

Show Up For Yourself

UNIT 4 CHAPTERS 8 & 9

1. What is your response to the statement, healing happens at a cellular level.
2. Did you gain a better understanding of any aspect of yourself after reading the chakra chapter? If so, what was it?
3. How will remembering, "You are here" help you to come back to being present in the moment? How did the map metaphor help you?
4. Are you someone who let's themselves sit in discomfort or do you avoid it?
5. Are you looking to "fix" another so you can feel more comfortable?
6. What are your feelings/thoughts about the purposeful pause? How will you use this strategy in your life?
7. How did you do with the journal prompts at the end of chapter 9?
8. What insights did you gain into and about yourself?

Seven Chakras



Crown

Two inches above the top of the head. Relationship to Divine, wounded religious child, knowledge, understanding, any belief system.

Brow

Forehead. Intuition, intellect, imagination, wisdom, judgemental self, third eye, guilt, perceptions, critical self, negative thinking.

Throat

Throat. Creativity, communication, expressor of one's truth, uncommunicated pain. Expresses the faulty thoughts/truths of all other centers.

Heart

Center of chest. Love, unconditional love of self, romantic love, dutiful, sacrificing, guilt, forgiveness.

Solar Plexus

Upper abdomen. Self-esteem, personal power center, limiting beliefs about self, social relationships, values.

Spleen (sacral)

Lower abdomen. Emotional self, inner child, doubtful, anxious, conditional love, all codependency, shame, blame, guilt, anxiety.

Root

Base of spine. Survival, family, self-preservation, safety, security, money, abandonment, the unworthy self, shame, fear, rage.

You are here.



The Present moment.

When you are present you are showing up fully and completely.

Accepting the As-Is.

Embody the moment.