

Tune your Vehicle. Foster a sense of Harmony.

# *Chakra Workbook*



# Welcome!



We begin our 40 day journey of alignment this week by bringing attention to chakras, the 8 centers of energy that express subtle and very powerful energy. Each chakra has it's own vibration and frequency. Because the body holds our stories, values, beliefs and life experiences, where there is tension in the physical body there are energetic blocks that affect your overall vibration. We bring healing light breath and awareness to each chakra, in an attempt to release any tension so that energy can properly flow, bringing you back to a more harmonious tuned up and pure energetic state of You. You may continue to do so the rest of the week (and actually, forever more as life's bumps and detours are guaranteed to continuously affect and influence you) to cement the work that we did.

*Stephanie Cosentino*

# THINGS TO *contemplate*



01

Identify your special gifts (what you're naturally good at) and what talents or skills you have developed by choice out of interest. These are clues to your calling. Reflect on how well you are using these strengths.

02

What is your initial feeling when I tell you that you are divine? Why do you think so many people are resistant to the idea that they have a divine spark within them?

03

In a situation where you are inclined to put yourself first, seek the subordinate position. For example, give up your place at the head of the line.

# Root Chakra

Focuses on grounding and stability.

Affirmation:

I am equipped with the tools I need to succeed.

## Question One

What makes you feel secure and rooted in this life? What triggers fear?

## Question Two

How do you feel about your career path?

## Question Three

Are you able to meet your basic needs without worry?

## Question Four

What is your connection to earth / nature like?

# Weak

# Strong

Even when the world around me feels chaotic, I can remain rooted

## Stability / Security

constant feelings of insecurity  
fear of change

feels at ease  
confident in facing challenges

## Physical Well-Being

physical health issues  
feelings of disconnection

feels energetic  
easily takes care of physical  
needs / health

## Financial Stability

struggles with money  
has a scarcity mindset

secure about finances  
abundance mindset

## Belonging

feel isolated  
challenges in forming close  
relationships

makes strong relationships  
feels supported and connected  
to self & others

# Sacral Chakra

Creative energy, sense of pleasure, vitality in life

Affirmation:

I feel joyful, energetic and alive.

## Question One

How connected do I feel to my creative energy and passions?

## Question Two

Do I experience a healthy flow of emotions?

## Question Three

Do I allow myself to feel pleasures, joy? Or do I feel guilty?

## Question Four

How is my emotional connection to other people?

# Weak

# Strong

It is my right to choose joy, fun, and play in my life.

## Creativity / Passion

struggles with creative blocks and feels uninspired, stagnant energy

engages in creative pursuits with enthusiasm, finds inspiration daily

## Emotional Stability

experiences mood swings or emotional numbness

can experience emotions without being overwhelmed

## Sexual Issues

experiences lack of libido or discomfort with sexuality

comfortable with sensuality and enjoys experiences that bring pleasure

## Relationships

feel isolated  
challenges in forming close relationships

makes strong relationships while preserving individuality

# Solar Plexus Chakra

Focuses on confidence, personal power and self-esteem

Affirmation:

I have the courage and confidence to accept my dreams as reality.

## Question One

How confident do I feel in my abilities and myself?

## Question Two

Do I have a clear sense of my identity and purpose?

## Question Three

Do I find it easy to stay motivated and focused on my goals?

## Question Four

Am I resilient in the face of adversity?



# Weak

I hold the key to my own happiness.

# Strong

## Creativity / Passion

struggles with creative blocks and feels uninspired, stagnant energy

engages in creative pursuits with enthusiasm, finds inspiration daily

## Emotional Stability

experiences mood swings or emotional numbness

can experience emotions without being overwhelmed

## Sexual Issues

experiences lack of libido or discomfort with sexuality

comfortable with sensuality and enjoys experiences that bring pleasure

## Relationships

feel isolated  
challenges in forming close relationships

makes strong relationships while preserving individuality

# Heart Chakra

Focuses on love, compassion, empathy and healthy relationships.

Affirmation:

I am loved, loving, and lovable.

## Question One

How open am I to giving and receiving love and compassion?

## Question Two

Do I find it easy to forgive and let go of past hurts?

## Question Three

How do I practice self-love and self-care in my daily life?

## Question Four

How often do I engage in activities that foster community?

# Weak

# Strong

I am a loving and powerful force in the world.

## Giving and Receiving Love

struggles to give and take love  
openly and freely

embraces love openly

## Emotional Connection

isolates and withdraws from  
relationships

fosters deep connections while  
maintaining healthy  
boundaries

## Grudges

holds onto past hurts,  
struggles to forgive

doesn't hold onto emotional  
baggage. Let's go easily.

## Empathy

struggles to understand  
others' perspectives and  
emotions

shows kindness and  
compassion without judgment

# Throat Chakra

Focuses on communication, self-expression, truth and authenticity.

Affirmation:

I express myself clearly and openly.

## Question One

How comfortable am I expressing my thoughts, feelings, and ideas?

## Question Two

Am I open to receiving feedback or viewpoints that differ from my own?

## Question Three

Is there alignment between my inner truth and what I express?

## Question Four

Do I create space for others to express themselves freely?

# Weak

My insight is welcome and needed.

# Strong

## Communication

struggles with expressing thoughts and emotions clearly

communicates thoughts and emotions clearly

## Criticism from others

inhibited by fears of others' opinions

feels comfortable to speak up for self without fear of judgment

## Listening

tends to dominate conversations or struggles to be a good listener

Allows others to speak freely and is a good listener

## Throat Issues

Often feels constricted or blocked

feels a free flow of expression

# 3rd Eye Chakra

Focuses on intuition, perception and inner wisdom.

