



The Seven Chakras

YOUR ENERGY IS EVERYTHING

A STAY AT HOME GUIDE TO THE SEVEN CHAKRAS

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The Seven Chakras

We are each filled up and surrounded by an entirely renewable, inexhaustible, and ever-changing resource.

YOUR
ENERGY IS
EVERYTHING.

ENERGY.

Let this guide to the seven chakras help you discover the power of your own energy, how this energy can show us how and when to interact with the world us. Discover how this world of "subtle body energy" will bring joy to your days, purpose to your life, calm to your mind, healing to your body, and peace to your soul. We are not here to find perfect balance. Instead we are here to learn how get comfortable with the contrasts and the challenges so that we can appreciate the moments of quiet and calm as much as we do the days of great successes and celebrations.

Day to day, the energy behind your actions and your choices is everything.

The Root Chakra

health

home

finances

Root chakra energy allows us to build our foundation and creates feelings of safety, survival, and prosperity.

Right now, this energy is showing up for everyone on Earth, and for oh so many of us it is testing our right to be here. Health is of utmost concern, to a degree that has us questioning our safety and the safety of our jobs and our way of life.

How you can access your root chakra energy from your own home:

- Check in with yourself every day. Days in pajamas can slide by fast, so make it a practice of getting up each day and putting on something nice, pulling your hair back, washing your face, and noticing how you are feeling.
- Cook food for you and anyone in your home. Sit down and savor what you've prepared. It doesn't have to be fancy. And be sure to drink big, full glasses of water.
- Take a walk outside to be in nature. Feel your feet on the earth with each step. Look around, for animals and plants and up into the trees. If you can't get to nature, watch Planet Earth.
- Keep your house neat and clean. Yes, yes sanitize and disinfect. Yes, sweep your floors and wash your laundry. Yes, all the clean things. But do these two things each day and it will change: make your bed before you begin your day & clean your kitchen before you go to bed.
- Walk into each room and remove what doesn't feel good (you might call this Marie Kondo-ing). Clutter is stagnant, stuck energy. If you haven't used it or gazed fondly at it in a year, it's time to go. There is always Facebook Marketplace.
- Connect with your bank account. Every single day observe the flow of money in and out of your bank account/s. Create a budget of giving and receiving (money spent, money earned). Does it feel good?
- Resist acquiring products and services that are FREE. There are a lot out there right now, but what you put out there is what you get back. Put money in someone else's bank and you will get that in return. That's the cycle of energy. Invest in something, \$1 or \$1,000. It's up to you.

the right to be here

~~FEAR~~

MY BODY IS A
HOME FOR
LOVE AND
LIGHT.

yoga: mountain pose

crystal: black tourmaline

oil: sandalwood

energy: stabilizing

sound: drums

physical: tailbone

nature: ground

The Sacral Chakra

change

pleasure

sensuality

Sacral chakra energy allows us to discover what fills our cup, follow our passions, and find our flow.

Change. During these unpredictable days, our lives are changing underfoot and our routines are being shaken and shattered. It can be a challenge to find joy during so much uncertainty.

How you can access your sacral chakra energy from your own home:

the right to feel

GUILT

I CHOOSE TO
DO WHAT
BRINGS ME
JOY.

yoga: crescent lunge

crystal: orange carnelian

oil: clary sage

energy: yeilding

sound: wood winds

physical: hips

nature: water

- Journal. Write down your thoughts, your feelings. Allow yourself to feel what is happening around you, to experience the change. Then write down what you want to have, to happen. Don't write? Talk into that voice recorder on your phone.
- Watch the sun set. Notice how the colors enter and leave the sky.
- Take a bath. Fill it with your favorite salts, oils, or soaps. Or a long shower where you hang eucalyptus or lavender near the steam. Feel the water, the temperature, the texture. Linger.
- Do one thing each day that brings you joy. Just joy. Not a job you love or a task you don't mind. Do a thing that doesn't need an outcome. Do it for 5 minutes or 50. Just feel the good feels without any other obligation.
- Get a massage. You don't have to leave your home. With coconut oil, lotion, or a CBD topical, enjoy a massage. You can ask your partner to do it or you can take time for self massage. This will circulate the energy in your muscles, lymph, blood, and all the liquids in your body.
- Be by the water. Okay, not so easy right now for most of us. So take a walk in the rain. Feel the rain drops. Or maybe just watch them roll down your window.
- Dance. Have sex. Eat chocolate. Cry hard. Laugh loud. Drink in life, whatever that looks like for you. This is not the place to feel guilty about what you love.

The Solar Plexus Chakra

career

discipline

will power

Solar Plexus chakra energy allows us to explore our power, maintain routines, and transform.

Stuck at home, time to binge. Netflix, Hulu, video games, a random internet game... food. No, it's not. Use this solar plexus energy to keep going. This is the energy that will motivate you to move and act in times of adversity. This is the energy that will allow you and us to transform.

