

✦ Suggested Chakra Note Weekly Plan

This is an optional suggestion list. You may vary.

Body

1. Choose an Essential Oil

Put essential oil on appropriate Chakra spot

2. Choose a Movement Process

You may do the same one each day, or alternate

3. Choose an Incense

Light the Incense before the movement

Mind

1. Choose an Affirmation

Sit quietly and repeat for a minute and then throughout the day

2. Do the Pranayama Technique

Do practice in morning and evening

3. Answer the journal prompts

Keep a journal of what you notice and experience

Spirit

1. Set up your Altar

Set up your altar for each note and/or divine being. Light Candle and sit in gratitude for a few minutes each day

2. Choose a meditation

Choose at least one of the recorded meditations and participate each day

3. Activate Crystal Grid

Build and activate the crystal grid for each note. Light each day and read intention