



# JUMPSTART GUIDE

## CHAKRA CLEANSE

Welcome to Chakra Cleanse!

As the “organs” of your energetic body, a healthy chakra system is an important key to your overall health and wellbeing. I’m so happy to be taking this journey with you!

Committing to these activities can positively impact every area of your life. It can improve your physical, emotional and mental health. It can positively shift the dynamics of your relationships. It will strengthen your connection to yourself and to Spirit. The key to success is two-fold: a clear intention, and a steady commitment to the process.

What you should do right now:

- Print your affirmation cards (attached to the end of this guide) or write them out by hand. You may want multiple copies of each, so you can place them in places where you’ll see them often.
- Review the **Chakra Recipes** guide, if you’d like to work with the nutritional aspect of this cleanse.
- Review the suggested schedules, and determine the level of commitment that will work best for you.
- Read through the rest of this guide for information on the best way to work with the material.

THE MATERIAL FOR EACH  
CHAKRA INCLUDES:

A MORNING VIDEO  
(AND BREATHING  
EXERCISE)

DAY 1 - ROOT CHAKRA



JOURNALING  
ACTIVITIES



AN AFFIRMATION



AN EVENING  
MEDITATION



For each chakra, there is:

- A Morning Video (plus a separate audio recording of just the breathing exercise)
- An Affirmation
- Journaling Prompts
- An Evening Meditation

## MORNING VIDEO

DAY 1 - ROOT CHAKRA



In the morning video, you'll learn about the chakra we'll be exploring. The morning video will also contain a breathing or somatic exercise to help you get a sense of how this chakra feels in your body.

I highly encourage watching this video and completing the activity when you first get up or shortly afterward. (10-20 minutes)

## AFFIRMATIONS



I AM SAFE



Please read your affirmation for the day, and repeat it aloud or silently, as often as you can throughout the day. It can help to place it where you'll see it often. As you're saying the affirmation, you may notice an inner voice contradicting it. This is part of the process. Notice the contradiction and say to yourself, "I hear you. Thank you for protecting me. This is the new program I'm now choosing." Then, repeat your affirmation.

## JOURNALING PROMPT



Please spend some time meditating or journaling on one of the prompts for the day. There's no right way to do this. Your response might be a bulleted list, a sketch, a series of phrases, etc. During the evening meditation, we may be working with whatever you uncover here, so please try to complete the activity before then. (10-20 minutes)

## EVENING MEDITATION



I suggest listening to the evening meditation as part of your bedtime routine. This will help the work to carry over into your dreamtime, and integrate more fully into your subconscious. (10 minutes)

## CHAKRA RECIPES

Juices, Smoothies, Teas and Simple Foods to Help Support your 7-Day Chakra Cleanse

Please also check the Chakra Recipes guide, for additional support. Each of the recipes are designed to nurture and support the chakra for the day. Adding these foods to your diet can help your body release and integrate more easily.



Although this is a self-paced program, I've offered some sample schedules below, depending on how much time you feel comfortable committing to this process and how deeply you want to explore your energetic system. Whatever schedule you choose, you'll have the greatest success if you commit to spending a period of time each morning and evening. Your positive intention and commitment to yourself are what matter most.

<b>7 DAY SCHEDULE</b>															
<b>MORNING</b> (20-30+ minutes)	Watch the morning video for that chakra (10-15 min). If time allows, choose one journaling prompt and journal (10-15+ min).														
<b>DURING THE DAY</b>	Repeat the affirmation often, either aloud or silently. If you didn't already do so, please complete your journaling during the day.														
<b>EVENING</b> (10-15 minutes)	Listen to the evening meditation.														
<b>OPTIONAL</b>	Add juices, smoothies, teas or simple foods from your Chakra Recipe guide for that day's chakra														
<p>In this option, you'll work with one chakra each day, for 7 days, beginning with the Root Chakra and ending with the Crown Chakra.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 40px;">DAY 1</td> <td>Root Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 2</td> <td>Sacral Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 3</td> <td>Solar Plexus Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 4</td> <td>Heart Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 5</td> <td>Throat Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 6</td> <td>Third-eye Chakra</td> </tr> <tr> <td style="padding-left: 40px;">DAY 7</td> <td>Crown chakra</td> </tr> </table> <p><i>Please listen to your intuition – if it feels right to stay with a chakra for more than one day, please give yourself that gift.</i></p>		DAY 1	Root Chakra	DAY 2	Sacral Chakra	DAY 3	Solar Plexus Chakra	DAY 4	Heart Chakra	DAY 5	Throat Chakra	DAY 6	Third-eye Chakra	DAY 7	Crown chakra
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DAY 2	Sacral Chakra														
DAY 3	Solar Plexus Chakra														
DAY 4	Heart Chakra														
DAY 5	Throat Chakra														
DAY 6	Third-eye Chakra														
DAY 7	Crown chakra														

## 21-DAY SCHEDULE

This schedule offers the deepest exploration, clearing and integration potential, but also requires the longest commitment. You'll spend three days deeply exploring each chakra.

