

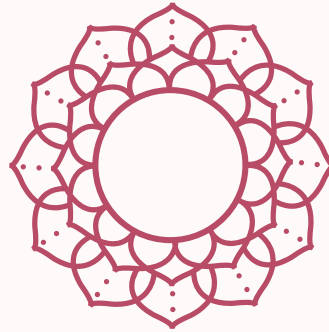
Chakra Alchemy



JEN MAC



Instructions



To get the most out of your Chakra Alchemy experience, we recommend using this workbook alongside the video series and guided meditations provided.

Begin by watching the introductory video to understand the core concepts and purpose of chakra alchemy.

As you progress through each video, use the workbook to assess your physical, emotional, and environmental experiences, identifying which chakras may be out of alignment.

This integrated approach will help you gain insight into your energy system and take meaningful steps towards restoring balance and harmony in your life.

Chakra Alchemy

What am I experiencing and Which chakra is it related to

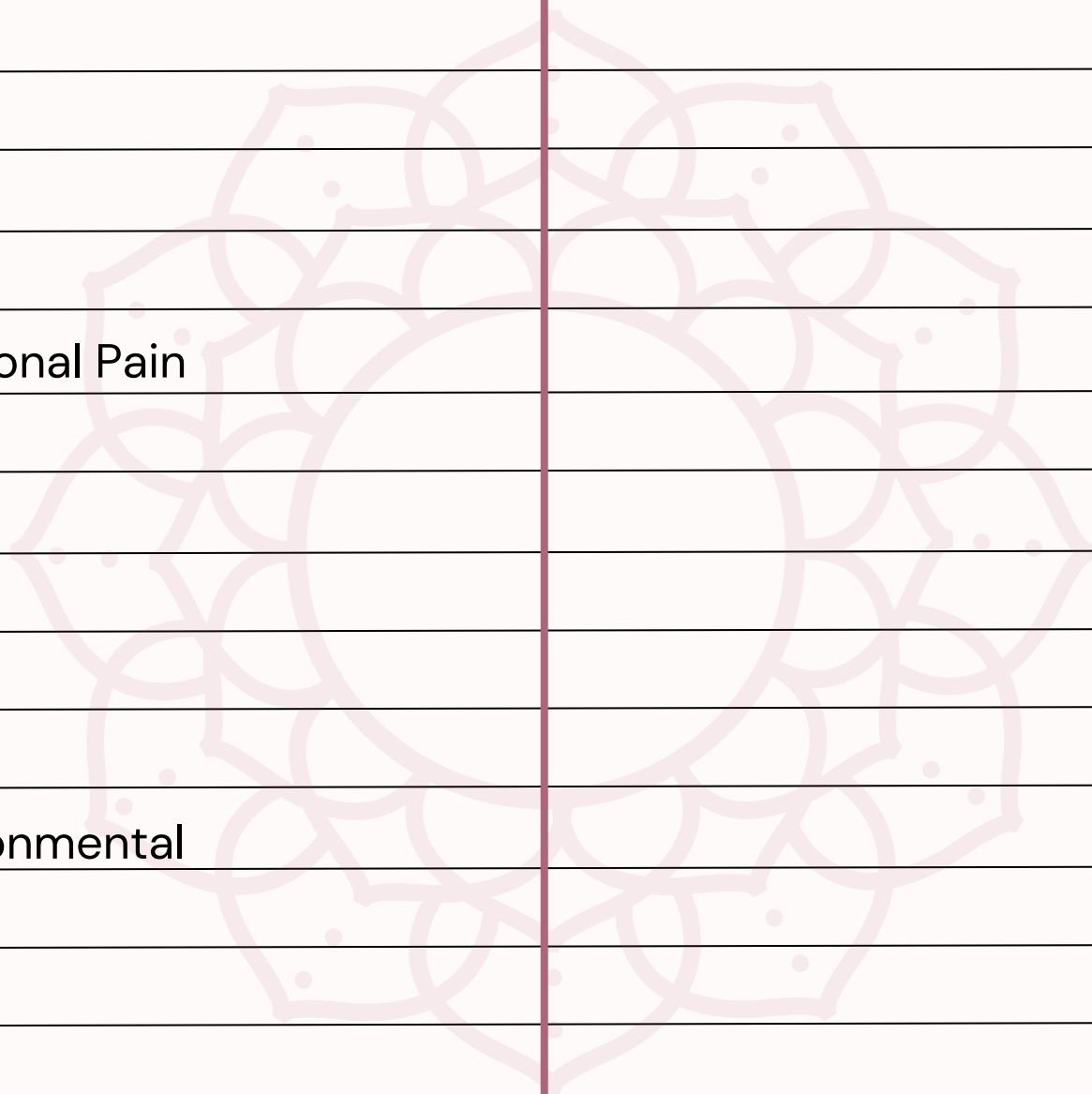
Pain

Chakra

Physical Pain

Emotional Pain

Environmental



Chakra Alchemy

Reference Sheet

Root Chakra (Muladhara)