How you can access your sacral chakra energy from your own home:

the right to act

SHAME

I HAVE THE
POWER TO
CREATE
CHANGE.

yoga: plank pose

crystal: tiger's eye

oil: lemon

energy: transforming

sound: strings

physical: belly

nature: fire

- Make space for your career. Whether your desk is a stand-up looking a picture window or a swatch of your kitchen table, create a work space that is organized with what you need. Tidy it up every evening. And create WFH hours so your work and non-work activities have boundaries. The Morning Brew has a great WFH guide.
- Be open to creative possibilities. Your job may have drastically changed or been removed. You are still a human with purpose. What can you do from this new space? You have skills and supply. The world has needs and demand.
- Move your body every day. You can find endless resources for this as studios have moved online. Invest in one. Yoga is an excellent one, because it's an exercise for brain and body.
- Create a WFH schedule, which will solidify the boundaries between work hours and non-work hours. Make sure you are off the clock.
- Establish a morning routine for just you. This can be 5 minutes or one hour, but setting your day from the very beginning is a powerful message. In 5 minutes, you can do a sun salutation, drink a class of water, and say one thing you appreciate.
- Try something you've never done before. Speak as the head of group. Learn a new language. Garden. Write a book. Exercise the parts of your brain that want to learn new skills. Be okay if you fail. We all do.
- Step outside into the sunshine. Light candles. Burn incense. Enjoy what the energy of fire can do.

The Heart Chakra

self-love

relationships

compassion

Heart chakra energy allows us to practice love, of ourselves and of others. Here is where we flow between the energies of giving and receiving.

What the world needs now, is love sweet love. But you first. Self-love, filling your cup, meeting your needs, is the most powerful act. Then you will be filled up with the energy you can use to care for others, give to others, support others, and heal and help.

How you can access your heart chakra energy from your own home:

**the right to love
and be loved**

GRIEF

LOVE
OVER
FEAR.

yoga: camel pose

crystal: rose quartz

oil: eucalyptus

energy: opening

sound: piano

physical: center of chest

nature: air

- Care for yourself. Eat well. Drink water. Move your body. Then give you what you need, what brings you joy each day, makes you feel physically good. Take care of those activities. Solo coffee, yoga class, massage, bath, journal, give yourself a pedicure, meditation... they look different on everyone.
- Write or say out loud to another person what you appreciate about each day. Allow this energy to attract more of what you desire. In a time of uncertainty, continue to remain open to your dreams, desires, wishes, and plans.
- Create space and time to connect with others. In your own home, you might play a game or sit down and have a conversation that is not about solving a problem or planning something. Or gather friends for a Zoom or Google Hangout, just as if you met up at your favorite local spot or gathered for dinner. Don't let social distancing stop you.
- Spend time with your pet. The love an animal gives is unconditional. Let it be an example of the power of love. Spend time in nature. Observe the relationships among the plants and trees and creature, the air and water and earth. A bounty of giving and receiving.
- Go beyond likes, loves, and social media hashtags. How can you support what you love? Donate, join, contribute, volunteer. You can have sympathy (I've been there before, I feel you.) You can have empathy (I'm trying to imagine how you feel.) And you can have compassion, which is empathy or sympathy + taking an action. Show compassion.
- Diffuse essential oils. Open a window. Breathe in air that fills your lungs and feels good.

The Throat Chakra

creativity

truth

communication

Throat chakra energy allows us to express, listen, and be heard

This is not an open invitation to post willy nilly all your thoughts and fears on social media. This is an invitation for you to express your talents, develop your voice, and artfully communicate your message to the world, to your company, to your family, to yourself. Walk your talk. Live your truth.

How you can access your throat chakra energy from your own home:

- From your homes... Writers, write. Singers, sing. Movers, shake. Chefs, cook. Artists, create. Composers, compose. Leaders, lead. Helpers, help. Influencers, influence. Coaches, support. Teachers, teach. Healers, heal. Insurers, insure. Farmers, grow. You get the point... This is the energy that will fuel doing what you do--what you love to do, your passion.
- Be impeccable with your word. If you haven't yet, read "The Four Agreements" by Miguel Ruiz to learn the power of always speaking the truth, big and small. Your will voice will become unwavering.
- Listen. For each article you write or post, read others. Get curious about what you learn. Do the same for the human beings you interact with. Listen. Listen when you don't agree. Listen when it's hard. Listen when you want to talk. Listen to nature, the waves, the wind, the creatures (in real life, or on an app).
- Delete the word "should" from your vocabulary--from your conversations, your emails, your posts, and when you talk to the people you love. This will open you up to what you really want to say. "Have to" "must" can also go.
- Scream at the top your lungs, especially if you have not been heard. Scream at the universe. Yes, this will be loud. Maybe warn those around you, if you need to. Or sit in your car. It's okay... it's a healthy release of energy whatever words come out.
- Play music. Sing to music. Kirtan, your fav rock n' roll band, opera, gospel, country, indie-folk... just fill up with good sounds and join in. Kids? Sing with your kiddos.
- Maybe it's by sharing your life or simply by living it. If you live your truth, that will be what vibrates.

