

# THE CHAKRA DETOX ACTIVATION MASTERCCLASS



## 3 STEP

# CHAKRA DETOX

STEP ONE

### AWARENESS

THE FIRST STEP IS TO ALWAYS IDENTIFY THE NEGATIVE PATTERN GOING ON BEHIND THE SCENES. WHAT IS IT HERE TO TEACH YOU? OUR EGO IS ALWAYS A TOOL. BRING THE UNCONSCIOUS CONSCIOUS BY QUESTIONING THE NEGATIVE STORY YOU'RE SAYING.

STEP TWO

### DETOX THE PATTERN

ONCE THE PATTERN IS CONSCIOUS, WE MUST BEGIN TO DETOX THE PATTERN WITH ENERGETIC CLEARING WORK. WE MUST BEGIN TO LET GO & DETACH FROM THE PATTERN.

STEP THREE

### EMPOWER THE CHAKRA

THIS IS THE FUN PART! NOW WE MUST EMPOWER THE CHAKRA WITH MINDSET WORK, BELIEF WORK AND EMOTIONAL SUSTAINABILITY. THIS HELPS US SOLIDIFY THE CHAKRA PATTERN INTO THE IDENTITY SO IT PROPERLY HEALS. WE EMOTIONALLY EMPOWER THE CHAKRA.

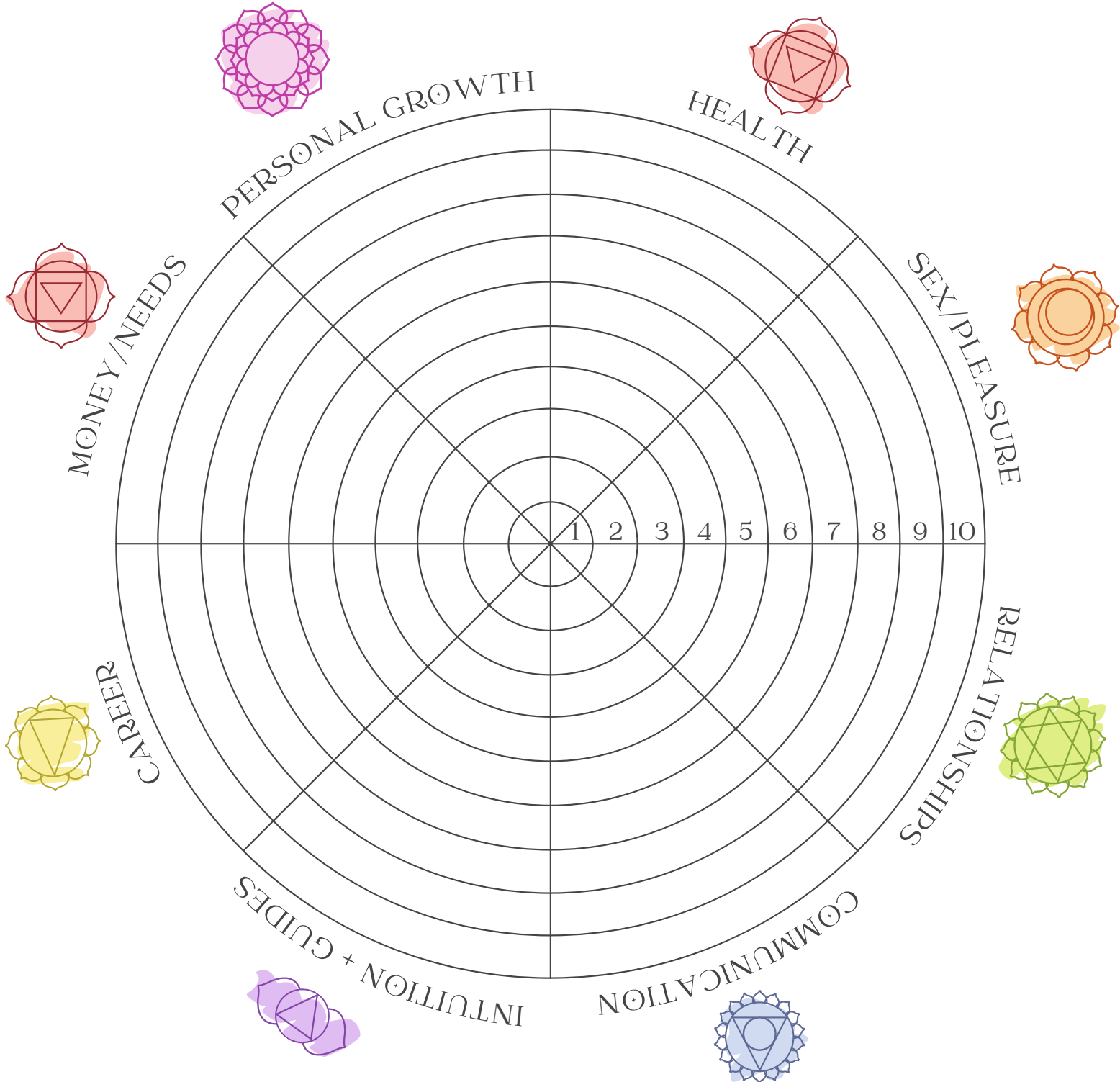


# WHEEL OF

# LIFE

WHERE ARE YOU EXPERIENCING THE MOST NEGATIVE EMOTION, EMOTIONAL TRIGGERS OR 'ACTIVE RESISTANCE' IN YOUR LIFE?