Affirmation:

I honor my inner knowing and trust my path.

## Question One

How connected am I to my intuition and inner wisdom?

## Question Two

How clear is my mental focus and ability to concentrate?

## Question Three

Do I seek deeper understanding into life / spiritual mysteries?

## Question Four

How well do I balance logical thinking with intuitive understanding?

# Weak

My mind is strong, open and clear.

# Strong

## Intuition

difficulty trusting self and feels disconnected from inner wisdom

trusts self and connected to intuition

## Clarity

experiences mental fog and lacks mental clarity

experiences clear focused thinking and ability to make decisions

## Mindset

closed off to new or different perspectives

open to exploring higher truths, alternative beliefs and ideas

## Visualization

struggles to manifest dreams into reality

clear vision of goals, ability to manifest visions

# Crown Chakra

Focuses on higher consciousness, enlightenment and unity with divine.

Affirmation:

I am aligned with my soul's purpose and truth.

## Question One

How connected do I feel to a higher purpose or spiritual realm?

## Question Two

Have I experience moments of profound insight and understanding?

## Question Three

Do I feel a sense of interconnectedness to all beings?

## Question Four

Am I open to exploring spirituality beyond conventional beliefs?



# Weak

# Strong

I honor the sacred divinity that is within me.

## Higher Consciousness

feels disconnected from higher purpose

feels connection to higher purpose

## Inner wisdom

feels confused about life

can access inner wisdom and deep insight of life

## Egoic Connection

dominated by ego thoughts and desires

ability to transcend ego and small mindedness

## Spiritual Growth

stagnant in spiritual practices

actively pursues spiritual growth

# Root

## CHAKRA

DATE \_\_\_\_\_



### *Things to do*

1. meditate
2. walk barefoot
3. do some gardening
4. do some gardening
5. physical exercise
6. journaling

### *Affirmation*

I am strong, steady, and grounded.

### *Aromatherapy*

patchouli  
cedarwood  
sandalwood

### *Foods to Eat*

root vegetables (carrots, potatoes,  
beets, onions)  
red fruits / vegetables  
nuts / seeds  
root spices (ginger, turmeric,  
dandelion, cinnamon)

# Sacral

## CHAKRA

DATE \_\_\_\_\_



### *Things to do*

1. do creative activity
2. dance, move the body
3. hip-opening exercises
4. do water activities
5. indulge in pleasure
6. emotional release journaling

### *Affirmation*

ENDless prosperity flows to and through me

### *Aromatherapy*

bergamot  
cardomon  
neroli

### *Foods to Eat*

orange fruits / veggies  
omega-3 foods  
water

# Solar Plexus

CHAKRA

DATE \_\_\_\_\_



## *Things to do*

1. core exercises
2. achieving goals
3. practice assertiveness
4. mental challenges
5. breath of fire
6. visualization

## *Affirmation*

ENDless prosperity flows to and  
through me

## *Aromatherapy*

lemon  
ginger  
peppermint

## *Foods to Eat*

yellow foods  
complex carbs and whole grains

# Heart

DATE \_\_\_\_\_



## CHAKRA

### *Things to do*

1. self-love practice
2. express gratitude
3. acts of kindness
4. connect with nature
5. practice forgiveness
6. healthy relationships

### *Affirmation*

My heart is open to giving and receiving love and compassion.

### *Aromatherapy*

rose  
lavender  
jasmine

### *Foods to Eat*

green foods  
herbal teas  
plant-based foods

# Throat

DATE \_\_\_\_\_



## CHAKRA

### *Things to do*

1.           sing / chant
2.           creative writing
3.           public speaking
4.           drink soothing teas
5.           practice listening
6.           breathwork

### *Affirmation*

My voice is strong and clear. I  
express my truth with confidence.

### *Aromatherapy*

peppermint  
eucalyptus  
chamomile

### *Foods to Eat*

herbal teas  
hydrating fruits / veggies  
honey  
herbs like sage, lemongrass,  
turmeric  
coconut water  
soups / broths

# Third Eye

DATE

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## CHAKRA

### *Things to do*

1. meditation
2. mindfulness
3. creative visualization
4. learning
5. connect in nature
6. explore spirituality

### *Affirmation*

I see clearly and perceive the truth  
in all situations.

### *Aromatherapy*

frankincense  
rosemary  
clary sage

### *Foods to Eat*

purple fruits / veggies  
dark leafy greens  
omega-3 rich  
herbs / spices

# Crown

## CHAKRA

DATE \_\_\_\_\_



### *Things to do*

1. meditation  
\_\_\_\_\_
2. prayer or spiritual practice  
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3. study and contemplation  
\_\_\_\_\_
4. being out in nature  
\_\_\_\_\_
5. mindful moments  
\_\_\_\_\_
6. service / acts of kindness  
\_\_\_\_\_

### *Affirmation*

I am in harmony with the cosmic energy that flows through me.

### *Aromatherapy*

cedarwood  
lavender  
sandalwood

### *Foods to Eat*

pure, clean water  
clean, high vibrational fruits /  
veggies  
herbal teas  
fasting / cleansing



# *Thank you!*



Take this week and deepen into your intention to balance and harmonize your internal energies so you can shine bright and become most attractive and magnetic.

Set aside time out of your day for this practice. Make it a priority and enjoy getting to know yourself in a deeper way.

Thank you for joining me. I am honored to guide you on this 40 day journey. Please feel free and welcomed to reach out via email or text if you have questions or comments.

*Stephanie Cosentino*