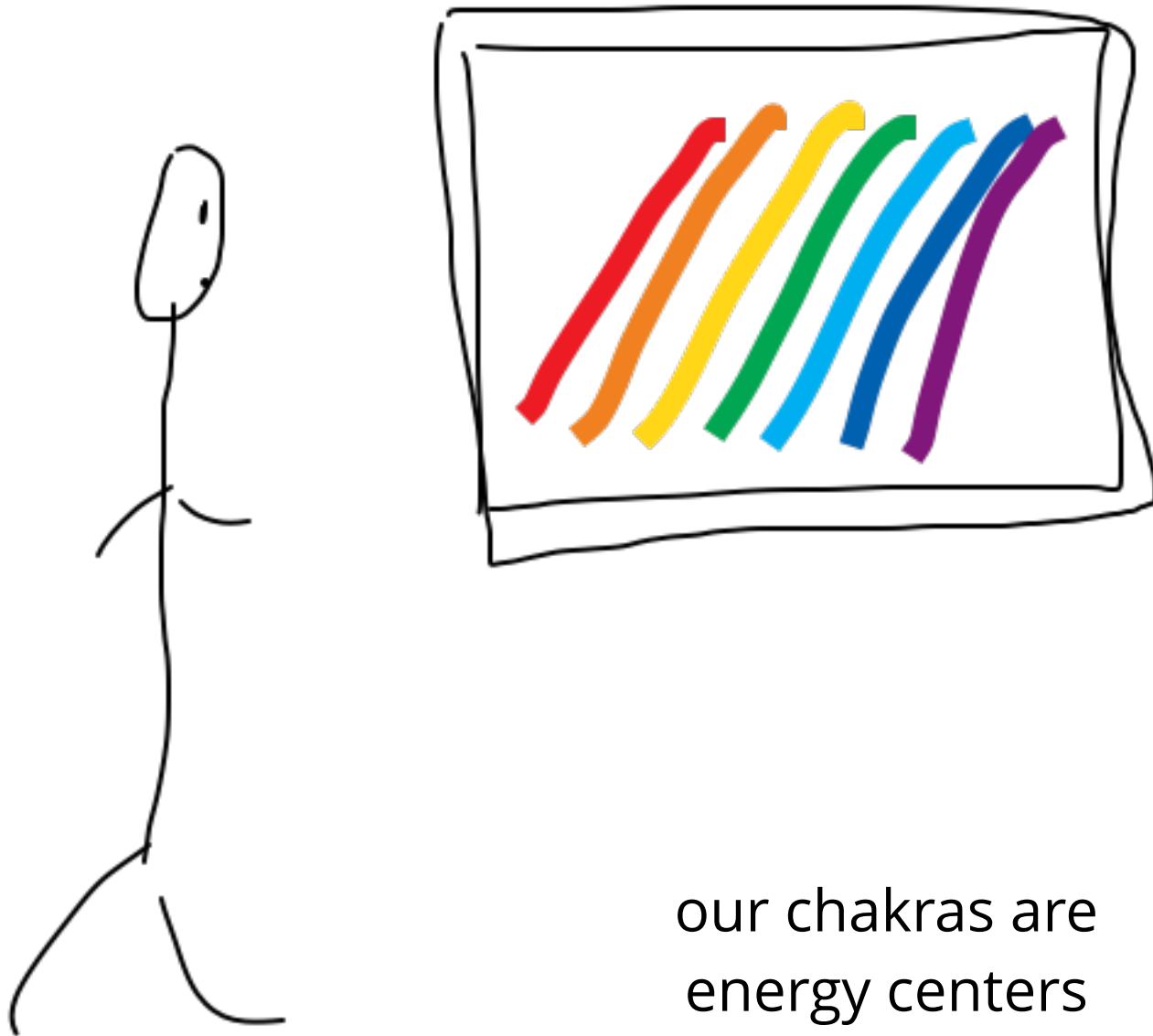
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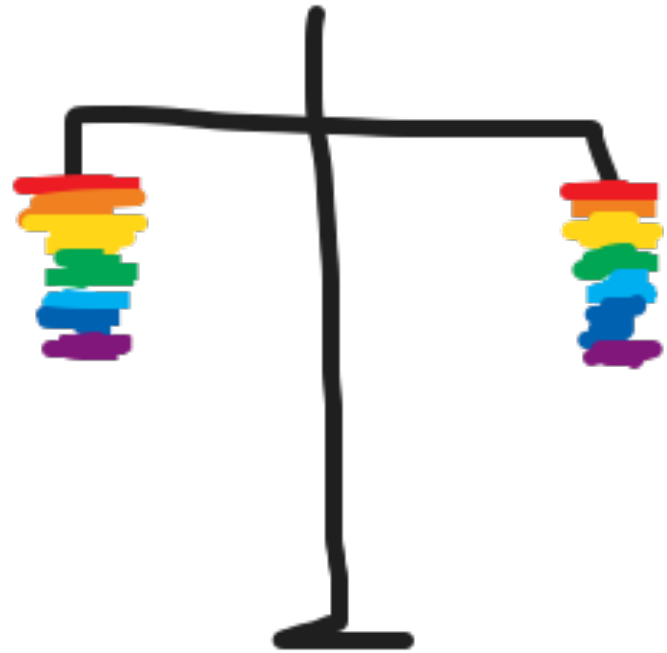
for you