THE WHEEL OF LIFE HELPS YOU SEEK BALANCE. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. 1 BEING THE MOST NEGATIVE/EMOTIONAL 10 BEING THE LEAST NEGATIVE MORE POSITIVE. YOU CAN WRITE NOTES IN THE CIRCLE WHERE THE NEGATIVITY IS MOST SHOWING UP OR IF POSITIVE WRITE WHAT IS GOING RIGHT IN THAT CATEGORY.



# WHEELS OF LIFE: CHAKRA CHEATSHEET



## EACH CHAKRA'S INFLUENCE:



● Crown Chakra - Our Beliefs, Faith, Spiritual Relationship with Higher self & Full Alignment of Highest potentiality.



● Third Eye - Knowing with our Vision, Intuition & Spiritual Guidance



● Throat Chakra - Affirm through our Vibrations the energy of authenticity, speaking our truth & soul expression



● Heart chakra - Giving & Receiving through our Relationships the love & Acceptance of self by owning our sense of worth & deservingness.



● Solar Plexus - Taking Action to create in the world around us through our Career, Identity, Will Power, Self-esteem & Personal Power.



● Sacral Chakra - Feeling the world around us through our Emotions. Sexuality. Sensuality. Creativity, & Pleasure.



● Root Chakra - Connecting to the world around us through Safety, Support, Belonging, Grounding & Physical Health.



**MISALIGNMENT**

# AWARENESS

LIST OUT WHERE YOU NEED TO QUESTION YOUR EGO/NEGATIVE HABITS.

**WHERE IN MY LIFE DO I NEED TO QUESTION MY  
NEGATIVE HABIT/RESISTANCE?**

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- \_\_\_\_\_
- \_\_\_\_\_
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**WHAT IS IT TRYING TO TEACH ME?**

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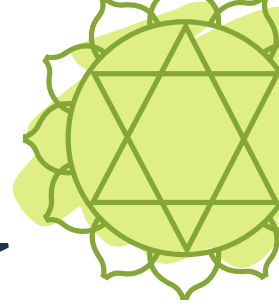
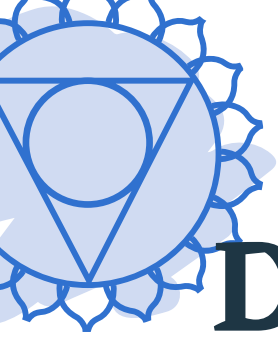
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# CHAKRA DETOX PATTERN AWARENESS

**PATTERNS I'M NOTICING  
THAT DON'T SERVE ME**

**HABITS THAT WILL HELP ME  
EMPOWER THE CHAKRA**

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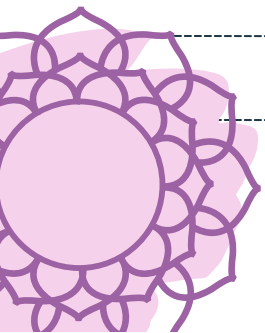
**WHAT ARE THE HABITS, THOUGHTS, BELIEFS AND  
FEELINGS I NEED TO LET GO TO END THIS CYCLE?**