Physical Associations:

Legs, feet, knees and lower back
Immune system
Elimination system (colon, rectum)

Emotional Associations:

Feeling Unsafe
Anxiety and fear
Depression

Environmental Associations:

Lack Stability, Financial, Cluttered
environment, Unsafe Environment
Chaos and Disorder

Sacral Chakra (Svadhithana)

Physical Associations:

Reproductive organs
Kidneys and bladder
Lower abdomen

Emotional Associations:

Creativity and passion
Sexual guilt, shame
Emotional instability

Environmental Associations:

Relationships with others
Creative spaces (e.g., studios)
and Creative Blocks
Sexual experience

Chakra Alchemy

Reference Sheet

Solar Plexus Chakra (Manipura)

Physical Associations:

Digestive system
Liver and pancreas
Metabolism

Emotional Associations:

Personal power and confidence
Self-esteem and anger
Lacks Willpower

Environmental Associations:

Workplace and Personal Space
Social status and Friend Groups
Personal goals and achievements
Power Struggles

Heart Chakra (Anahata)

Physical Associations:

Heart and circulatory system
Lungs
Upper back and shoulders

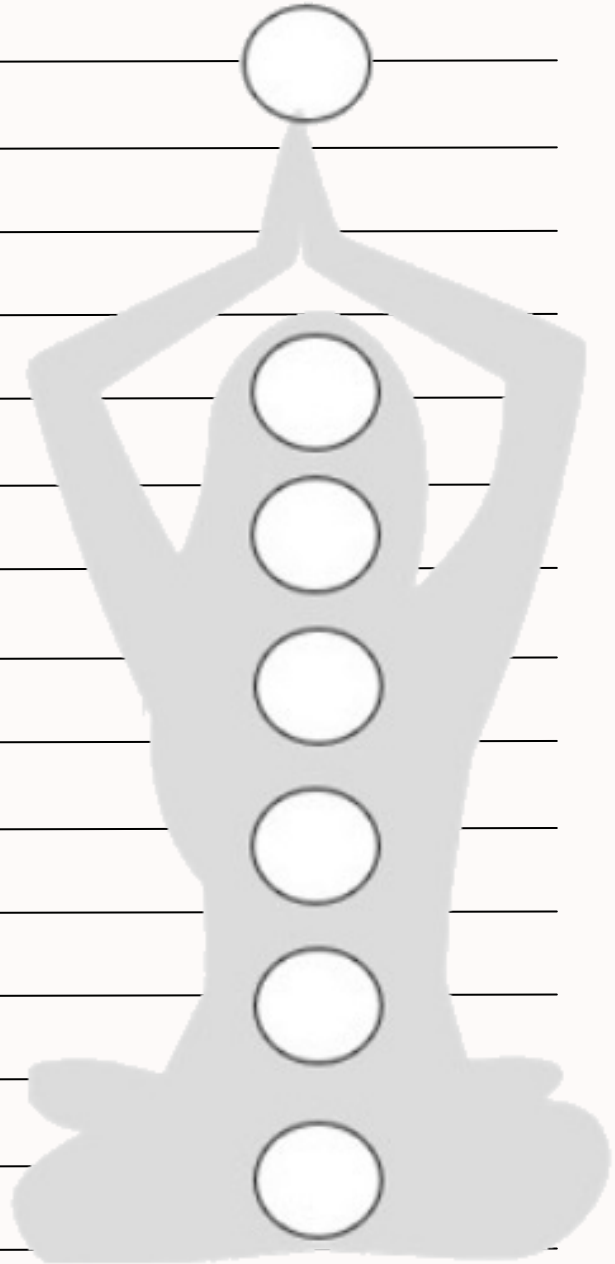
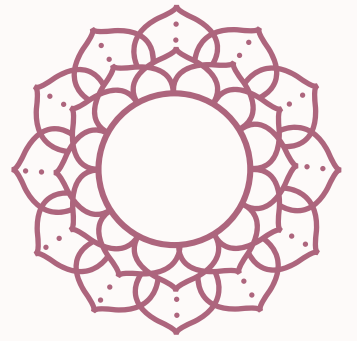
Emotional Associations:

