

Energetic Alignment Business Activation Chakra Check In

Keep yourself on track, with simple but powerful questions, to align through all your energy centres. You may as well be running at full potential - that is, what you were born for after all, right?



Crown Chakra

- What questions do you keep asking yourself?
- Are you paying attention to the ideas that are coming in/streaming through you?
- What loose ends do you need to tie up and complete? What chapters need to end, what doors need to close?

Third Eye Chakra

- What signs are you noticing around the place?
- Are there memories of your past coming to you to release?
- Are you taking aligned action steps towards your dreams?

Ear Chakras

- What reality are you needing to move into that enables you to create the life you are dreaming of?
- What are the physical action steps - that enable this dream to begin to come to fruition?

Throat Chakra

- Are you LIVING the truth of the reality you say you want?
- What do you keep speaking about, but not doing? Do that now.

Heart Chakra

- Are there old threads of people from your past, energetically holding you back?
- What is your Heart longing for? What does your mind always wander back to?
- What does, your Heart and Soul - truly call for? What is the ULTIMATE Freedom that lights you up?
- Are you ready to truly TRUST your Heart and FOLLOW it?

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Solar Plexus Chakra

- Where are you needing to say no to events, places, people, family and things, so you can say yes to you?
- What situations do you need to move forward into that empower you with more confidence into the direction of your dreams? What program do you need to say yes to, what reality do you shift into, what reality shifter do you need to take action into that empowers you?

Sacral Chakra

- Is what you are doing nourishing you?
- Is there enough time to nourish you, to do you? If not, what needs to change so you can?
- How can you expand, with the nourishment to support that expansion at the same time?
- In what ways do you need to be supported?

Base Chakra

- What physical action do you need to take in your reality? Whether it be business or personal life?
- What do you keep complaining about? What is your intuition guiding you to do about this, that you keep ignoring?
- Isn't it time, to ground that into reality? To birth it? To actually LIVE your Life Purpose, instead of talking about it?