



Heal Your Chakras,
Heal Your *Life*

THE THROAT CHAKRA WORKSHEET

How to use this worksheet: Take notes while you watch the videos and pay special attention to how your body responds. Then, do this work sheet to integrate your experience & decide which actions to take. For best results, listen to the energy imprint right before journaling your answers.

Please note: For best results, work through all the questions. However, this is YOUR process and you can absolutely choose what you prioritize.

Section 1: Journaling + Integration

What happened for you with the energy imprint?

What happens in your body as you tune into this vibration?

Was it easy to tune into this vibration? Was it familiar? Unfamiliar?

What came to mind as you watched the videos? What resonated? What made you uncomfortable? What made you say "ahhhh now I get it"?

How do you feel about the main theme of this chakra: Letting the inside be known to the outside.. (What happens in your body as you bring you awareness to that theme).

How does that show up for you in your life?

How do you feel about the subthemes of this chakra?

(What happens in your body as you bring you awareness to these theme).

Secrets/Lies	Communication	Creativity/Art
Self-Expression	How you dress	Your voice
Authenticity		

What is happening in your life regarding each of these sub-themes?



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Can you see the connections between the energy in the chakra (how you feel with it & your ability to connect with it) and your real-world behaviors?

For instance, if you feel it's not okay for people to see the real you, can you see it might affect the way you dress? The way you move? The way you speak? The way you create?

Section 2: Clearing some resistance / Personal Peace Procedure.

List all the things you're judging yourself for with this chakra. Then rate the discomfort you experience.

Examples: .

I'm judging myself for being quiet	6/10
I'm uncomfortable noticing how much I lie	8/10.
I'm hiding behind an elaborate facade	4/10

Use the shoulder technique on these statements.

(While rubbing the shoulder, say: "Even if ____ *statement* _____, I love myself, accept myself, forgive myself & forgive everyone involved".

Pro tip: If those statements are hard, go with "I'm willing to love myself, accept myself, etc." instead.

Rate the discomfort again. Continue until you get to a rating of 0 or at least 3 or 4 notches lower.

Section 3: Deciding on your actions

Now that you see... what are you curious to explore to bring more balance to your energy? We're looking for baby steps here, just to play with the energy and stretch you towards balance. Anything too big and you can get triggered.

Examples of inner balancing baby steps: Breathe into your throat. Wear the color blue to remind you. Place a hand there with the intention of balancing. Journal on "the truth is". Admit the truth to yourself. Practice speaking up/keeping quiet in your mind. Imagine telling a group of your friends what you *really* want or who you really are.



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Examples of outer balancing baby steps: Reveal a secret. Tell someone what you really think. Make art. Listen instead of talk. Talk instead of listen. Make a video sharing your journey so far and post it in the group.

Come tell us in the group! We'll inspire each other and hold each other accountable.

Section 4: Checking the results

Now that you've taken your baby steps, how does it feel?

This is an exploration. It's okay to not feel too good. You might be activating some protective patterns. Acknowledge and let it go. Use the shoulder technique on any discomfort you may feel.

Section 5: Troubleshooting

Any roadblocks?

Come post on the group so we can learn from you and so you can get some tips on how to navigate this!