



The Chakra Filter



CROWN CHAKRA

PEACE

THIRD EYE CHAKRA

INTUITION

THROAT CHAKRA

COMMUNICATION

HEART CHAKRA

UNCONDITIONAL LOVE

SOLAR PLEXUS CHAKRA

EGO-FEARS

SACRAL CHAKRA

SELF LOVE

ROOT CHAKRA

SECURITY



You can not access the top one until
the lower one are not acknowledged



You can use the top one to help the
lower one

Example:

- You can use love, communication, intuition, and peace to cultivate a greater sense of security, self-love, and reduced ego/fear. However, reaching a state of deep unconditional love, authentic communication, clear intuition, and profound peace is not possible if you are experiencing deep insecurity, lack of self-love, and being driven by ego/fear.
- Remember: When you recognize blockages in your chakra system, observe yourself without falling into guilt. Instead, celebrate your awareness.
- Awareness is the key. When you encounter blockages, celebrate your realization instead of dwelling in guilt.