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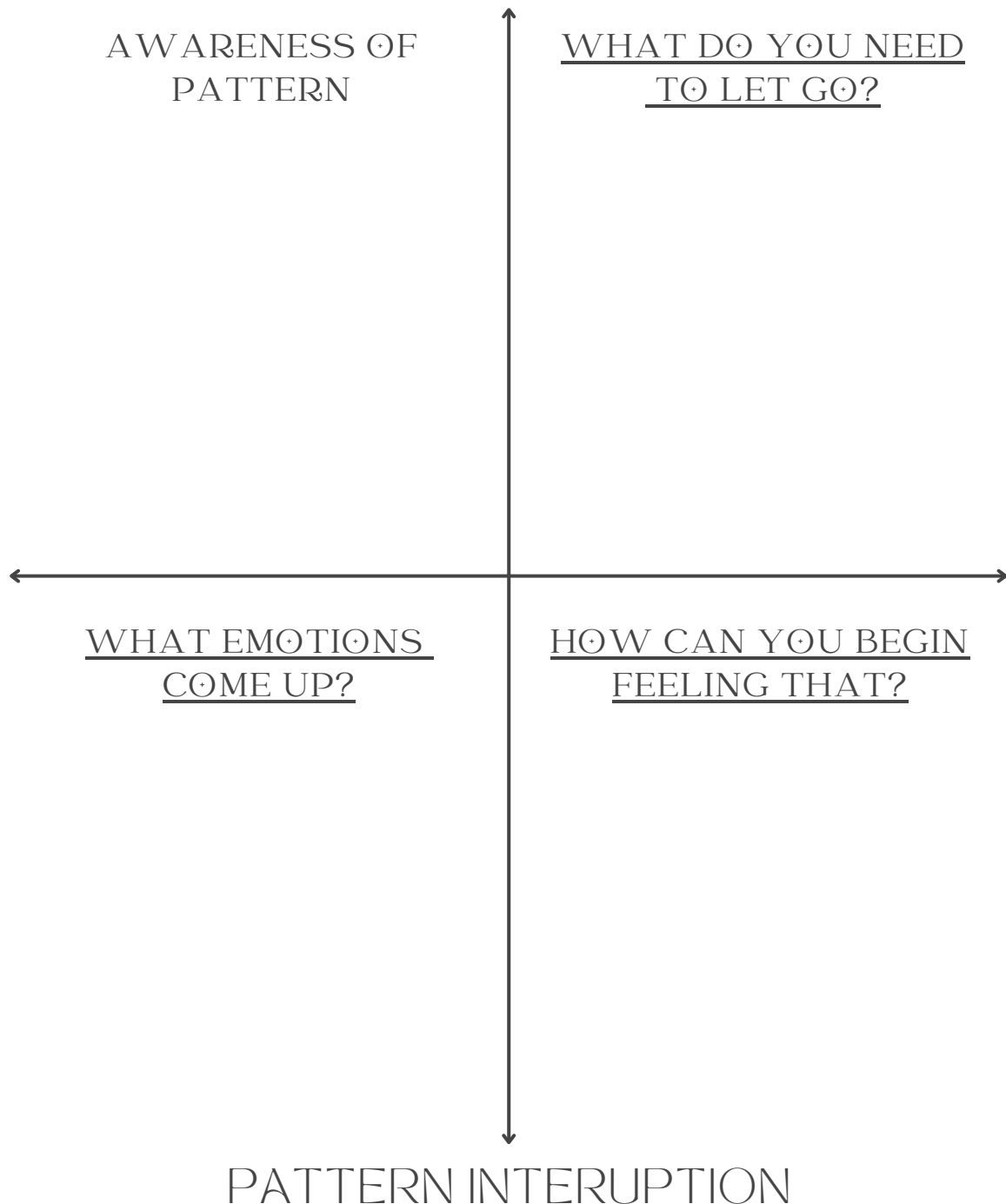


# CHAKRA DETOX

# FRAMEWORK

USE THIS SIMPLE PROCESS TO TAKE THE 3 STEP FRAMEWORK BACK INTO YOUR OWN LIFE. TAKE THE RESISTANCE PATTERN & START SHIFTING IT!

## CHAKRA DETOX



# CHAKRA LIFE

# GOALS

SUMMARIZE: FOR EACH OF THE CHAKRAS BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY GOING FORWARD. .

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	CHAKRA GOALS & HABITS
 HEALTH/MONEY/ PHYSICAL ENVIRONMENT			
 SEX/EMOTIONS PLEASURE			
 CAREER/ SELF-ESTEEM			
 RELATIONSHIPS/ SELF-LOVE			
 COMMUNICATION/ SELF-EXPRESSION			
 INTUITION/SPIRIT UAL GUIDANCE			
 BELIEFS/ SPIRITUALITY			





# How Do the Chakras Help you?

## Some of the Gifts of Manifesting with Chakras:

**Root chakra:** Get out of survival mode and activate abundance. Manifest: Money Relationship, feeling Grounded, Regulating NS, & Better health

**Sacral:** Receive with Ease & Embrace Pleasure in your Life Manifest: Great sex life. regulating Emotions, opening up Receiving Potential, More Pleasure & Creative expression

**Solar:** Empower your Will & Reclaim your Personal Power Manifest: Confidence, Career, Action Taking, positive self-esteem transcend ego stories

**Heart:** Give and Receive Love & Step into Loving Relationships Manifest: Relationships, Clients, Supportive relationships, Self-talk, & Worthiness Acceptance

**Throat:** Remove Doubt and Align with your Highest Expression of You Manifest: Correctly Affirming desires, Vibration, communicating needs, authentic truth, being seen and heard, visibility

**Third eye:** Cultivate your Intuition and start removing your limitations that hold you back Manifest: strengthened intuition, psychic abilities, easier to shift perspective, healing spiritual burnout

**Crown:** Build your Trust and Faith in a Higher Power to support & rekindle your ability to co-create miracles in your life.