<b>MORNING</b> (20-30+ minutes)	DAY 1
	Watch the morning video for that chakra (10-15 min). If time allows, choose one journaling prompt and journal (10-15+ min). Please complete your journaling before the evening meditation practice, if possible.
	DAY 2 and DAY 3
	Listen to the breathing exercise audio file (5-10 min). Choose a different journaling prompt and journal (10-15+ min).
<b>DURING THE DAY</b>	Repeat the affirmation often, either aloud or silently for all 3 days.
<b>EVENING</b> (10-15 minutes)	Listen to the evening meditation for all 3 days.
<b>OPTIONAL</b>	Add juices, smoothies, teas or simple foods from your Chakra Recipe guide for that day's chakra

Work with each chakra for 3 days, beginning with the Root and ending with the Crown:

DAYS 1-3	Root Chakra
DAYS 4-6	Sacral Chakra
DAYS 7-9	Solar Plexus Chakra
DAYS 10-12	Heart Chakra
DAYS 13-15	Throat Chakra
DAYS 16-18	Third-eye Chakra
DAYS 19-21	Crown Chakra

*If you need extra time, please take it. And it's OK if you miss a day!*

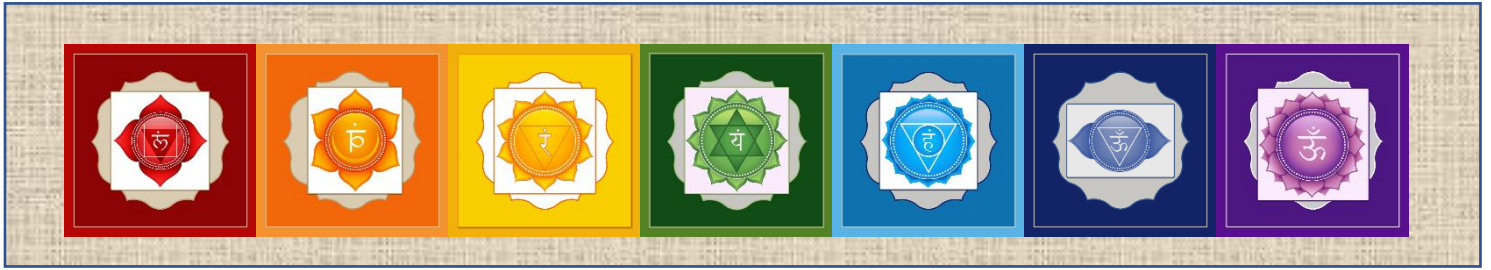
## **“GO WITH THE FLOW” SCHEDULE**

Begin with the Root Chakra, and explore the material at a pace that feels right to you, starting with the morning video and ending with the evening meditation.

For example, on Day 1, you could watch the morning video and work with the affirmation during the day. On Day 2, you could journal and do the breathing exercise. On Day 3, you could listen to the evening meditation. Spend as much time as you like with each chakra, and go at the pace that feels right for your system.

When your exploration of one chakra feels complete, continue on to the next chakra. Explore your chakras in this order:

- Root Chakra
- Sacral Chakra
- Solar Plexus Chakra
- Heart Chakra
- Throat Chakra
- Third-Eye Chakra
- Crown Chakra



## YOUR CHAKRA SYSTEM

Chakras are designed to always be taking in and releasing energy, not only as a way to sense the environment, but as an energetic “intake and release,” similar to the function that breathing plays for your respiratory system. Oftentimes, people think of chakras as either “open” or “closed,” but chakras are actually extremely complex, with different subregions and layers, and an infinite number of ways to run energy within and between those layers. For example, a particular chakra can be diminished on one layer, running too much energy on another layer, or displacing energy into certain regions of the chakra, while closing off other areas.

Chakras also function as a cohesive system, and are always interacting with each other. Some of the chakras we’ll be exploring are more structured in their natural state than others. Each chakra also has a front and rear aspect that correlates to “reason,” “emotion” or “will” functions. Chakras also may have certain “programs” that are run in response to certain situations. The energies that move through your chakra system are considered “subtle energies,” but everyone can sense them in some way, and even subtle shifts in this system can create dramatic change in your inner and outer experience.

As you begin this exploration of your chakra system, please keep in mind the fluid, responsive and sophisticated nature of your chakra system. Also keep in mind that your energetic system’s primary function is to act as a “bridge” between your material life and your spiritual life or your soul. That means your chakras also contain all the experiences, gifts and challenges your soul is here to have and bring forward. The unique ways in which your chakras run energy are a reflection of your experiences and your soul’s desires as they exist, here and now.



I AM SAFE



MY FEELINGS  
MATTER



I AM FREE







I LOVE AND  
ACCEPT MYSELF



MY VOICE  
MATTERS



I AM WILLING  
TO SEE





I AM ONE WITH  
ALL OF LIFE

