



YOUR OFFICIAL ONLINE TRAINING GUIDE

4 Simple Tips To Get The Most Out of This Live Session:

1. Print out this Online Training Notes before the it starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for.
3. Write down ALL the interesting and new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
4. Think of how you can quickly implement the secrets revealed in this Webinar to unblock and open your Chakras.



Carol Tuttle



Four Concepts That Will Be Discussed Today:

Concept 1:

- What would your Chakras say if you were living the _____ life?

Concept 2:

- Why all your Chakras should _____ with each other and a simple _____.

Concept 3:

- How to STRENGTHEN your _____ ability and get your _____ via working with your _____ Chakra.

Concept 4:

- Why the energy of _____ and how I can _____ with this shift to allow _____?



Concept One:

The chakra system is this _____ that holds the blueprint for manifesting:

- great _____
- your _____ abundance,
- and increased _____ and _____.

Learning to work with your _____ gives you the insight and practical tools you need to consciously become aware of what chakras need _____ and _____.

There are _____ chakras, or _____ that run from your _____ to the _____.

If any of these wheels of energy are stuck, _____, _____ or are not working with the other 6 energies, you can experience _____ in any or all area's of your life.

If we could give each chakra a **voice**, and if each chakra was vibrant and healthy this is what they would say:



1st Chakra: I have _____



2nd Chakra: I feel _____



3rd Chakra: I can _____



4th Chakra: I love _____



5th Chakra: I speak _____



6th Chakra: I see _____



7th Chakra: I know _____



Concept 2

Even though each chakra has a unique _____ that operates _____, all 7 chakras can be seen as a _____.

If the chakras are not _____, the power and effectiveness of each individual chakra is _____.

Concept 3

The 6th chakra holds the energy of your _____ and _____ talents, reflection, _____, and discernment.

Having access to a strong and powerful _____ to guide your life is almost essential for you to know what is “right” for you rather than trying to look _____ for that direction.

An active, balanced 6th chakra will help you to develop _____ and _____.

Our energy centers are _____ with each other constantly.

If our heart chakras aren't _____, then we're going to have a lot of trouble creating _____ with our partners.

The Final Concept

Traditionally the energy of money has been rooted in the _____ chakra. This energy is collapsing and moving to the _____ chakra.

When the _____ chakra is unhealthy we feel insecure about our physical well-being and operate in a _____.

If you buy in to the belief that there is not enough money, you are only _____ from showing up.

The energy of money is opening in the _____ chakra to support us in doing what we love and the money will follow.

Meditation for your Heart Chakra

Preparation tips:



- Make sure **you are in a quiet place** where nothing can distract you, and that **you are not driving a car** or any other vehicle during the time of meditation.
- **Stretch you muscles** before we start. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- **Take a deep breath.** Breathing deep slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice.
- You can prepare **candles and other spiritual paraphernalia** in the room where you will meditate to help you feel at ease.

Techniques to open up the Chakras

You can use EFT otherwise known as _____ or some people call it energy tapping.

You can use the _____ Movement that are going to affect the movement and opening of your chakras to create more vibrancy.

Other techniques you can use are:

Visualization, _____, yoga and therapeutic _____.

Visit www.chakrahealing.com/carol-special to learn more about opening and aligning your Chakras with the "Chakra7 System".

THANK YOU!

