



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.



What am I experiencing and Which chakra is it related to

Pain	Chakra
Physical Pain	
Emotional Pain	
Environmental	
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Root Chakra (Muladhara)	
Physical Associations:	
Legs, feet, knees and lower back	
Immune system Elimination system (colon, rectum)	
Zimmation dystom (solon, restam)	
Emotional Associations:	
Feeling Unsafe	
Anxiety and fear	
Depression	
Environmental Associations:	
Lack Stability, Financial, Cluttered	
environment, Unsafe Environment	
Chaos and Disorder	
Sacral Chakra (Svadhisthana)	
Physical Associations:	
Reproductive organs	
Kidneys and bladder	
Lower abdomen	
For the cold Association .	
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	



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 Harmon	

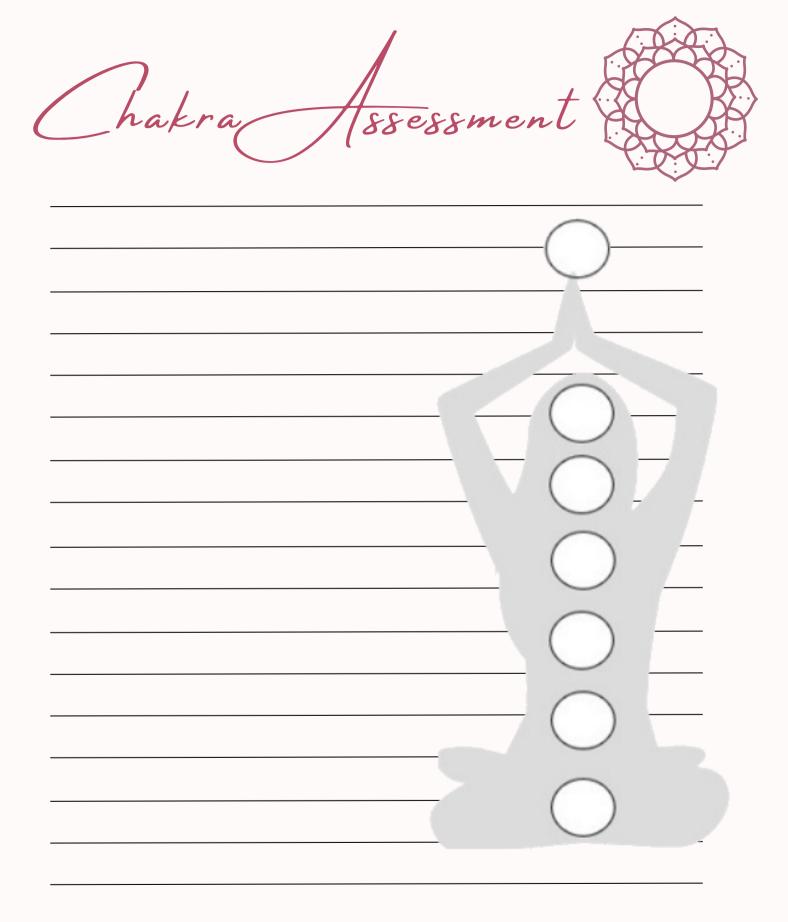


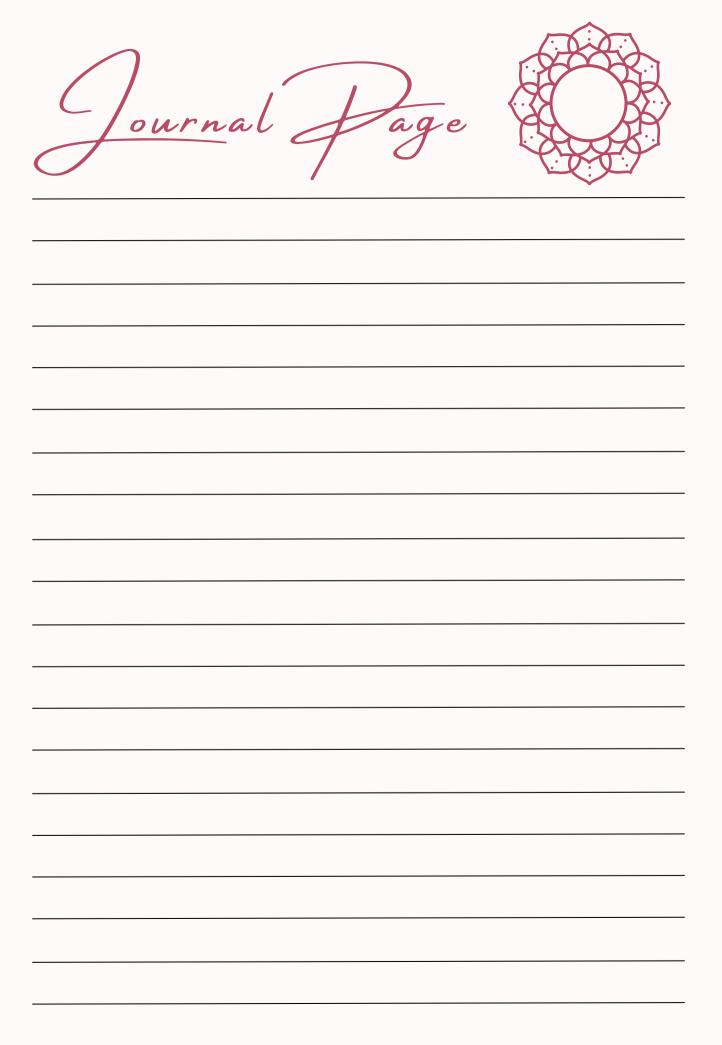
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Throat Chakra (Vishuddha) Physical Associations:	Reference offeet
Throat and vocal cords	
Thyroid gland Mouth and teeth	
Emotional Associations:	
Communication skills	
Self-expression and Truthfulness	
Insecurity, shyness, resentment	
Environmental Associations:	
Work or creative spaces that	
support expression	
Social interactions, Poor	
Communication, Lies to others - and Self -	
and Sen	
Third Eye Chakra (Ajna)	
Physical Associations:	
Brain and nervous system	
Eyes and vision	
Pineal gland -	
- Emotional Associations:	
Intuition and insight	
Imagination and Wisdom	
Overwhelm, Confusion, Paranoia	
- Environmental Associations:	
Environmental Associations: Lack of Clarity in life, No Goals,	
No future visioning	



Crown Chakra (Sahasrara)	
Physical Associations: Central nervous system	
Brain functions	
General well-being	
Emotional Associations:	
Spiritual connection Enlightenment Higher consciousness	
Disconnection, Depression, Despair	
Environmental Associations:	
Chaotic energy,	
Disconnected from self No Connection to Nature	
Spiritual Void	
Notes:	
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What are my desires for each Chakra

Root Chakra	
Sacral Chakra	
Solar Plexus	
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Heart Chakra	./



What are my desires for each Chakra

Throat Chakra
Third Eye Chakra
Crown Chakra