the right to speak

LIES

MY VOICE IS
HEARD,
AND I AM
LISTENING.

yoga: fish pose

crystal: lapis lazuli

oil: frankincense

energy: vibrating

sound: flutes

physical: throat

nature: sound

The Third Eye Chakra

vision

intuition

dreams

Third Eye chakra energy allows us access our intuition, to dream, and to see beyond what our eyes can see.

The energy of the third eye invites us to go inward. In a time when we cannot expand much and experience much outside of the walls of our home, we can soak up this energy. We can begin to discover the less obvious world within us and around us.

How you can access your third eye chakra energy from your own home:

the right to see

ILLUSION

WHAT I
BELIEVE WILL
COME TRUE.

yoga: child's pose

crystal: amethyst

oil: basil

energy: illuminating

sound: small bells

physical: space between the eyebrows

nature: light

- Keep in your mind and your heart the vision of the world you want to live in. Maybe you have a picture in your home. Or you could write out your wishes, share them with your loved ones. Talk to your dog or plants or baby every day about the world you want to live in. Make a vision board or Pinterest board.
- Meditate. It doesn't matter if you need bells and whistles, a kind, loving voice to tell you what to think or feel or do, a bunch of breath work, or complete silence. Sit with something. Sit and you will get uncomfortable. Sit and you will sink in. Sit and you will awaken your parasympathetic (rest and restore) nervous system. Sit and you will feel your purpose, your freedom.
- Create a spiritual practice. No, this does not have to be a religious practice. But what can you begin to do that takes you beyond what you can see? Pull cards from a deck. Talk to the trees. Get to know your spirit guides.
- Get a good night's sleep. Meaning, log off and shut screens down an hour or more before your head hits the pillow. Move your phone chargers away from your night stand, maybe even out of your bedroom. Choose to listen to something soothing or happy, music or podcast. Or light candles to mediate. Read (real) books.
- Look up at the night sky. See the stars, the moonlight.
- Keep a journal of your dreams. Keep this on your nightstand in place of your phone charger or "device." Write down what you dream, no matter how wild or whacky or mundane. Get to know that space in your brain.
- Honor this time that we are collectively being asked to go inward. Trust that we will not be here forever. Learn from where you are now.

The Crown Chakra

awareness

faith

devotion

Crown chakra energy allows us to believe in something greater. You can put your faith in the sun and the stars, the waves of energy in our atmosphere, the pastor in your parish, or mother nature. Just know you are not alone.

How you can access your crown chakra energy from your own home:

the right to know

ATTACHMENT

I TRUST
THAT
ALL IS WELL.

yoga: headstand

crystal: crystal quartz

oil: lavender

energy: transcending

sound: conch shell

physical: top of the head

nature: ether

- Turn off the TV. Shut down your computer. Put down your phone. Be. Just be.
- Set up an alter in your home. You don't need statues and candles (though that's a-okay too). You just need to create a space to collect objects that allow you to feel good, feel connected. Objects from nature or crystals or plants. A book, a picture, a poem. Make it beautiful to your eyes.
- Release. Release your fear, your plan, your judgement. Be okay not knowing so that you create space to learn and understand.
- Meditate. Yes, here too. Meditate here to allow your mind to expand to go beyond what you think you know.
- Pray. Talk to the entity that's bigger than you. Keep the conversation going. Be okay asking. Be okay thanking. You are just having a conversation.
- Take one breath in and count 1-2-3-4 and let that breath go and count 1-2-3-4. Do that until you feel calm in your mind and well in your body, until your worries, your fears, your anxiety dissipates, even if for a moment. Trust that all is well.
- Can you understand how your actions, decisions, and thoughts can stir the energy of the whole world? You can be the change.



The Seven Chakras

**Stay home. Stay happy. Stay motivated.
Stay open. Stay truthful. Stay hopeful.
Stay connected.**

YOUR
ENERGY IS
EVERYTHING.

May this guide to your own energy help you, heal you, embolden you, enliven you. It's not a piece of perfection and has not had the time to undergo any editing process. Funny, because an editor wrote it. But it is written with love and gifted in a time when the world, and more so the people in the world, could use a fulcrum. A place to call our center, where we can pivot, change, course correct, and come back home.

That fulcrum is your own energy. Together, we have the power to shift the paradigm.

Much love,

Janna Marie Hockenjos

(at home in Pittsburgh, PA USA)