



Heal Your Chakras,  
Heal Your *Life*

**Exercise #1:** As you here me describe the different chakras, jot down what you recognize about yourself:

Root Chakra

Sacral Chakra

Solar Plexus Chakra

Heart Chakra

Throat Chakra

Third Eye Chakra

Crown Chakra

Webinar with Inge Broer from Reiki Montreal.

[www.reikimontreal.org](http://www.reikimontreal.org)

December 7, 2016, 8pm ET.



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**Exercise #2: Take a moment to answer these questions.**

You can answer them around something specific in your life, or in general. Trust what comes.

Root Chakra: What do I need?

Sacral Chakra: How would I desire to feel?

Solar Plexus Chakra: What is up to me & what is up to the Universe?

Heart Chakra: What am I resisting?

Throat Chakra: What is the truth about my experience?

Third Eye Chakra: What is my intuition telling me?

Crown Chakra: What if it's all perfect already?

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