



## Understanding & Healing the Chakra System

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### Week One:

**Introduction** to the chakra system and principles of conscious healing.

**1<sup>st</sup> chakra (base chakra).** Key words: physical strength & will to live, survival, grounding, connection to Earth, loyalty & justice, tribal power, laws. Fear & challenge: abandonment, survival. Truth: “All is One.”

### Week Two:

**2<sup>nd</sup> chakra (sacral chakra).** Key words: giving & receiving, sexual energy, desire, emotion, relationships, yin/yang, finances, creativity, issues of physical power and power over others, morality & ethics. Fear & challenge: losing control, guilt. Truth: “Honor One Another.”

**3<sup>rd</sup> chakra (solar plexus chakra).** Key words: who you are and your intention to heal, ego, trust, self-esteem, self-confidence, self respect, personal honor, “gut feeling” intuition. Fear & challenge: rejection, shame. Truth: “Honor Oneself.”

### Week Three:

**4<sup>th</sup> chakra (heart chakra).** Key words: love & will towards world, peace, healing of hatred, resentment, grief, & anger; forgiveness & compassion. Fear & challenge: loneliness & commitment, grief. Truth: “Love Is Divine Power.”

**5<sup>th</sup> chakra (throat chakra).** Key words: taking in & assimilating, speaking your truth, communication, self-expression, power of choice, strength of will, following your dream, using personal power to create, faith, decisions, faith. Fear & challenge: power of choice, willpower, lies. Truth: “Surrender Personal Will to Divine Will.”

### Week Four:

**6<sup>th</sup> chakra (third eye chakra).** Key words: ability to visualize & carry out ideas, intuitive or symbolic sight, insight, imagination, truth, intellect, open-mindedness, wisdom, reflection, detachment, becoming conscious. Fear & challenge: seeing truth, facing fears and shadow side, discipline, illusion. Truth: “Seek Only The Truth.”

**7<sup>th</sup> chakra (crown chakra).** Key words: integration of personality, understanding, connection to the divine, prayer, grace, inspiration, ability to trust life, faith in God, devotion to spiritual path, prophetic thoughts, mysticism. Fear & challenge: spiritual abandonment, attachment to physical world. Truth: “Live in the Present Moment.”

### Outside Reading:

Suggested titles include: *Anatomy of the Spirit* by Carolyn Myss, *Hands of Light* by Barbara Brennan, and *Wheels of Life* by Anodea Judith. Titles available at Barjon’s Bookstore, corner of 3<sup>rd</sup> Ave. N. and N. 29<sup>th</sup> St., downtown Billings: 252-4398.