Love and compassion
Forgiveness and Inner peace
Loneliness, bitterness, guilt

Environmental Associations:

Relationships with family and friends
Community involvement
Acts of kindness
Cold and Unwelcoming, Lacks Harmony

Chakra Assessment



Chakra Avatar Creation

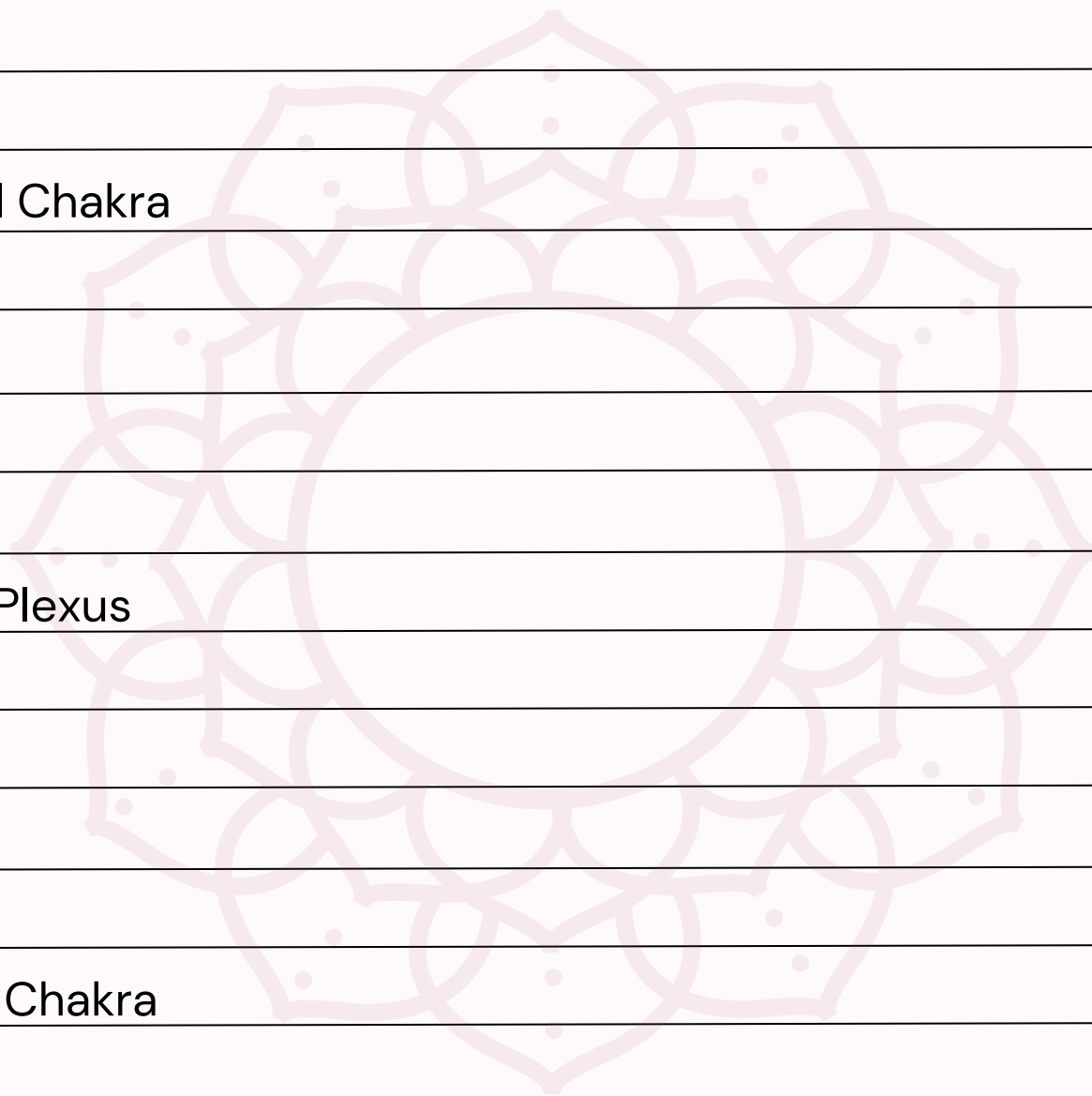
What are my desires for each Chakra

Root Chakra

Sacral Chakra

Solar Plexus

Heart Chakra



Chakra Avatar Creation

What are my desires for each Chakra

Throat Chakra

Third Eye Chakra

Crown Chakra