introduction



our chakras are
energy centers

they help us
understand
ourselves better



it is important our
seven chakras are
balanced

chapter one

when our first
chakra is balanced
... we feel secure,
safe and confident



when it is blocked, we
feel fearful and scared

we can help our
first chakra feel
balanced ...



... by taking a walk

with each step, feel your feet connect with
the earth

chapter two

when our second
chakra is balanced
... we feel creative,
attractive and
joyful



when it is blocked, we
feel emotionally unstable
and depressed

we can help our
second chakra feel
balanced ...



... by relaxing in
water



take a bath and enjoy the healing
pleasure of the sensual warmth

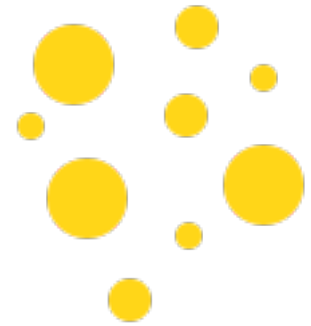
chapter three

when our third
chakra is balanced
... we feel self-
motivated,
confident and
have healthy self-
esteem



when it is blocked, we
feel helpless and lack
direction

we can help our
third chakra feel
balanced ...



... by becoming
physically fit

exercise energetically for thirty minutes
and appreciate the increase in self-esteem

chapter four

when our fourth
chakra is balanced
... we feel self-
acceptance,
peaceful and
loving



when it is blocked, we feel
lonely and judgemental

we can help our
fourth chakra feel
balanced ...



... by showing love
for ourselves and
others

perform a loving act of kindness for yourself
which helps you feel positive and loved

chapter five

when our fifth chakra
is balanced ... we
communicate clearly,
are good listeners,
and, live our truth



when it is blocked, we
gossip and have difficulty
putting feelings into words

we can help our
fifth chakra feel
balanced ...



... by expressing
ourselves

sing one of your favorite songs in the
shower to enhance your ability to express

chapter six

when our sixth
chakra is balanced ...
we are intuitive,
imaginative and wise



when it is blocked, we
have poor memory and
lack imagination

we can help our
sixth chakra feel
balanced ...



... by listening to
our intuition

take some moments in silence to
tune into your inner wisdom

chapter seven

when our seventh chakra
is balanced ... we are
aware, spiritually
connected and have faith



when it is blocked, we
feel confused and over
intellectual

we can help our
seventh chakra
feel balanced ...



... by trusting our
journey

call upon higher guidance to make
wise choices and decisions

conclusion

embrace yourself ...



... take a walk in nature

... enjoy a relaxing bath

... indulge in exercise

... be kind to yourself

... sing

... listen to your intuition

... make wise choices



embrace each moment