

Ascension

module 3

Considerations for this week

- 1) Which chakra exercise resonates the most in your body?
- 2) Which exercise are you drawn to work on more?
- 3) What emotions reside in that chakra?
- 4) What memories stir up when you are doing your exercises?

Chakra Balancing Exercise

- Seated Figure 8's
- Big Waves
- Biological Pump

Balance Chakra System

- Reiki
- Practice spinning your chakras - feel how long you should spin each chakra