



Chakra Therapy Certification

Module 1: Foundations

Module 1 Topics

An Introduction to the Chakras

Chakra Anatomy

Understanding Chakra Therapy

Balancing the Chakras

Chakra Needs

About Your Instructor

*Hello! Thank you for
being here!*



Timmie Horvath, E-RYT, FIS
Reiki & Energy Healing
Master Teacher

Certified Aromatherapist
Certified Aromatherapy
Teacher

Certified HHP & Educator
Owner of The Sacred Wellness
School of Healing Arts

An Introduction to the Chakras

- The chakras are our energetic organs, and form a bridge between our physical and energetic bodies.
- The word “chakra” is Sanskrit, meaning “wheel”
- There are seven main chakras that lie within the physical body, beginning at the base of the spine and culminating at the crown of the head
- Hundreds of chakras throughout the body
- An international system of approaching healing and energy medicine
- In this course, we will learn about the 8 chakras (starting with the Earth Star Chakra), and focus on the 7 main chakras that most people are familiar with

Chakra Anatomy

Chakra 7 - Crown

Chakra 6 - Third Eye

Chakra 5 - Throat

Chakra 4 - Heart

Chakra 3 - Solar Plexus

Chakra 2 - Sacral

Chakra 1 - Root

Chakra 0 - Earth Star (Foot)



Understanding Chakra Therapy

- ▶ When we work with the chakras, we are practicing a form of Energy Healing, or Energy Medicine.
- ▶ Each chakra is responsible for different aspects of our physical, mental, emotional, and spiritual health; as well as our lifestyles and relationships with others.
- ▶ By working with the chakras, we are able to practice a truly holistic model of wellness, which will benefit every aspect of our lives.
- ▶ Our energetic and physical bodies are interconnected, and the state of one will affect the other.
- ▶ Practicing Energy Healing is a subtle and gentle way to slowly guide the body into a state of balance, via our energetic layers.
- ▶ Over time, our mental, emotional, and physical bodies will respond to this vibrational shift, and we may even experience changes in our lives and relationships.

Understanding Chakra Therapy

- ▶ Chakra Therapy is best suited to maintaining a person's general wellness.
- ▶ **It is not to be used as a replacement for medical treatment, especially when dealing with physical or mental ailments.**
- ▶ When applied mindfully, Energy Healing techniques, such as Chakra Therapy, can be a powerful adjunct to all forms of treatment, including prescription drugs and medical intervention.
- ▶ Chakra Therapy can particularly helpful for people who have had surgery, as working with the chakras can help to rebalance the energetic body after the procedure.
- ▶ In addition, since Energy Healing is typically very relaxing, healing outcomes can improve if only because stress reduction promotes healing and increases immunity.

Balancing the Chakras

The chakras are often referred to as being “balanced”, “overactive”, or “underactive”. When a chakra is “clogged” or “blocked”, it becomes underactive; and if a chakra is over-stimulated, it becomes overactive.

While it is quite normal for our chakras to fluctuate as we go about our lives, neither extreme is healthy in the long-term.



Therefore, we are always seeking balance, or homeostasis, in much the same way we seek to keep our physical bodies in a state of homeostasis. In this sense, “balance” refers to resilience, and the ability of the chakras to “bounce back” from a state of dis-ease.

Chakra Needs

“Chakra Needs” was created by Christine Guenette, who applied the chakra system to the Human Needs theory by Tony Robbins. Through her experiences as a Coach, Guenette realized that our human needs corresponded with the chakras, and she developed Chakra Needs as a powerful tool to increase self awareness. To learn more about Chakra Needs, please see the work of Christine Guenette at:

<http://www.christine-guenette.com>

There are many other authors and teachers who have found a direct correlation between our core human needs and the chakras, each with their own perspective. I would encourage you to investigate your own core needs and see where they match up within the chakra system.

Chakra Needs: Inquiry

Grab your journal and pen!

- 1) Drawing from the following list, pick your **TOP 7** core needs. Remember to think in the **present tense**. Your core needs change as you grow in life, sometimes year to year and month to month. (Source: <https://suebowe.com/needs-list/>)
- 2) After you've made your list, pick **ONE** core need that needs addressing. For example, you may have picked "fun", but you know that the majority of your life focuses on work, and you haven't scheduled any time for fun.
- 3) Put your list and your chosen core needs aside for now. As we progress through each chakra, see if you can match up each core need to a chakra.

Chakra Needs: Inquiry

freedom / independence

acknowledged / honoured / praised

variety / spontaneity / uncertainty

expansion / growth / learning

inspiration / stimulation / discovery

creativity

contribution / impact / make a difference

order / consistency / perfection

power / authority / influence

accomplishment / achievement / victory

valued / significance / needed / useful / wanted

right / correct / accurate

belonging / community / inclusion

understood / seen / known

peace / balance / harmony

fun / play / humour

safety / security / certainty

space / solitude / quiet

connection / love

intimacy / affection / closeness

sexual expression

universal: touch

universal: movement / exercise

universal: rest / sleep

universal subsistence: air / shelter / food / water