Manifest: Belief Building & recoding, self-belief, faith in higher power or rekindling trust in yourself

### BEING ENERGY CONSCIOUS OF THE CHAKRAS

**CROWN CHAKRA**  
TRANSCEND LIMITS & MAGNETIZE DESIRES. EMBODY HIGHEST POTENTIAL, FAITH & AWAKEN OUR SPIRITUAL POWER



**THIRD EYE CHAKRA**  
ALLOW OUR INTUITION TO LEAD, TAPPING INTO GUIDANCE, & MAKING DECISIONS WITH EASE.



**THROAT CHAKRA**  
WALK YOUR TRUTH VERBAL EXPRESSION, CHANNELING, & EMBODYING AUTHENTIC TRUTH.



**HEART CHAKRA**  
EMOTIONAL CONNECTION ACCEPTANCE, RELATIONSHIPS & BEING OPEN TO GIVE & RECEIVE LOVE



**SOLAR PLEXUS CHAKRA**  
SELF EMPOWERMENT, ALIGNED ACTION & TRANSCENDS VICTIMHOOD



**SACRAL CHAKRA**  
SELF EXPRESSION, CREATIVE, SEXUAL, & EMOTIONAL PLEASURE.



**ROOT CHAKRA**  
INFINITE SUPPORT. SAFETY, CONNECTION & ATTRACTING ABUNDANCE.



THE AWAKENED STATE

*Time to Get Your Chakras Aligned!*

WHERE NEXT?

# The Ultimate Chakra Academy

theawakenedstate.net

theawakenedstate.net

EMPOWER THE CHAKRAS

DAILY HABITS, DAILY FLOW WITH THE CHAKRAS



Take your Energy Work to the Next Level with The Ultimate Chakra Academy. Learn Valuable Mind Body Tools and Practices for your Chakras.

[JOIN THE NEXT ROUND](#)

# THE ULTIMATE

## Chakra Bundle



### What is The Ultimate Chakra Academy?

The ultimate Chakra Academy is the combination of two of my best selling chakra courses put together inside one program: **Empower the Chakras & Daily Habits, daily Flow with the chakras.** Both Programs feature extensive knowledge on Mind-Body Energetic healing work. How you can Begin to Heal your Chakras, understand them and use them to change the way you're attracting in your life.

The Ultimate Chakra Academy focuses on building a practical understanding of the chakras alongside giving you the Spiritual Practices to have a hands-on healing approach to using them in your day-to-day living. The outcome? End ascension symptoms and energetic emotional upheaval, Walk away Knowing how to Master your Energy for Ultimate Success in relationships, career, intuition or whatever you desire!

### Who is it for?

The Academy is for anyone who needs help with Energy work, Desires to Learn about mind-body healing, or they are suffering from the ascension symptoms. It is perfect for the student who wants to improve their knowledge on Energy Work, wants to add to their reiki studies, needs Emotional Healing work or is on the Personal development Journey, wanting to deeper understand themselves.

## WHAT DO I LEARN?

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### **The Practical and Energetic Sides of Energy Work**

**Imagine if you suddenly had a system to understand:**

- a. How energy works
- b. How Manifestation Works
- c. How to Heal yourself from the inside out
- d. How to Manifest whatever you want

Welcome to The Chakra Academy

It's time to get our heads out of the new age department and start looking at all the powerful ways we can use the chakras to **break unconscious patterns**, heal ourselves, **create better fulfilling relationships**, heal our relationship with money, regulate our nervous system, **strengthen our intuition** and manifest easier!

The Chakra Academy is a two program course designed to help you **unblock your Chakras, Clear up Old Unconscious Patterns, Learn how the Mind-body connection works to energetically heal while also learning the practical habits to manifest with the chakra system.**

**Let's End your Doubt & Confusion around Energy Work.**

I've gone from Feeling like an **UNGROUND** empath, **Hot Mess Afraid of her own Power to consistently manifesting what I desire** + releasing Bad Habits along the way... Without excessive meditation, not spending months dissecting my past and past lives, hardly any external tools, or exotic dance(except for fun)

I'm sharing it all( like learn 11+ years of experience in hours/weeks inside The Ultimate Chakra Academy: Empower the Chakras + Daily habits, daily flow with the Chakras}

LEARN MORE

# The Ultimate Chakra Academy

theawakenedstate.net

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EMPOWER THE CHAKRAS

DAILY HABITS, DAILY FLOW WITH THE CHAKRAS



Take your Energy Work to the Next Level with The Ultimate Chakra Academy. Learn Valuable Mind Body Tools and Practices for your Chakras.

[JOIN THE NEXT ROUND](#)