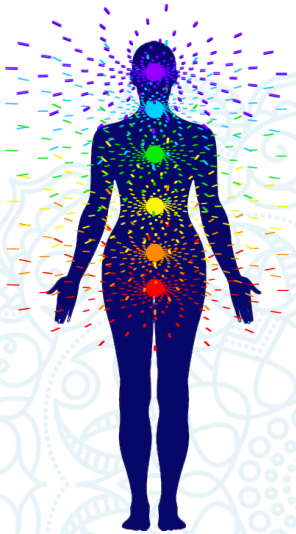
DAY 5

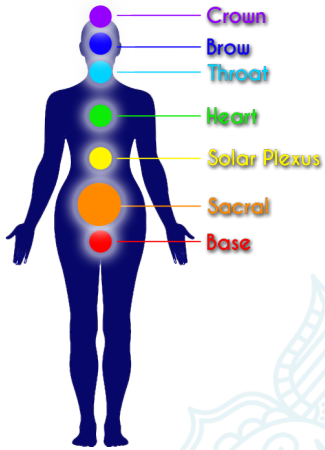
KICK-START YOUR ENERGY

If you've never heard of energy medicine, it's time. You may not know that interconnected with all of the processes that run inside your body, you also have subtle energy systems that run through and around your body. They keep you healthy as long as you keep them balanced.



MERIDIANS & CHAKRAS

The two most commonly known subtle energy systems are the Meridians and Chakras. You are going to use your chakras to kick-start your energy and get you unstuck. Chakras are invisible to most of us. In the simplest explanation, the 7 main chakras are invisible spinning energy centers along the spine, from pelvis to crown. They reach beyond your body to connect you with the world and energy around you. It's why other people's emotions and unhealthy environments affect you.



SACRAL CHAKRA

Each chakra embodies different aspects of mind, body and soul. Being stuck could really involve any of the chakras, depending on the underlying reason or reasons you are feeling stuck.

You'll start with the Sacral (2nd) Chakra, because it governs creativity and creative expression, both areas that get stuck easily. If one of the other chakras really speaks to you, you can always repeat this same activity for any of the chakras.

KICK-START YOUR ENERGY

CHAKRA CONNECTION MEDITATION

7

6

5

4

3

2

1

Sit or lie down comfortably. During the first minutes of the meditation, you will clear your second chakra. Remember, when the meditation says 'counter-clockwise' it is as though a clock is lying on your stomach and your hand is hovering about 6 inches above your body and moving in a circular motion up and to the right. Check out the Chakra Connection video to see a quick how-to.

Listen to the meditation all the way through. You'll balance your Sacral chakra and then connect each of your other chakras to it while applying affirming thoughts. When you link chakras, you are placing a hand on each chakra and holding them in position during the meditation. It doesn't matter which hand is on which chakra and you can rest them on your body in those spots.

Write down any insights. If you happen to have any insights while you are in meditation, write them down when you are finished. If you don't have any insights, that's okay too. You are still connecting the chakras, whether you feel it or not.

SEE THE CHAKRA IMBALANCES CHART FOR INFORMATION ABOUT EACH CHAKRA.